

Table of contents:

| Bio: | 3 |
|--|----|
| Commercial: | |
| Capstone-Mind,Body And Soul Wellness Center | 4 |
| The MSA Group-Executive office | 16 |
| Socially sustainable living community for veterans- The Grove2 | |
| Retail: | |
| Fashion boutique- Tailored2 | 26 |
| Residential: | |
| Aging in place | 30 |
| Furniture design: | |
| Formica student competition | 34 |





For as long as I can remember, I have always been challenging myself to be the best I can be by thinking outside the box, exploring more creative approaches and being open minded to unexpected obstacles thrown my way. I knew I wanted a career I could be passionate about and that would continue challenging me, which is what lead me to taking the Advanced Interior Design program at Centre for Arts and Technology. What I love about design is I can use these strengths, along with logic and creativity to create spaces that enhances people's experiences when they are in them.

My design style adapts to every project, whether it be ultra modern, traditional, Scandinavian, or whichever style best suits the client and project. I value being an adaptable and versatile designer because it allows me to connect to a wide range of people and gives me the ability to fulfill their needs. People describe me as a perfectionist because I am driven by hard work and fulling my goals to the best of my ability.

With every project I ask myself, who is going to be using this space, and how do they want to feel when they are in it? The answers to these questions are what influences my approach, techniques, selections, and aesthetic themes. I enjoy finding balance by use of neutrals with pops of color, a combination of hard and soft materials and experimenting with organic and geometric forms. My goals as a designer are to create spaces that can contribute to the wellness of its occupants and also the environment through sustainable design.

Capstone-Mind, Body and Soul Wellness Center



Objective: The focus of this project was to choose a topic that would benefit our community and carry out various types of research in order to devise a solution to a real-world problem. According to Stats Canada, since Covid-19, fewer Canadian's report having very good mental health, the overall trends across interior health indicate a growth in the population ages 65+ and a large percentage of deaths in the interior health region are due to alcohol, suicide, drugs and many different types of diseases and health problems. These stats are what influenced the idea of designing a Wellness Center.

Duration: 6 months

Quarter: 12

Square footage: 23,000 Square feet

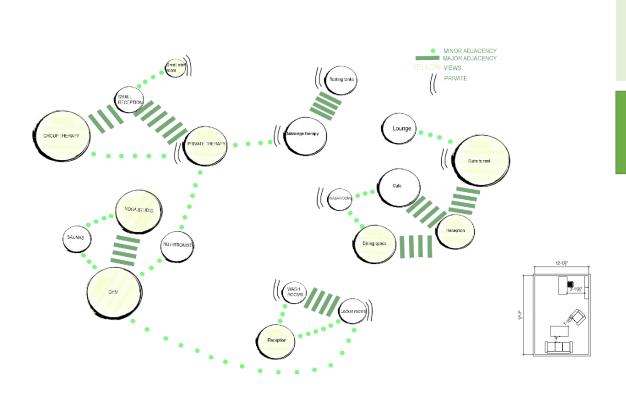
Software: Autocad, Adobe Photoshop, Sketchup, Enscape, Microsoft Excel



Concept: Mind, Body and Soul will serve as a center and retreat geared towards providing a place for the community to access amenities that will help aid in holistic healing and wellness. Several amenities will be accessible here in a calming spa-like environment. All interior finishes and materials focus on sustainability and evoking a sense of relaxation for the user. The color palette uses neutral tones complimented by elements of nature inspired textures and colors. Several biophilic elements are used because they proven to help in reducing heart rate and pulse rates, decrease blood pressure, and increase activity in our nervous systems. Organic shapes and forms tend to be comforting and approachable because we see them in nature which makes it a feature that will be used consistently through the space.

The buildings features and designs will enhance human comfort and encourage positivity. There is special attention to indoor air quality, water, nourishment, light, fitness, comfort, and mind. A few ways these are implemented are by providing operable windows, using low emitting materials, minimizing noise pollution, pleasant light density along with natural light, water efficient plumbing fixtures and accessible water stations.

