

My Design Story



Where it Began

The day I received a decorated bedroom, I discovered how spaces affect how we feel.

Design Inspiration Catalogs, Books, HGTV



Creating for Others
Years of helping friends
and family transform
their homes.



Professional Training
Interior Design Studies
at West Valley College



The Unexpected Path

Every step of my journey contributed skills and perspectives that continue to shape the way I approach design today.



Business and Marketing
Developed skills in client communication, budgeting, project coordination, and understanding client needs.



Entrepreneurship
Growing up in an entrepreneurial family taught me resourcefulness and creative problem solving.



Psychology & Wellness Coaching
Cultivated a deep interest in human behavior, motivation, and well-being.

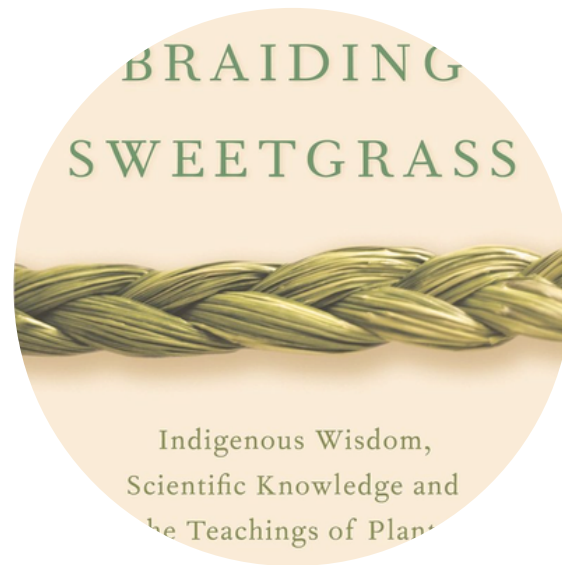


Interior Design
Bringing these experiences together to create meaningful environments.



My Design Philosophy

I believe
thoughtfully designed
environments can support
well-being, foster connection,
and create a deeper sense of
belonging.



Indigenous Wisdom
Stewardship, reciprocity,
belonging.



Nature & Well-being
Biophilic design and
connection to nature.



History
Honoring stories and craftsmanship.



Culture & Travel
Learning how people create meaning.



Psychology & Human Experience
Designing for comfort, emotion,
and well-being.



What I'm Exploring Today

Creating spaces that are both beautiful and meaningful.

Beautiful

+

Meaningful

Human-centered
design

Neuro and
biophilic
design

History-informed
interiors

Psychology
of space

Sustainable and
Responsible design