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Hi, Valerie. Hi, Michelle. You're behind the microphone. You know what? So are you.

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today we are going to be talking about wellness. I feel like Valerie.

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Everybody's talking about wellness these days. You know, wellness is everywhere.

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totally agree.

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do you think about, all these trends that are surrounding wellness?

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You know, whether it's the green juices, the, you know, avid, you know, fitness, equipment or the self pampering sort of mindset. It's just crazy to think that all these little micro trends are just like, you know, hovering around wellness. But really, you know, nobody's really talking about design and wellness.

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And that's what we're here for. We're here to bring a high level of attention to wellness design.

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And that's something nobody's really talking about. You know, we have clients that are designing and they're opening up wellness bars, and we work with a lot of medical is static. And, wellness practices that we design their spaces. And they want a space designed to suit their spa and their wellness services and components. But at the same time,

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wellness design is much deeper than that.

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It's much deeper. And I and that is what we want to talk about in our in our new podcast, The Space to Be Well.

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We are going to do a deep dive on wellness design and the importance of that and how that impacts lives. That's so well

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said. You know, the idea of design and the connection to wellness and really, you know, a lot of times I feel like, you know, some of these trends have just even interior design for that matter.

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You know, it's become a thing where it's mainstream. But yet everybody's forgetting about the deeper connection that design has to, to wellness and to us as humans and how important that is. And so I think today, like our, our podcast, the space to Be well is something that's going to be just, really hit home for you, really drive you to, to dig deeper into why design, why beauty, why wellness and really understand that connection and how design can help you live, your best life.

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That's so well said. And, you know, a lot of people, when they think about wellness that you brought up the green juice and, you know, the health and fitness aspect. But wellness goes deeper. It really is about having a healthy mind and, and even your soul to have that well-being in your mind, body and soul. And how important the design really impacts the mind, body and soul.

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It's so important. And I feel like nobody's talking about that. And that's that's the driving force. That's the excitement behind this space to be well, and I know I'm super excited. Me too. Yeah, absolutely. And in fact, in my allowed to say that, I'm like, I'm so excited about her podcast name. I am like, I'm dying over it.

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Because honestly, the space to be well is like, you know, you could take it literally. Like, obviously we are talking about design in terms of space, but it's also I feel like our podcast is really going to be a place where we invite our listeners and, you know, and to dive in deeper and it's really creating, like this safe space to really talk about the, you know, all aspects of design and challenges that we have on a day to day and how we can solve them.

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And, you know, just, live our best lives. So the space to be well is both what you're saying, literal and metaphysical, right? So it is a literal name, the space to be. Well, but it's also a place to be. Well. So this we invite our listeners and viewers to, to,

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really focus in and, if you are interested in design, if you love design and you love wellness, this is the place to be.

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Absolutely. And I am the podcast host. I'm Michelle Paul Office, and I'm with my co-host Valerie Putman. And Valerie. Well, let me start by saying I started my company, Michelle Office Incorporated, 20 years ago. And Valerie, I hired you right out of the gate when you were. You're 33 today, so you were 13 when I hired you. But when I started, my company was all about bringing a high level of attention to beauty and wellness, design.

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And I feel like we've, crawled up a lot of mountains and reached some skyscrapers. And we've really built an incredible company focused on creating spaces for beauty and wellness. And I'm really excited to talk about our philosophies, sort of our structure, how we design, why we design, the way we do, and how we've accomplished this level of success in our company to creating these successful interiors.

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And by the way, this isn't just for, you know, we we focus on beauty and wellness businesses, med spa's hair salons, nail spa's wellness and even some hospitality and and restaurants and and things. But this is not just about wellness design for the business. It's also about wellness design for the home, which is huge. And I will say that many of our clients who we've designed their medical practices and beauty businesses, they actually hire us to do their homes and with good reason, because they're such a connection between the business of beauty and the business of wellness, and really how that impacts us in our in our everyday lives, where we live, what we absolutely.

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You know, I think that's such a remarkable thing that we've been able to translate and have such good relationships with so many of our, you know, our, our beauty business customers, you know, that they think so highly of, you know, the outcome that they've had that they now want to work with us, for something again, that's even more personal, you know, home and and really how we can help them achieve the same sort of success that we did with their business.