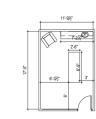
Schematic Process

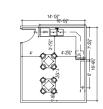


Building one

Level 2 Suites

Level 1
Reception, suites, lounge,
café, café seating







Parti

The lotus has a life cycle unlike any other plant. With its roots latched in mud, it submerges every night into river water and miraculously re-blooms the next morning, sparklingly clean. In many cultures, this process associates the flower with rebirth and spiritual enlightenment. With its daily process of life, death, and reemergence, it holds great symbolism. We cannot always be at our best self but with resilience, like the lotus flower, we can reemerge a new person. This idea inspired the concept of the center, and the shape is what inspired the circulation pathways and organic shapes used throughout the space.

Amenities building floor plan



Guest building level one floor plan



Guest building level two floor plan







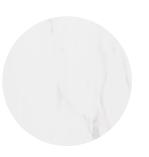




Suites









Cafe







Therapy reception







Meditation studio



Yoga studio





Massage therapy





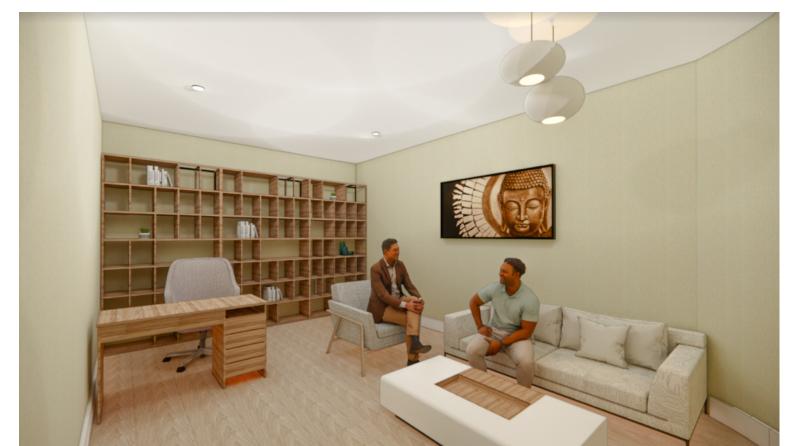
Gym



Private therapy









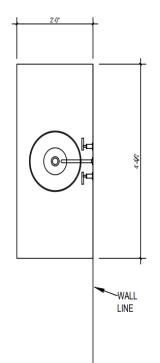
Cafe

Guest building section

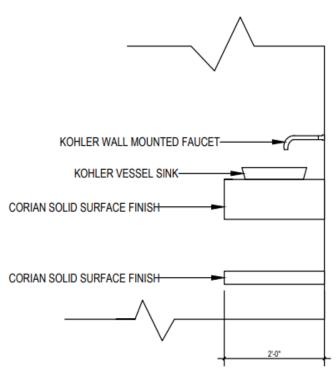


Working drawings

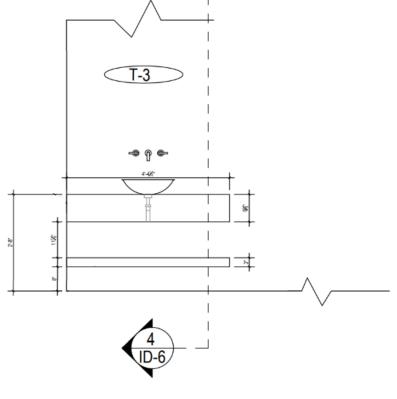
Enlarged plan



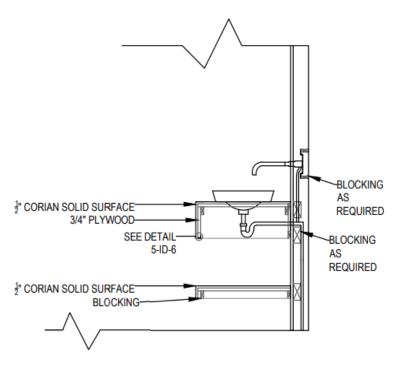
Side elevation



Front elevation



Section



The MSA Group



Objective: Design a corporate office that incorporates the clients image and status. Create a space that is suited for highly educated individuals who are highly technology oriented and very modern in client demeanor.

