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We are here with our first season of the space to be well.

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I'm Michelle Paul office

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and I'm Valerie Putney,

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and we are going to be talking about all things design and wellness in our first season. But we're going to go a little bit deeper. This season we had our, first intro, episode. And I do recommend that you, if you haven't listened to it, that you go back and listen to it because, we really talked in broader terms about wellness design,

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which is sort of the key to this.

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You know, the whole podcast that we're, we're doing and excited to share with, with everybody. But it's important to go back in and, and listen to that. We are going to be touching on these themes and concepts. In fact, that's what this first part of season one is all about, is really doing a deeper dive on the overview that we talked about in our intro,

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today we are going to be talking about the resonant framework, which is sort of an offshoot of the four dimensions that we work with and work through when we're creating wellness design. And one of the most important things that I want to focus on here is the fact that wellness design is a philosophy. It's not a style.

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And most people, when they think about wellness design, and I want to really make this point, it's so important when most people think about wellness design, they think about a style such as a spa or a

spa like environment. But that's not necessarily true. Not for us anyway. It's not. It's not for us because we we understand that wellness design is a means to an end.

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It's how we achieve true well-being in the environments that we live and work in. And it's something that we want to be careful. Attention to. And I don't think people are talking about this, and it's something that is really important and really is the key theme behind the space to be well is this idea of wellness design as a philosophy.

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And we're going to share our philosophies as we go through season after season here. But we understand that we approach design through a resonant framework to achieve well-being in our built environments. Absolutely. I think I couldn't have said it better myself, Michel. The idea of kind of really digging in here to find out how we really achieve wellness through design is really it's a complex process.

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But in some ways, I think the way that we have outlined this through the resonant framework, it really allows people to kind of, come along this journey with us and really understand each facet of that and how easy it can be if you just kind of stay true to yourself and, you know, know what you want to accomplish.

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And, at the end of the day, you're really left with, space that is going to be just, completely wall space for you. Exactly. You're it's it's all about aligning with your with your identity, your lifestyle. It's about aligning with your purpose and your passion. And so that is how we achieve well-being. Everybody's talking about wellness these days, right?

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The green juices and the the working out. But you're not really hearing too much conversation about your home and your workspace and how that is directly impacting how you feel emotionally and physically. It's what we do every day. We reside and live and breathe in these spaces. And how is that supporting you emotionally and physically? And that's what wellness design is all about through the resonant framework, because there is a way to achieve true well-being through design.

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But you have to go through this resonant framework to accomplish

that, and true wellness can be achieved.

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Yes, Michel. I think that's such an interesting, you know, point you're making about really all these little details that all add up to something that sometimes we just don't even think about. And I think that I want to touch on as well is that is that's the power that we have. You know, that's the power we have to design.

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If you want to, like, live your best life. Everything around you from the the paint on the walls, the flooring, the the doors of the way. An organic element is placed in this space where the windows are located. This is not just willy nilly, right? This is

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Design is impactful in that way.

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That all of these things really add up to be something, just greater. And in it, I think as a whole, society, sometimes I feel like we're so busy in the day to day that we don't stop to take a breath and we don't stop to really realize, like, wait a second, this environment really is affecting me.

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These are challenges that I have, and I can fix them. I can live a better life and this can support me. So I think that's really, you know, such a cool thing that we, we have as the power of design and the power of wellness design. Truly. Absolutely. That's so well said. It's designing with intention. Right. And that's what the resonant framework will help you to do.

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And that's why we're going to focus on that. So today we're going to focus on you know we talked a little bit about this in our intro that the resonant framework to achieve well-being is it's a diamond shape. And there are four dimensions. And today we're going to be starting with the first dimension, which is identity. And that's the whole idea about this theory is that when space resonates, your, and or reflects or connects your true self,

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Then wellness is achieved 100%. So that's, it's it's, That's my comment right there. Do I need to repeat that or was that got to I would just. The whole idea behind identity as part of the resonant framework is that it resonates. The space that your living or

working in resonates or reflects your identity, who you are. What is your story?

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What are your values? What are your passions? What do you desire? And so these elements, if they are properly implemented into your space and they are working to help create that environment that supports you but really reflects who you are, ultimately you achieve well-being. Fantastic, right? For everybody. Let's go. So one of the things that I wanted to mention is that, you know, just to piggyback on what we're saying here, don't you agree that wellness is rooted in authenticity?