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But now I'm that personal level. It's, it's really such an honor that that we have, to work with our clients in that capacity. And I see that continuing, you know, fourfold, you know, that, it's going to be really cool to see what happens next. Me too. I totally agree. I love getting even more personal with our clients, and they get so excited about the design.

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I cannot count on one hand how many of our clients have been moved to tears as we started to bring their visions to life, and then to see that unfold in their personal residences? It's really pretty incredible. And, they understand that there's value in creating a space that's meaningful. I mean, we call it living art. That's what we create.

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We create living art. We're working on projects, you know, notable projects all over the US, on every coast, in every state and even in the Middle East and around the world. And I'm really excited to share with our listeners and our viewers how they, too, can tap in to this idea of wellness design, because that really is the foundation.

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Even though we may be designing a restaurant or, hair salon or a place of beauty at the heart of it. Really, you guys, listeners, this is about wellness, design and any design. The most successful designs are wellness driven because at the heart of everything is about the mind, the body and soul. And so we're creating these spaces in these environments that we live and participate in every day.

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And if the space isn't built or designed to support our well-being and everything that that means to us, it can be a real problem. And, you know, we see it every day, right? Absolutely. You know, have you ever gone into let's just even say, like a hotel, right? You walk in and you're like, oh, now this is somewhere I like.

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You just automatically have that connection. Like, I want to be here. I, you know, I'm attracted to it. I'm, you know, and you maybe can't quite put your finger on why that is where maybe you're walking somewhere else and it's, it's it can be a reverse reaction where it's just like, oh my gosh, get me out of here.

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Like, that's so uncomfortable and like, I don't want to be here. This is this doesn't make me feel good because, you know, whatever it is, anxious or nervous or whatever it could be. And so I think, you know, us being able to really start to explain, some of these common things, you know, because it translates to your house as well, you know, as we're saying, you know, that you can walk into your own house and feel like, oh my gosh, I'm home.

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This feels so good. I'm in my safe

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place.

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that's such a good feeling. And it can be a good feeling, but you just described, you know, the nervousness. You walk into a place. And we've all been there where we've walked into a place and it's like, wow, this does not feel good at all.

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But think about that in your home. Like, are you truly, you know, and I ask our listeners this, you know, are you truly connected to your space? Does it feel like you? Is it working for you and it's really all about the design details that we're going to dive into. And we are going to help you to understand the details that help bring these homes in these businesses, in these environments together, so that you can experience that feeling of well-being in your every day.

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And we're going to do that by talking about our we're going to share get we're going to get insider scoop on our, sort of our framework that in the dimensions of the design and how we think about wellness design, because that's what this is all about. It's about creating a space to be, well and how to go about doing that.

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I love it.

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So you ready? Should we should we dive in? I think we should dive in. I think let's let's go deep. We're going to go deep. Valerie. Real deep here. So, we call our design the wellness design the resonant framework or the four dimensions of design, of wellness design. And it is really sort of the framework.

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It really talks about the why, the who, the identity, the relational aspects of design. It talks about the behavior and, and sort of the functional aspect of design and then how the big how how does it all come together. And that is really the key. So in order to have wellness you in design, you have to have all aspects of this framework.

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You have to have the the identity. You have to have the why, you have to have the who. You have to have the how, the where and then how this all comes together. And that's really, the fully encompassing part of wellness design.

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And we're going to dive into that one at a time.

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what we've created for our listeners, follow me here. That visual is that we've created a diamond shape as part of this sort of structure. So follow the diamond shape. And, Valerie, we could have used a square. We could have, but it's it's just not right. No, we like the we like the diamond shape. So we sort of shifted the square.

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So we have a diamond shape and it sort of feels like there's a starting point. So we have at the top of the diamond, we have the, the who. And it's all about identity. And so when it comes to identity, it's all about who we are. It really dives into who we are as a person and a successful wellness space.

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And we'll get into that in a little more detail. But the successful wellness space really has to feed on who it's being designed for, who that person is. What is the spirit of that person? What is the what is the makeup of that person? What is the soul? What do you love? What what makes you tick? What makes you happy?

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And so you have to really do a deep dive because all of this is very deep. You have to do a deep dive on the who.