Concept: The intent of the design is to create an environment that encompasses MSA's brand identity: Quality, innovation, integrity and responsibility. Sustainably will be one of the core design concepts. The use of recycled, durable long lasting materials, functionality, energy efficient lighting and mechanics and low emitting materials are a few ways we can commit to this ideal.

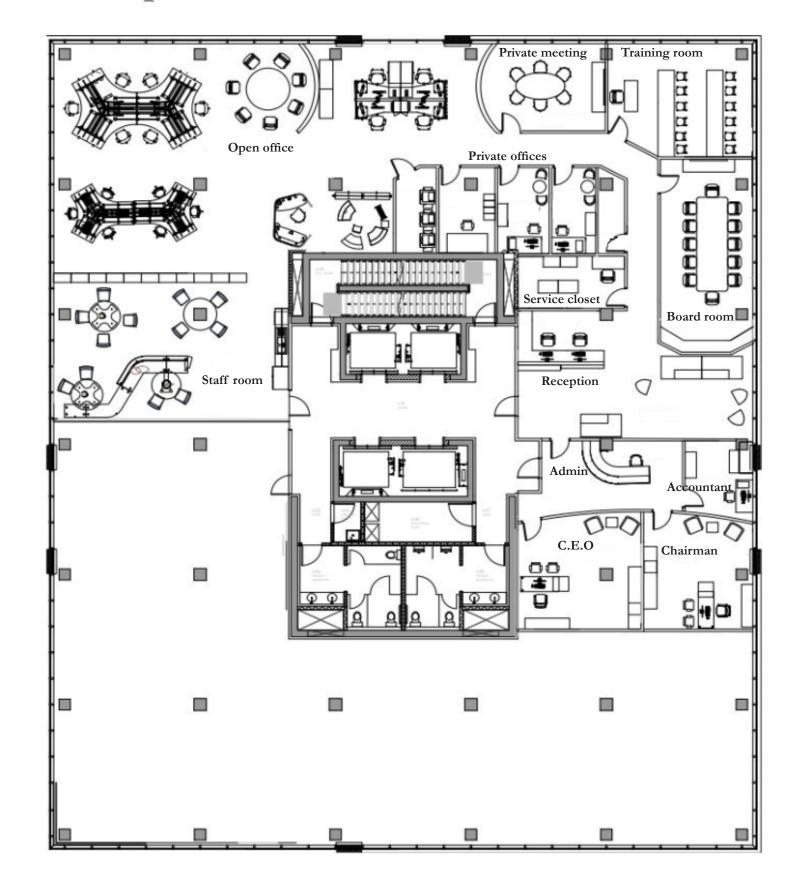
Duration: 10 weeks

Quarter: 10

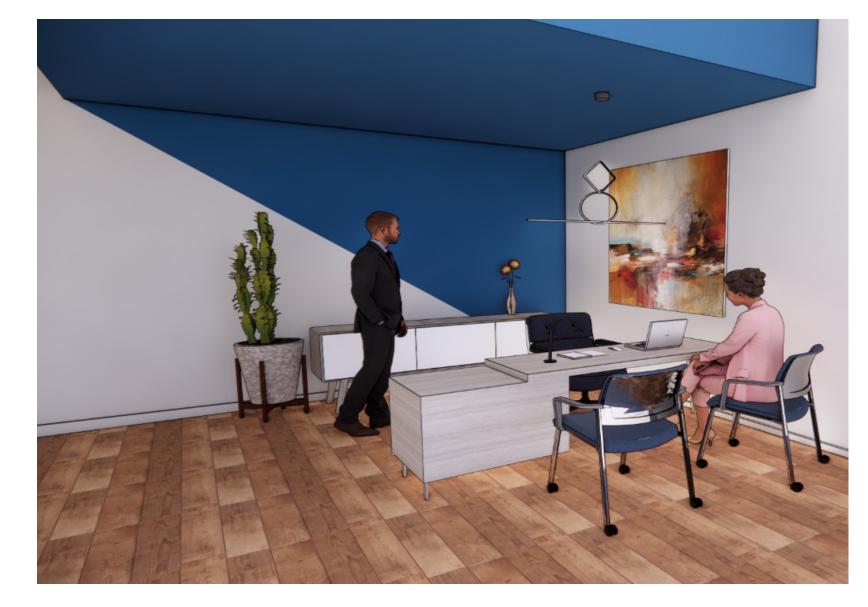
Square footage: 9,270 Square feet

Software: Autocad, Adobe Photoshop, Sketchup, Enscape, Microsoft Excel

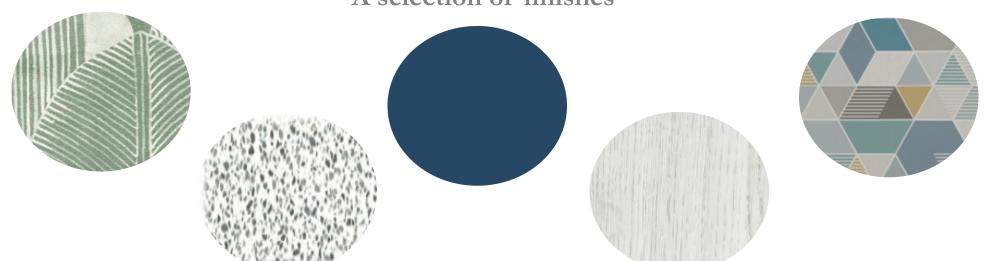
Floor plan



Executive Office



A selection of finishes



A selection of furniture



Waiting Area



A selection of lighting







