

HOW TO CREATE A HOME THAT CREATES ULTIMATE FAMILY MEMORIES TRANSCRIPT AND WORKBOOK



Hi! I'm Lisa!

This transcript is from a recent presentation- an event for women in Toronto on interior design, and how to create a home that creates family memories! This is a straight transcript with some grammatical tweaks made, but please forgive the extra “likes” and other casual sentence structure!

I hope this talk inspires you to create amazing environments that help your family to thrive at home.

With love,

Lisa



SIMPLE THINGS YOU CAN DO TO SET THE STAGE FOR LASTING MEMORIES

TRANSCRIPT

Ladies, I'm so excited to be here. Who's excited? I'm going to take just a minute to set myself all up here and while I'm doing that I'm going to invite you all to watch me turn this podium without dropping the keyboard. Are you ready? Did I do it? Did I do it?

All right. So I have lived in my home in North York at the top of the subway line in Toronto for the last 10 years. My husband and I got married 10 years ago this December and yes, as Melissa so kindly outlined. I'm tired just hearing it! We currently have six children ages eight and under can feel like a children and when we moved into my house it was like, how do I say this? It needed a lot of love and a lot of sort of picturing what could be possible. It was a major disaster. It was a needed to be renovated, you know, we're very thankful to have a house. We were very thankful to have a home to start our family, but it needed a lot of love.

So for basically eight of those 10 years that we've been living in my home in North York, I was a little bit embarrassed and really frustrated. I wanted to love my home. I want it to feel proud of my house, but I was so, you know, the kitchen was literally falling apart when you came over to my house. I had, um, uh, we've had, like I said, in the last eight years, I've had six kids, so you know, for a good portion of those years I had toys all over the floor. You could not step on my floor. You still can't step on certain floors in my house, but you really could not step on the main section of my home without tumbling over some Lego stubbing your toe. Can anyone relate to this feeling? Those of you with older children, I hope that you're only dealing with socks potentially or other things.

Problems!



But in my case right now I'm dealing with Lego on your feet. So for so many years I was frustrated and just feeling really challenged.

But then everything changed. So again, I have practice interior design for the last 10 years and as Melissa so kindly outlined, I've worked on shows like the Property Brothers and everyone always asking me are they really as nice and as funny as they are on TV? Yes. Are they really as handsome as they appear on TV? Yes, they are. I'm so excited, Drew has gotten engaged, which is very exciting.

And Jonathan has now, I think, found the lady of his life, I think. So they're no longer single. That's the other

question I get all the time. Are The Property Brothers single? They are no longer single.

So for the last 10 years I've been helping families thrive at home through strategic interior design and working on the back end of design TV. And so finally when it came to my home I was like, ah, now I understand why everyone's so excited! The transformation is so thrilling!!!!



MY LIVING ROOM TODAY!

And here's the thing that I've learned in 10 years of doing this across all budgets, creating spaces on the Marilyn Dennis show, creating spaces for lifestyle television creating probably, I don't know, I'd have to count, but maybe over 400 spaces for design television. What I have learned is that creating a home, it's not about the tiles, it's not about the money you spend. It's not about whether or not you knock a wall down and yes, these are all important things and they're going to factor in how we create a home your family's going to love and how we create a home where you can create memories. All of these things factor, but they're not the point. What is the point?



Moments like this- that is what creating a home is all about. We're creating a home where our families can thrive. We're creating a home where we get to play the architects of creating family memories. So it's not just about the tiles, it's not just the tearing down of walls. And this is what I'm so passionate about in my interior design business, when I meet doing a consultation. I'm so passionate about helping families figure out a plan, figure out how their family can thrive at home through strategic interior design. So what we're going to do today is we're going to talk about the three key considerations that I believe go into creating homes that your families will love and the three key considerations for how you can help your families create lasting

memories. And again, I believe that we as mothers, we as wives, we as the women of our home, are the architects of creating these family memories.



And I believe it boils down to three things: conversation, collaboration and comfort. And we're going to dissect this right now.

What I'd love for you to do now is to take a deep, deep, deep breath. Take a deep breath. I know it might've been hard to get here today. It might have been really frustrating. You know, you might've had to make sure that kids had like a million snacks or the babysitter knew exactly what to do. So if it was hard for you to get here today, I just want you to feel very relaxed. I'm really happy you're here and I want you to just take a deep breath, close your eyes if you want, and just want to get a picture of the last amazing family memory you had at home, so I'm just going to take you a really quick moment to what was the last amazing family memory you had in your home and I just invite you to think about what were you doing? Were you sitting on your couch? Were you reading a book to a child, were you listening to an older child, tell you a problem. Who were you talking to in this memory and where were you in this memory? Where are you sitting? What's around you in this environment and what are you doing together? What was going on that made this memory so amazing?