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Right? At the end of the day, the the resonant framework has to align with your purpose, your passions, your visions. And when it does, you're creating an authentic space. And when you're thinking about authenticity, we're thinking about truth. And so one of the things that we want to really emphasize here is a lot of people focus on trends when they're designing their space, but in reality they should be focusing on their truth.

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Yeah, absolutely. I think that's such, a big statement right there. And, you know, if you're listening here, authentic spaces, knowing your truth, and being able to to really hone in to that really will make a big difference. And it makes all the difference, actually, it makes all the difference. And really being able to hone in on a space that's going to really, truly give you wellness and really support you where you're going, you know, support your growth and life.

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And, and I feel like, you know, a lot of times, you know, people talk about, you know, trends, you know, and versus, you know, oh, I want my space to be, you know, of the moment, trend where the like, you know, they're trying to achieve that. But I think you really have, a challenge sometimes that you kind of miss the mark.

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It's it's okay to look to trends, but also, how does that how does that really serve you at the end of the day, is that really speaking to your inner self, you know, is that really a reflection of you? So I think, you know, we can look to trends, but I think, you know, along this topic, I think we really have to dig deeper and really analyze for ourselves what is what is important to me.

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And like you're saying, exactly. It's about not what's popular, but but what is personal. And when it's more personal, there's more meaning. And therefore you're connecting to your space. Right? So if you're designing your space to focus on the meaningful things, the things that are most important to you, now, you're focused on something that is key to supporting who you are.

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It reflects who you are. I think when

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a lot of our clients look to trends first versus personal second, I agree, I think they miss the mark. You know, we design a lot of, spaces in the wellness and beauty world. You know, we're, renowned for our, our designs in the commercial field in terms of creating beauty spaces and wellness spaces.

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But what really sets our design apart is the ability to create brand centric spaces. And so we have found that the most successful businesses are brand centric, focused. They really focus on their brand. And when they do that, they just happen to be the most successful businesses in the market. And so I challenge the listeners today to think about your own personal brand and how that is being reflected in your design and in your home and in your place of business.

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When you're focused on your own personal brand, you are focused on your truth and you're more authentic in other. People actually can relate to you more so in terms of connection and belonging and self-esteem. All of these things are impacted when we are in a positive way. When we create a space that's authentic, right? It's more it's more approachable, it's more real, it's more truthful.

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you know, don't we all want to, you know, be able to connect with somebody to know somebody. And and I think through, you know, how our space is reflected is such a great way. It's a good insight. You know, a lot of times it's always interesting, like when you first go over to, let's say, like, let's say you have a new friend and you go over to their house and you go inside and it can be, an immediate reflection of of who they are.

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You get a better sense, a deeper sense of who this person is by what they showcase on their, display shelves or the way they have, their space organized or the colors they use or the artwork they showcase

really gives you a deeper sense. And I think that's really, you know, what we're talking about here to

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the first time I went over to your house.

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So, yeah, I actually think that your house is a true reflection of who you are. Am I am I is that a good observation? And what's funny about that is, again, to our listeners to really think about what would your house say about you and who you are when somebody else sees your home and they walk in, what are they saying?

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Are they seeing really you and who you are? You know, just coming back, you know, I feel like your house really resonates you, Valerie. And and that has to be good for your self-esteem and how you feel and how comfortable you are in your own home. I do think there is people out there that are not comfortable in their own homes.

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And that's at the risk of sounding cliché here. I think that when you think about somebody who is living in a place that doesn't reflect who they are, that's sort of sad. It is. It's sort of sad because you could have the biggest home and the most opulent, furnishings and expanse of, palatial rooms and things. But is it really reflecting who you are?

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Maybe it is, but if it's not, I think it's something that I challenge our listeners to really think about. Does your home really represent who you are at your core? Your value is your story, your history, your family, and bringing all of that together for a space that is fulfilling and meaningful and thoughtful and that is true wellness, right?

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Drink all the green juices you want. Workout, but you have to have an environment that supports who you are for total emotional and physical well-being.

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Absolutely.

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Why do you think imitation is so prevalent? I see it all the time. Imitators, imitators. Imitating imitators. Right. And, you know, I've always been a big proponent of Uber. You. I'll be me. Be yourself. Be true to yourself.