Staff Area



Custom Display Case



Wood shelving concruction-

Formica Folkstone beyond

Wood construction finished with 1 MM/ Formica Folkstone Celesta

58 MM glass door frame painted black beyond

finished with 1 MM

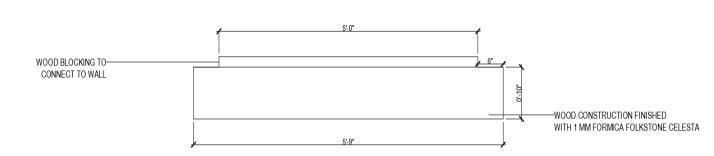
Extra wood panel meant to

hide scews front face finished

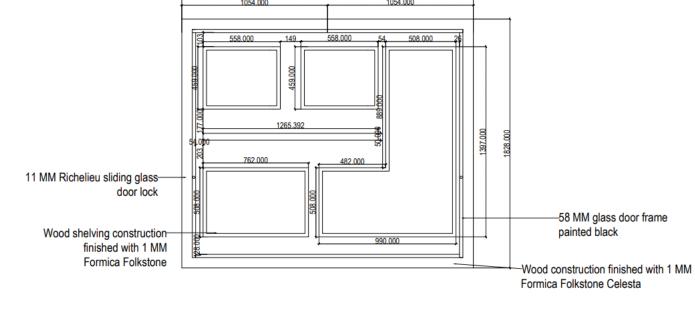
in 1 MM Formica Folkstone

—2x4 wood blocking screwed into wood back panel and connecting wall

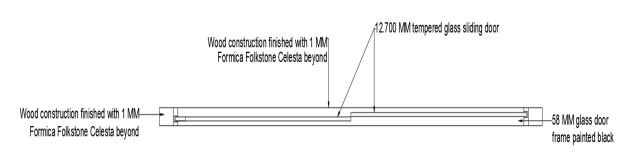
Plan view



Front Elevation



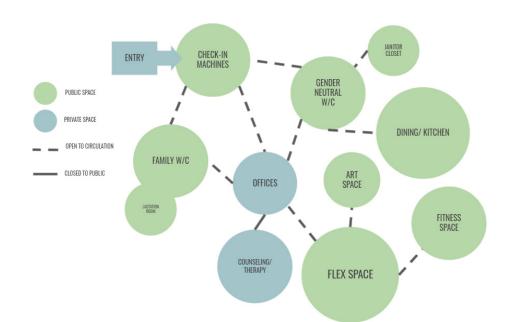
Section detail





The mangrove is a tree that grows with it's roots above ground, exposed. The Grove, like the mangrove, acknowledges not only what is on the outside, but what is on