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almost call it. It's, it's it's an emotional sort of check in, you know, with yourself, you know, really kind of seeing where you're at and, you know, you know, what is really important to you, you know, is it quality?

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Is it, you know, do you want things, you know, do you like things that last and that are built well and are timeless,

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You know, other ways to questions that you can be asking yourself, too, is like, what colors do you like? What spaces do you relate to? What makes you tick? What makes you happy? And so these are some of the questions that you're going to do a deep dive in. As designers, we help you do a deep dive.

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We ask our, our customers and and our listeners who have have worked with us. They know our line of questioning. Right. We're going to ask our our listeners, you know, do you like a space that's light and bright or dark and moody? And what I have found is that our clients, sometimes they know what they like, but they have a hard time describing it.

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And so that's where you were mentioning about, you know, really being reflective and, and having that, that opportunity to really just start to understand yourself. And that's where the wellness comes into play. It's really giving yourself the opportunity to tap into really who you are. Do you want to be different? Do you want to be, somebody who has a place that is fancy or upscale or understated?

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Or are you a do you have a green thumb? Do you like a lot of plants and so really focusing on the who and who you are is like step number one in understanding how all this space is going to come together as part of the foundations, the core.

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So we talked about the who is point number one or the identity.

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And point number two is the what in the behavior.

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That one hits home, right? Knowing your kind of what your, your daily routines, you know, all of the things that you do rituals from your morning coffee or a protein shake to, how you get ready in the morning or even relax and go to sleep at night.

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All of these routines, you know, if we really start to dive in deeper, really are going to help create this picture of our behavior and how that interior can actually support that and support it in the best way possible. Exactly. It creates efficiencies. So when we are working with our, beauty and wellness clients, for example, we're asking them, you know, how do you function?

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What are the services that you offer to your, patrons? And so understanding those behaviors and those patterns helps to create efficiency as we approach the design. And so that's something that we really want to pay attention to as it relates to point number two. Because without that we're still not fully doing a deep dive on the wellness.

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You know, I know, Valerie, as you know, that I am planning a remodel on my on my home and I pay very careful attention to how I move and function in this space because darn it, when I do that remodel, I promise you all of those idiosyncrasies will be addressed because, you know, for example, I'm a big I drink a lot of protein shakes.

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And so there is this sort of, you know, movement when you think about going to the refrigerator to get the almond milk and where is the the protein powder stored? And I need ice and I need the sink. And so how are those, details? And I feel like I'm moving around too much and is efficient as I am, and I'm pretty darn efficient that I still feel like it could be even more efficient.

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And that's just a small, small aspect of, you know, creating these types of efficiencies and recognizing these behaviors. But I'll tell you, you know, if you're a runner and you are, you're running in the morning, where do you put the shoes? And how does that all fit into your your everyday behaviors? And all of these little details really matter at the end of the day, especially if you are looking to create a space that supports you and supports your lifestyle.

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And I think to, you know, when you look at wellness, it really is about order, creating order and, you know, really good design creates order as well. You know, beauty create, you know, there's order and beauty. And so I think we can definitely, you know, it's safe to say here that if you work on minimizing chaos, maximum efficiency, that immediately has a great wellness effect on you.

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Amen. Yes. Amen. Sister, that's so true. And, let's take it even one step further. All right, so we're we're moving around the diamond here. We have the who we have the what, and now we have the connection, which is a big part of the, you know, where we the where, you know, that's what I'll call that.

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That's the it's the where. And this is how we make connections in the space. So, you know, it's all about creating a space in terms of the where that really affects how people interact and relationally and the space and how they, share space, whether it's a business or a home. You know, how you're sharing space, whether it's with close family and friends, if you're entertaining or your children, and how that overlap happens in this space to support your lifestyle and to support those relations.

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But also support yourself because there's the personal and private connections that we need to make. So it's really about the where, when it comes to point number three and how we forge those connections privately and relationally.

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here's here's a good example. You know, I am so thankful that in my, my house where I currently live, that, my husband has claimed the, the lower level, the basement level businesses quote unquote man cave and I, I actually have thought to myself before, I'm so glad that he has that because if you didn't, you know, especially thinking back to, you know, Covid time, you know, where, you know,

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both of us were working from home and you know, that personal space all of a sudden became so much of, right in front of you, you know, in your face sort of issue. And so being able that, you know, he's got his space to do his thing. I've got my space and it works really well. That's just a small example.