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Is it just easier?

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Well, I you know, I of course, I think sometimes it can be, but I think there is really something about, imitation and the idea, you know, really design has become almost like hyper visual and meaning that, you know, we get on all the social media platforms, you know, there's just visuals, beautiful interiors, beautiful this everything is just, like, gorgeous.

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But at the end of the day, it's so,

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rewarded through social media that it's, esthetics of a space and not how the space feels. And I think when you're bombarded with that, it's like you're, you're overstimulated and yet there's nobody talking about how to guide them, to find what they're really looking for, you know? And so then you're left on your own, your own devices.

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And so I think that it is easy, right? It is easy. It's easy to hand somebody a picture and say, you know, create this, this is what I want. But, it takes time and effort to create something that's unique and different. It painstakingly sometimes to create something that's unique and different. I know that from my own experience.

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We know this from working with our clients. We're always trying to create something unique and different for our clients. A lot of our clients come to us and they're showing us inspiration. And by the way, multiple clients showing the same inspiration over and over again. So something trend worthy is happening and everybody's sort of latching on to this trend.

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And what happens is, is that then everybody has that same look and it gets tired. And then what is trendy overnight can be not so trendy, which means, yeah, you maybe took the easy route to, you know, something that looks great. Yeah. You might have something

that looks great, but then everybody has the same thing, and then suddenly it becomes tired and outdated.

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So to create lasting, timeless spaces, it's about creating something that's unique and different, that's brand worthy, whether it's self, business, home, whatever it is, you've got to put the time and effort into it, and we're going to talk about how to do that. You know, what questions to ask. That sort of thing, I think is what will help maybe guide this.

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And that's the whole point of this podcast. It's to challenge our listeners to step out of the box to you look to trend. Sure. I think it's important to look to trends because trends are, you know, different than fads. Fads are very short lived. We see that more in fashion. A trend is happening because there's something going on universally in the world.

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Let's take Covid, for example, you know, which happened years ago. But trends were born as a result of of Covid and and even in design, we saw warmer spaces or trendy spaces more associated with intimacy and more relaxed spaces. So, you know, I think that's important to comprehend and understand. Why is this happening? How does this impact my world?

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How do I want my space to reflect this sort of overall vision that's happening, or general direction that the environment is moving toward? But I think it's something then we also need to take a step back and say, but how can I make this different? And how could I make this for me? And that's where the heart and the soul goes into creating a unique space.

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And, you know, I come back to painstakingly because it takes a lot of time and effort to really discover who you are and to bring that space alive. That's what great design is all about. Yeah, absolutely. I, I think just to piggyback a little bit on, what you're saying there, Michel, is, you know, with this idea of kind of really digging in deep to really create something unique and different.

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I think sometimes to have trends, there are things that clearly are resonate with with individuals who, you know, you might see a trend and you're like, oh, I love, I love that, I love that line wash wall

or I love that, but I still think there's a way not to just completely replicate something, but to make it your own, like you're saying.

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And and there's really an opportunity for that within the world of design. There is. And I think that's by asking yourself these, these pointed questions, right. The question of what are my values? You know, even thinking about color, just because warm tones are trending. We talked about this the other day that there's hundreds of colors available in warm colors can go warm, they can go cool.

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So it doesn't have to be all neutral. You can have warm tones mixed with some cool tones, you know? So it's really important to look first to what do you like? What colors resonate with you? Where have you been that you've been on a trip or a vacation and suddenly you're, you resonate right with a space that ultimately reflects who you are or is close to who you are as possible.

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That's where you really need to be looking for your ideas. It's okay to look to Pinterest and social media, but at the same time, looking to those places that you've been to that you most closely, closely resonated with who you are. And that's one way to tap into it. But understanding your story, understanding your values, communicating those, communicating what resonates with you.

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And that's how you start to really uncover how you want the space to look and feel ultimately. Yeah, absolutely. I love to say, focus on your feelings and not the furniture, you know, find ways to really tap into that deeper, you know, meaning behind, you know, things that make you happy, things that bring you joy. You know, whether that's like, you're saying, the colors or, materials or textures, these are all things that at the end of the day, when they come full circle together or really are going to reflect what who you are and create that wall space.

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And that's what we're talking about. We're talking about the first dimension of the resonant framework. So we are talking about design, and we are talking about the how how we go through design to achieve true well-being, how we transform, how we emotionally feel and how we physically feel in the spaces that we live and work and and so all of these ideas are very relevant.