the inside as well. Veterans are not just individuals who served their country, they are sons and daughter, mothers and fathers, siblings and friends. The spacial concept and design of The Grove is focused on assisting veterans in the transition from being on active duty as they return to civilian life, by encouraging them to make their roots visible after being buried while serving their country.

Programming



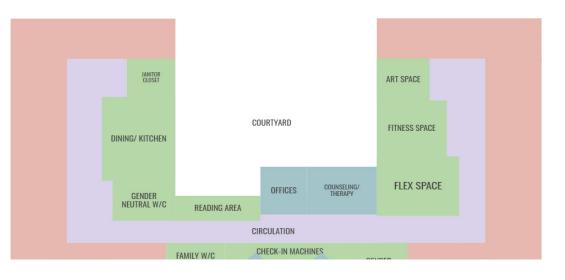
Square footage:10400 square feet Quarter: 5

Group members: Ashley Grunow, Danielle Boenig, and Medina Cowan

Contributions:

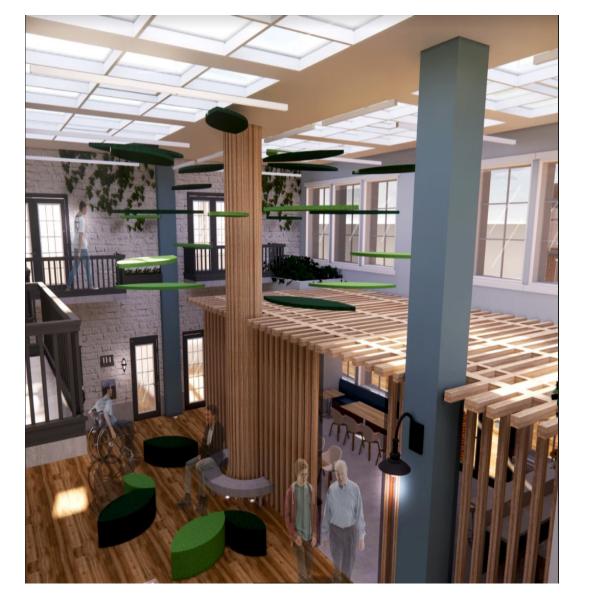
research, concept development, programming, design development, and material selections





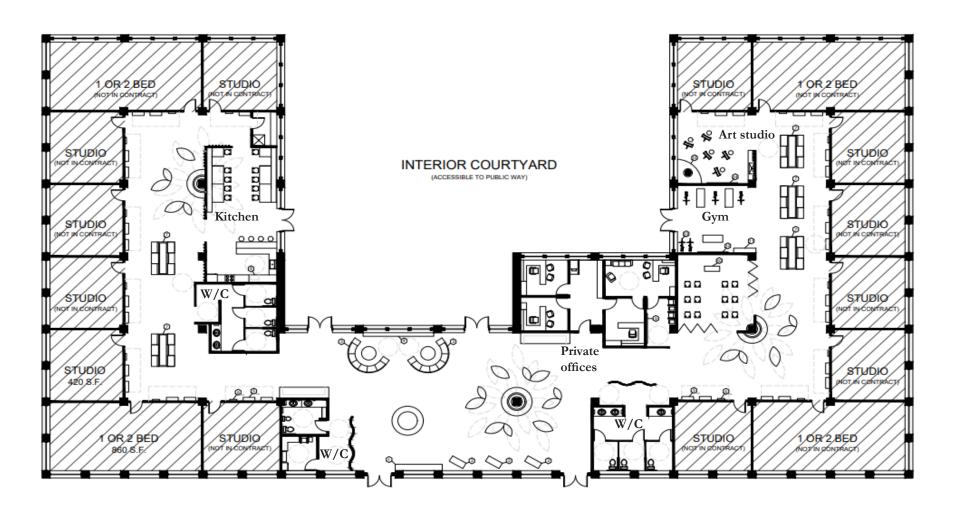
Concept:

Walking through The Grove can be compared to taking a walk through the park, with greenery and fountains complementing the natural earth tones throughout the building. The open spatial plan and plenty of common areas will create an inclusive community feeling, encouraging social interactions. The Grove is a place to assist veterans in the transition from active duty back to society and it is dedicated to making that transition as easy as possible.





Floor Plan



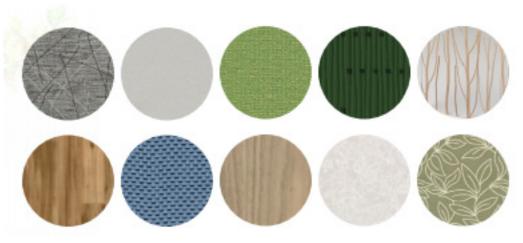






Colour Theory:

Green and blue hues were chosen for this project due to the calming and peaceful tendencies. Many veterans suffer from PTSD so making their every day envirnment as peaceful and nurturing as possible will create ease in their journey returning to society. Additionally, plant life was added to the space to assist with mental health because it has been found that being in nature has a major impact on increasing mood, reducing stress and creating feelings of relaxtion.



Materials:

The materials chosen for this project were carefully picked based upon their degree of sustainabilty. Many of them contribute to LEED certification and WELL building standards.







Tailored-Fashion boutique





Concept: The landmark district can be described as a urban, modern, business savvy community with an emphasis on life and work balance. A new fashion boutique will be built upon this communities philosophies. A place where "trendy" meets sophisticated.

The elements of this design are intended to portray a ultra modern, sophisticated yet serene atmosphere. Crisp lines and functional displays keep the space open and clean while vertical planes and partitions give the user a sense of curiosity as they make their way through the circulation of the space. Smooth Finishes, such as glass, laminates and concrete can give emphasis to the wood tones creating unity in the space. Tailored will be the place people come for their various clothing needs but they will stay and return for the experience