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I feel like, you know, how we can start to look at, you know, our interactions, you know, in our households and and like you said, even even business wise, that is so true. When we work with our business owners, we're addressing that all the time. What space is our public? What space is our private? Where is this staff?

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Go and and how do you how does this all unfold and overlap so that there's efficiencies and close connections between patrons and workers? But it is no different at home. You know, I think another good example of that is the open plan. And I have found that while I am a big proponent of the open plan, it also poses some challenges for privacy and finding private space.

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So we're going to we're going to talk about that in in future episodes.

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back though to our diamond, we're back at the resonant framework for creating wellness design. And we've talked about the who. We've talked about the what. We've talked about the where which is connection. And now we're moving into the how. You know what I'm saying?

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That's a good one. It is a good one. The how is how it all comes together, the how it

is the artistry. And that is, you know, where the, you know, the designer comes into play. And I think sometimes it's fairly easy if you're committed to really do a deep dive on the, on the who and who are you and, and you know, who do you relate to and and the how and really identifying your behaviors and your habits and how that's going to play out in the design and, and even maybe how to, you know, solve the problems of overlap and privacy in connection in a space with the how.

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Well, that's where the artistry and the design come into play. And that's really exciting because that's, you know, where our, our passion truly lives when it comes to design,

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you know, I think,

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the artistry of all of us, you know, design and art and it's so critical to, you know, who we are as people, our sense of belonging, our sense, just, feeling and, and inspired and creative and,

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you know, all of this plays into, you know, these different elements of how we create that through design, you know, in these, these artistic ways.

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that's true. The, the how it is about how it all comes together artistically and and really, when you think about an art piece. Right. What what makes a successful art piece, it's that emotional connection. It's the originality. It's the uniqueness. It's the it's the quality. And so I think that's a really good analogy to understanding space, because as designers we create living art, and living art is the heart and soul of creating a wellness space.

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That's what makes a space to be well, right. Making sure that all of those those points are pulled together and that it's all pulled together artistically. And you, you brought this up earlier about when you walk into a space and you know, you just like, relate to it and you love it and you feel comfortable and you have an emotional connection to that space, well, that can be yours.

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Absolutely.

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That can be yours in a space. Right. And it's all about pulling it together artistically and masterfully and, pulling together all the design components from the textures to the colors to the layering. It's all about refinement when it comes to good design and design. That's in the details. You know, I'm a big, lighting. We'll call me a lighting snob.

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I am a I'm a lighting snob. I'm. I'm maybe I'm a little bit, I, I can actually be offended by bad lighting, but, you know, I digress. Well, we'll talk about that for sure. As we as we go along. But every detail matters when it comes to a refined wellness space. Lighting is crucial. And then we'll talk about our little secret sauce, things that we do in our design that really pull it all together.

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So stay tuned for those those, magic, moments that we're going to share some of our inside secrets.

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okay, so we've created a diamond and we're sharing it. But there's there's one more big component, and this is the heart and soul of the resonant framework is the why. In fact, everything revolves around the why when it comes to design, you know, so when it when we're working on our beauty and wellness space designs, one of the first questions is the why?

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Why are you remodeling this space? You're out of room. You want to grow your business, you want to hire new employees, you want to attract new clientele. So the why is what drives the design. It's an important part of bringing the space together. We have to understand the purpose. And the purpose is the why. It's the core of everything.

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And so we don't want to forget about that. That is the most important part, sort of the foundation and the core of the resonant framework. So I am just like that drives me, that motivates me. I can even remember a project that we worked on where we were remodeling a salon, and it was right before, right in the right before Covid.

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But as it was happening, it was in the middle of Covid and we had an opportunity to meet their whole team. And I met the the stylists and really got to know them and understood that they were true artists, that they had been with the company for a long, long time, that they were craving a space that reflected their high level of work that they put out.

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And boy, I will tell you, that drove me so much through the design process, thinking about those employees, thinking about how hard they worked and the skill set that they set forth to create these amazing their own craft, you know, the the this hair and helping people to feel beautiful. And boy, it was such a success. You remember the project?

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And it was really very rewarding and almost for me emotional. Right.