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But this one, especially when it comes to identity, is key to really tapping into a space that mirrors who you are

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quite frankly, without it, if you if you have all the other parts and pieces to a great wellness design, but it still doesn't reflect who you are and yourself, again, you've missed the boat. Sorry. Yeah, well, that's what the resident framework is about.

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And that's why we're taking one episode for each dimension, because they all have to work together, you know? So we're talking about the first dimension, which is identity. Next episode we're going to talk about the second dimension. And we're going to focus on these dimensions. At the end of the day, they all have to come together to create true wellness.

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So you can't leave a part out and you cannot leave out identity. You cannot leave yourself out of the equation. You cannot leave yourself behind. You can't just decide on having a space that doesn't reflect who you are. And by the way, stop. Strive. Then think about what you have right now and I challenge you. You know, maybe you want that bigger home, but you're living every day striving for something you don't have when at the end of the day, you've got a space that can support you in helping you achieve that happiness or the joy that maybe you're craving that you think is going to come by getting by, getting the next, the next

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big thing. Right? Right. That's it. You know, that's it's being present. Yes. Yeah. It's it's like we're not fooling anybody. We are who we are today. We are where we are today. We absolutely need to be preparing and planning because it's okay to design a space with where you want to be. That's the difference. So, you know, you can elevate your space even if it's a smaller space in in light of the idea that you want to be somewhere else, but it's embracing where you are on the journey to getting to where you are.

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Here's a question for you, Valerie. Does your older self know yourself better than your younger self? That's a trick question, I don't know. Is it true? Does your older self know you better? Does your older self know yourself better than your younger self did? Of course 100%. You know, I think back to, you know, ten, 15 years ago and you're still figuring things out.

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You know, your, your tastes change, your tastes evolve, what you value maybe changes, what you put as a priority, changes. And so I think it's, definitely, as you, you know, continue to grow as a person, you know, you can expect to have that same growth, terms of you know, design and your, you know, what you want to reflect, demand 000 100%.

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My older self definitely knows my self better than my younger self did. But then here's a good question. Should you be investing big time in your younger self? Meaning, if you're just trying to figure out where you're at in life, knowing that as you get older you're going to find your true self, you're going to know yourself better.

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And how much do you want to invest in your space? Maybe that's the journey of just, you know, growing and aging and, your style changing. I know, when I first moved out on my own, in my younger self, I had a black lacquer bedroom set stop, no black lacquer bedroom set. Say what? And I think I was probably no.

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Me neither. I'm like, what was wrong with my younger self? Because no bad, bad, very bad. But, you know, I'm not going to say what decade it was. Good. But, you know, lacquer furniture was sort of trendy, and I jumped on the trend wagon. Well, guess what that lasted. You know, maybe about a year and a half.

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One break up, you know, the whole, you know, that was like decade ago. But then, you know, I then I had my next place, and you're not going to believe where my style went. Valerie. Like like like Victorian, like a queen. And chair there was like my prized possession was the queen and chair. My do nothing wrong with a queen and chair.

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But who I am today. Lord knows, I don't know. Maybe I'll have a queen and chair 20 years from now, I don't know. Do you have to say there is something interesting about that though? What? Because just knowing you and the things that resonate with you and like who you are and and those sorts of things, there is a timeless quality of love that you, you know, adapt and like a little bit of classic with modern.

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So like, I think you were building you were building who you are. I was building who I was, I, you know, in that Queen and chair stayed

with me for quite a while. It had a beautiful tapestry. I actually had it custom made. I was quite young and I had this custom chair with this tapestry fabric. Not unlike the new Valentino handbags that I just bought.

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They're just trending with tapestry right now. In fact, they could be very similar. Maybe I'll bring back the Queen and chair when I'm sad, but I think that's something that is really in the interesting thought to be thinking about. You know, as you get older, you start to know yourself better. And I think as you get older, you should be making better decisions.

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Right? It's sort of expected, you know, the design that I have today is definitely has stayed with me for quite some time now. And, and I know that I, I resonate with my space, I resonate with my home 100%, and I don't see anywhere in my near future that I would change that, only to continue to embellish that.