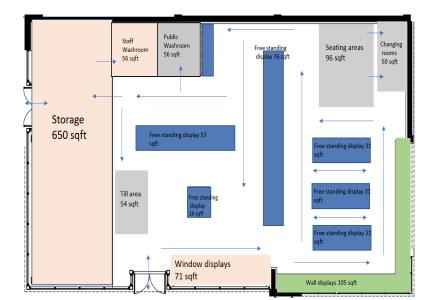
Duration: 10 weeks

Quarter: 5

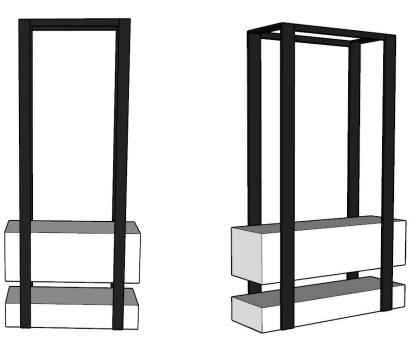
Square footage: 3000 square feet

Software: Autocad, Adobe Photoshop, Sketchup, Enscape, Microsoft Excel

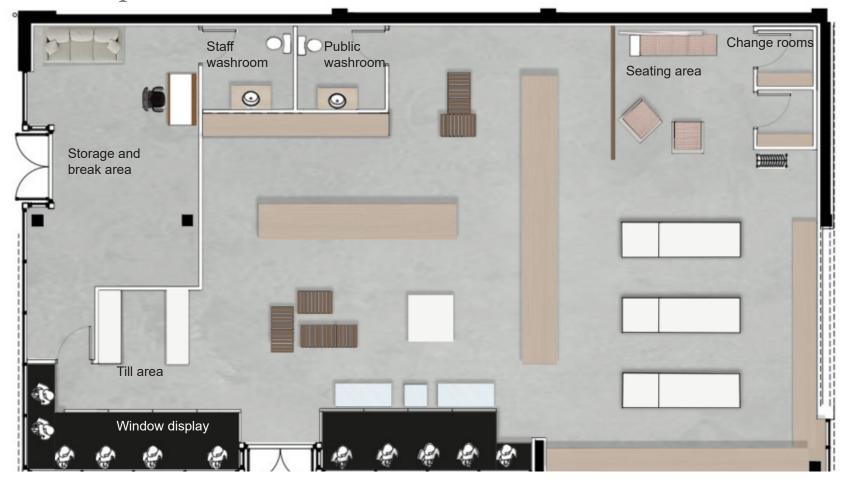
Programming



Custom checkout station

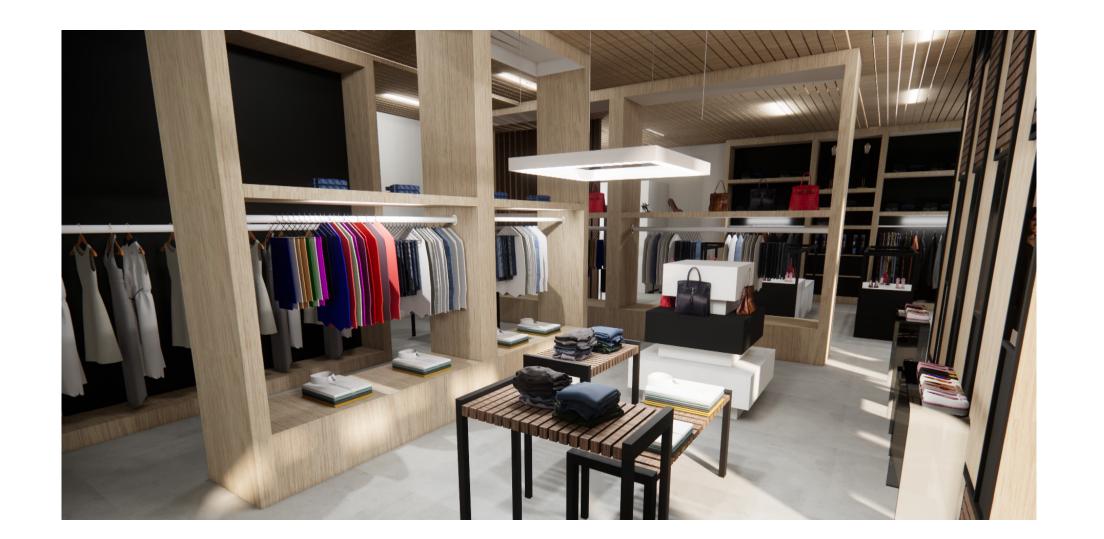


Floor plan



A selection of finishes

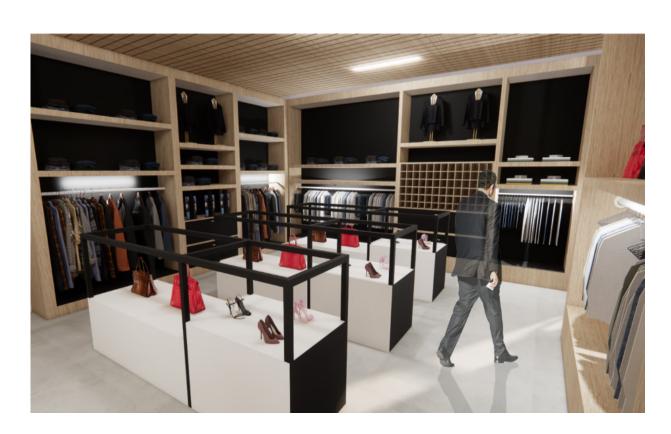




A selection of furniture and lighting









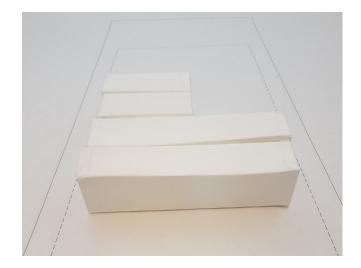


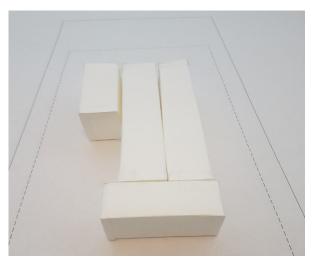
Everitt Residence-Aging in place



Preliminary Planning







Objective: Design a residence using two shipping containers for a client looking to age in place. During the project, research was done to understand the clients' specific needs and lifestyle in the context of current and future requirements.

Concept: The intent of this design is to reflect the interests of pottery and art through movement by incorporating organic lines and shapes throughout. Consistently blending color, forms and functions will merge the space together. Using colors from the environment near by can bring the serenity of being by the ocean even when indoors. By incorporating universal design, aging in place can be done comfortably. This can be done by wheelchair assessable heights and turning points and easy to open or access objects.