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I think that's, undercover. One of the coolest things, I think about design and and how emotional design really can, and when it hits you, it's just like seeing, you know, like, the most amazing piece of artwork or anything. And that's, you know, that's why we call it, you know, we're we're making living art here, but, true, true wellness design, I think is, you know, really it's it's emotive and so to to meet you, you know, I've done.

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Right. Right. You because it's, it's, it's supporting, you know, just in this case that we're talking about the salon, you know, staff and these, you know, amazing stylists, you know, they wanted a space where they felt seen, that, you know, showcase their talent came to the level that they were, and think that they could actually be proud that, hey, I, I work in this space and, you know, this is just like a dream come true.

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You know, I think for for me, over all these, you know, 20 years and, and working with you, I think that's honestly one of the most rewarding parts of my job is at the end of the day, when we get to go in and see these finished spaces and it's the space is great, right? Not downplaying that.

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But for me, what's even more amazing is seeing how other people react to this, and their, their reaction. That's what fuels me to, you know, absolutely. And guess what? Think about that same power in your home. And that is the connection. I've always felt that there was such a strong connection between the beauty and wellness spaces that we're creating and, and the importance of that design in the home.

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Because if you think of that power, that uplifting element that we were creating for those employees, well, think about how important that is for, for you in your home. And, you know, what is it that that you want to feel in your life? What is it at the core? Are you wanting to feel more confident? Are you wanting to feel like you belong?

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Are you wanting to feel like that's home that you live in, that you come to every single day, represents who you are at your inner core? And guess what? That can be yours. And I feel like this is something that is completely overlooked in design. And I feel like this. We've had this amazing opportunity to create these spaces and transform lives.

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And, and, and I've always felt that there was that connection to the residential market. And we are seeing it now every day in the residential spaces that we're creating in our spaces and through our, our processes and with our clients. So that's something that I think our listeners and our viewers really need to be thinking about. The power that design has to move and change lives for you and your family is something that we're going to be touching on in this journey, through, this space to be, well, yes, space to be.

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Well, the place to be. Well,

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I absolutely enjoyed this conversation for our first episode of The Space to Be. Well, we ask our viewers to follow us, comment, ask us questions. We're so excited to get your feedback. And, you know, tell us what you want to hear. But I will tell you that we are going to be starting our first season next week,

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and that is, called,

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coming Home to Wellness.

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in our first season, we're going to be talking about,

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wellness design and how that impacts us at our homes and our place of businesses. And we're going to walk through the homes, starting with the foyer or next week

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And we are really super excited about this. And thank you for following us on this

journey. And thank you, Valerie. Thanks, Michel. It's going to be so much fun. I can't wait.

00:33:06:04 - 00:33:11:13

Unknown

but it's really episode zero. It's our first episode, but it's episode zero.

00:33:16:23 - 00:33:21:17

Unknown

Valerie, I loved this conversation. And this is our first episode,

00:33:21:17 - 00:33:28:17

Unknown

And so for our listeners and viewers, we are going to be starting next week with episode one,

00:33:28:17 - 00:33:35:00

Unknown

we are going to be walking through the home, taking it room by room, starting with the foyer next week.

00:33:35:02 - 00:34:00:21

Unknown

And uncovering how to be well and how design impacts to be well through these, formulas and these design inspiration, and through our experience in creating beauty and wellness spaces. And we would love for you to follow us in this journey, and we are going to be seeing you soon.

00:35:43:05 - 00:35:46:09

Unknown

And by the way, this is episode zero.

00:35:46:09 - 00:36:07:23

Unknown

This is an introduction to the the space to be. Well, and we are going to work through the home with our first season, season one, episode one, which will be next week. But, we are going to talk about the the great Room and the family room.

00:36:07:23 - 00:36:43:01

Unknown

We're going to start with the foyer and sort of, you know, work our way through the home. It's a journey. And and we're going to talk about that. But there really are some details that need to be addressed when you're thinking about remodeling your home or building a home, whatever your your plans are in addressing the open plan and and thinking through relationally how your family can thrive in a home environment with an open plan and at the same time, you can thrive, to have that personal quiet space when needed as well.

00:36:43:03 - 00:36:49:21

Unknown

So that's that's really very exciting. And we're excited to go on that journey. And coming