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And for those listeners who don't know me, I am very, that my style is very, modern luxury. I would say very sophisticated, very refined. So I don't think the queen and chair would fit in the space, but we'll see. Fair enough. What is your style? Oh my gosh. You know, I have a word, but I'm going to.

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Oh my God. Oh, she has a word. No, you have to tell me because I'm okay. Let me say it before you. I think you're eclectic. Okay. Yeah. Fair enough. I would say that's probably pretty. Pretty true. I do like to pull in, you know, definitely different things throughout my life that I think really kind of culminate and work together harmoniously, but still maybe a little bit quirky, sometimes a little unexpected.

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But I think always, they always, you know, anything that I have in my house that always still comes back to me is something that, I have a memory attached to, something really special to me, or that is very like grounding. It's, just definitely very grounding. I would say, like even the colors that, that I have in my house, it's they make me happy.

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And cheery. Just feels like me. And I've been able to write that because it's like, wow, I keep going back to this color. I keep going back to this color. It's it's allowed me to just I this is

this is me. I am and, you know, I'm good with that. And it has been a lasting effect for me that I've had the same paint colors for forever.

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It's what it seems like. But. And I have no want or need to, to change that because it just works. And that is what great design is all about. You. You just said it. You feel happy, you know? And the same thing with with my house that, you know, I spent years and years designing. I feel happy in my place and I resonate with it.

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It reflects who I am with 100%, and that is the power of design in. So how are you happy in your home? Are you happy in your home? I mean, there's other factors, of course, that come into play. But it's something that is worth exploring. You know, how can you even enhance relationships in your home? You know, because it's not just, you know, if you share your home, you know, with your spouse, you know, of course, when it comes to design, I rule the roost.

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But he does think that he knows color better than me. And I let him think that. And because then he goes along with any change that I want to me,

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So that's something that you really need to consider too, because if you're sharing a home, it's not just about you.

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You know, you're you I mean, my husband is him, right? So we, you know, we have to create an environment that both parties in the family can or extended family or a partner and how we share that home together and, and how the space not only looks and feels, but that it's a reflection of maybe not just yourself, but your marriage.

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Right? And, you know, we're talking about happiness and finding happiness in the home. You know, that can be much deeper. But there is a way to create design, to create connection. So if you're missing that connection even with your kids, you know, if you're missing that connection, what can you do through design to really recreate that connection? And that's why it's so important to be looking at identity as it relates to your home and in your business, because success and success at home, success in business and where you live and breathe in with who you're sharing life with, is all impacted by the surroundings and the environment.

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The built environment is key. Yes.

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Oh, I've got a big one. I've got a big one.

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Are there any particular design elements that are more universal, meaning, regardless of life, style or culture, are there design elements that everybody can relate to generally? Yeah, absolutely. I think, you know, right off the top of my head, I feel like, you know, it would be things like Biophilia bringing in the nature, having access to nature, in your surroundings.

00:34:44:20 - 00:35:22:00

Unknown

Like everybody can relate to that. And as a, as a human, we all want connection with nature. Daylight, color, even, there's so many different ways that color can be utilized. And in no matter what culture, what style, what, you know, background, it's, I think, finding color that, represents who you are really can be, universal.

00:35:22:02 - 00:35:58:00

Unknown

And so balance, proportion, repetition, contrast, you know, these key design elements. This is what true design, what makes something, you know, artistic and beautiful. Right. But I do think there's something to you're exactly right. I absolutely agree, your connection with nature, biophilic design is is key. In we're talking about wellness design, right. And so when people talk about well built environments, they talk a lot about natural light, a lot about biophilia.

00:35:58:00 - 00:36:28:14

Unknown

Because it is universal and because anybody, anybody can relate to it. Right. But at the end of the day, to achieve true wellness design, you need to go through the resonant framework. It's not just about nature, it's about nature and identity and behavior and relational and artistry. And those are some of the topics we're going to talk about as we move on to our, future episodes.

00:36:28:16 - 00:37:06:19

Unknown

I love it. Wow, exciting. This was great, wasn't it? Yes. Let's do it again. So we enjoyed this. We enjoyed talking about, the first dimension of the resonant framework. Our first episode in the space to be. Well, this season we're focused on wellness design as a philosophy, not as a style or trend. And so I ask our listeners, drop us a line, let us know what you want to hear about, ask us any

questions, and we're really excited to be going on this journey with you.