Duration: 10 weeks

Quarter: 3

Square footage: 1300 square feet

Software: AutoCad and Adobe photoshop

Floor plan



Kitchen Elevation

A selection of finishes

Section









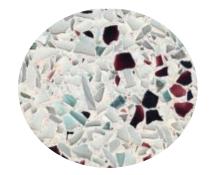
A selection of furniture and Lighting













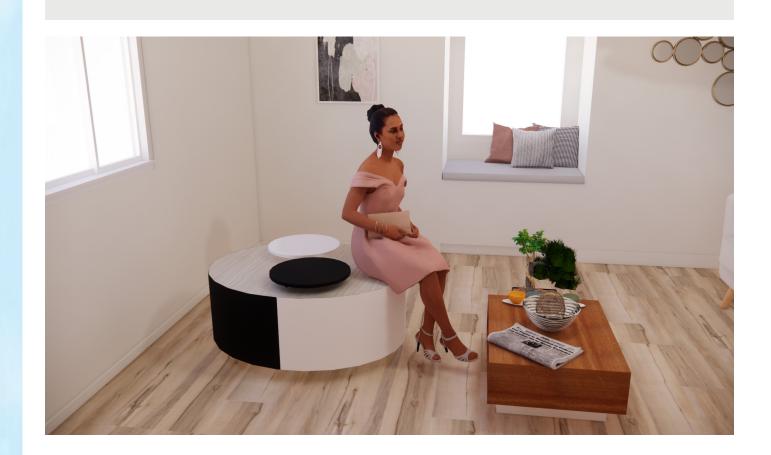








2021 Formica Student Competition





Concept: Yang. The yin, the dark swirl, is associated with shadows, femininity, and the trough of a wave; the yang, the light swirl, represents brightness, passion and growth. The new generation is one that will be versatile and flexible with our rapidly changing world, they will, and already are a generation that is passionate and has been able to grow through all the ups and downs. The unit was designed with these core concepts. The original form of the Ying and Yang unit is together to form the symbol but because of its modular capabilities it gives the user multiple different options for use. When the two pieces are pulled apart each unit is suitable for one person giving a chance for group seating arrangements. There is also the option of using the swivel desktop on either part of the piece, providing 2 separate workstations. For easy storage, simply tuck the work top away and place the pieces back together or merely leave them as their own entity.

Duration: 7 weeks

Software: Autocad, Adobe Photoshop, Sketchup, Indesign.

