

Interiors Coaching — Main Overview

Goal: to assist you in re-organizing, rearranging, or redecorating a space in your house in a way that improves your emotional connection to it, its emotional impact on you, its efficiency and efficacy as both a living area and a storage space (for the things inside of it), and the correct orientation of the space for its stated purpose (to be cozy, cheery, stimulating, inviting, warm, et cetera).

In short, to be a matchmaker between you and your home 😊💕

Price: \$23/hour, up to four hours at a time.

Functional Components

Preparation and Abstracting

Goals: Figuring out what the problems are, distinguishing controllable elements (drapes, furniture) from non-controllable (flooring, finishes, natural light sources). Determining the intended outcome of the room

- Identifying immediate concerns
 - Exploring “There’s just something I don’t like about it”
 - Preferences and dislikes, “I know I want/don’t want...” statements
 - Sterile versus Busy
 - Surpluses and Deficits (Unnecessary Things and Needed Things)
- Available Effort Assessment
 - Level 1: Let’s improve the immediate problems
 - Level 2: Let’s improve and/or replace some furniture and decor
 - Level 3: Let’s completely re-do the room, up to and including painting.
- Emotional purposing, emotional content, and Style prompts
- Identifying Non-Controllable elements (flooring, ceiling, wired lighting, which direction the building faces, baseboard heating, et cetera)

Determining the Elements

Goals: Compiling a series of ideas to guide the creative design process, figuring out how to translate these ideas into your actual space, articulating color schemes that align with both of these *while also conforming to the non-controllable elements of your space.*

- Pinterest moodboarding
 - Mood rearticulation (does this align with your initially stated emotional purposing? If not, re-articulate purpose)
- Inspiration-to-implementation mapping
- Color scheme logistics
- Textiles, fabrics, plants, objets d’arts, and other accents

Acquisition, Integration, and Expansion

Goals: Obtaining and installing the items effectively, and planning any next steps.

- Collaborative/Assistive online purchasing
- In-Person shopping (add \$10 per hour)
- Object placement and logistics (extension cords, non-slip mats, slip covers etc)
- Next Steps planning