QUESTION FOR REFLECTION: Reflect back on a recent amazing family memory and describe the scene below. By as detailed as possible- where were you? What was going on that made the memory amazing?

Example from woman in audience: We just recently moved and the best memory was the furniture was coming two days later, so we had three mattresses on the master bedroom floor and we popped the computer up, and made popcorn, and had a move night with no furniture in the house!

Example from woman in audience: A short while ago, I was really busy cooking and the kids asked me if they could bake something and I said no, I was too busy, and they decided to do it themselves and so they did it themselves. They made a mess. It was a self guided, fun, messy kitchen experience. That's so much fun.

There are three things I want to point out in both of these stories. And again, what are my three words that are all C's? So conversation, collaboration and comfort. In Melissa's experience, her kids had to talk to each other. They had to kind of figure out, you know, how are we going to make a pretzel? And they obviously did and that's very exciting. In Julie's example, comfort. There was a level of comfort. They were on these comfortable mattresses and sleeping bags. It wasn't about, you know, fancy pillows or anything like that, but it was very comfortable and collaboration and Melissa's example that was also very collaborative. Those children were doing something together. So what I'm going to do in this presentation is essentially outlined those three c's, conversation, collaboration and comfort, and these are the things that I would love for you to remember as we go through this and as you go through your homes and as you decorate and as you create spaces for your kids, are there elements of these three things? I want these to be your guiding principles to make sure that you're creating homes that your families are gonna love and create memories that are going to last forever.

Conversation

- seating
- layout of room
- intimate



HOW EASY IS IT FOR PEOPLE TO TALK TO EACH OTHER IN A SPACE?

CONVERSATION:

All right, so conversation. What does this mean? There are three things I believe in conversation seating, number one, layout of a room number two, and creating an intimate environment. And I'm going to go through them and I'm going to describe. I'm going to describe to you what I've got on my slides here.



CONVERSATION

SEATING

So seating. So I'm sure you've experienced this at a busy restaurant or maybe at church on my gosh, church on Easter Sunday and you can't get a seat for example. You know what I mean? But when you can't sit down somewhere, it's not really comfortable, you know? And yes, we, it's great to offer up inconveniences, but I argue that in our homes, let's cultivate comfort and conversation as much as we can. And in order for people to talk to each other, I have to sit somewhat close to you. Do you know what I mean? If we're all sitting the same way, it's going to be kind of awkward- yes, you can have a sideways conversation, but it will be a little bit more difficult. So in our floor plans, when I'm advising my interior design clients, I'm always asking them what is going to be the main purpose of this room?

Oftentimes they tell me TV and I'm like, let's put the TV in the basement because I want you to create conversations! So think of how a living room, let's just take it on the slide behind me. We've got a living room setup and essentially I've got four chairs and a sofa around a coffee table. And when you think about that, that's a really conducive way to be able to talk to each other.

Look at the round tables that you're sitting at currently, you are able to look across at a new friend across from you. It's fairly easy, you know, it's not that difficult. You're not really yelling. So these are all the things that I encourage you to keep in mind when you are setting up a living room, when you're setting up a formal entertaining room, when you're setting up a media room for example, is, are there areas where people can actually sit and can they actually talk to each other in a reasonable distance?



LAYOUT OF ROOM

Does that make sense? Are you with me? Okay, excellent. So that's seeding conversation. Also, one of the things that we want to keep in mind is the layout of a room. So in my own home, on the slide behind me, what I'm showing you is I had a 1950's house. Before we renovated, when you got into the house was a wall. So basically you walked into the house and a wall separated the kitchen on the right, which was very small, and then the living room on the left, which was also very small. And so when we finally went to do our renovation, I decided we are going to blow open this room so that I can have as much of a communal experience as possible.

And the difference on my children has been kind of phenomenal because I can be in the kitchen, I can be cutting my vegetables and my kids can be on the sofa right across from me and I still feel included in the conversation. And so to think about the size of a room and what kind of a layout are you going to incorporate is really important. And again, this element that I say is the conversation element because again, you can continue to have a conversation while you're prepping. So that's my second piece of conversation is layout of the room, first was seating, second is layout.



CONVERSATION

INTIMATE

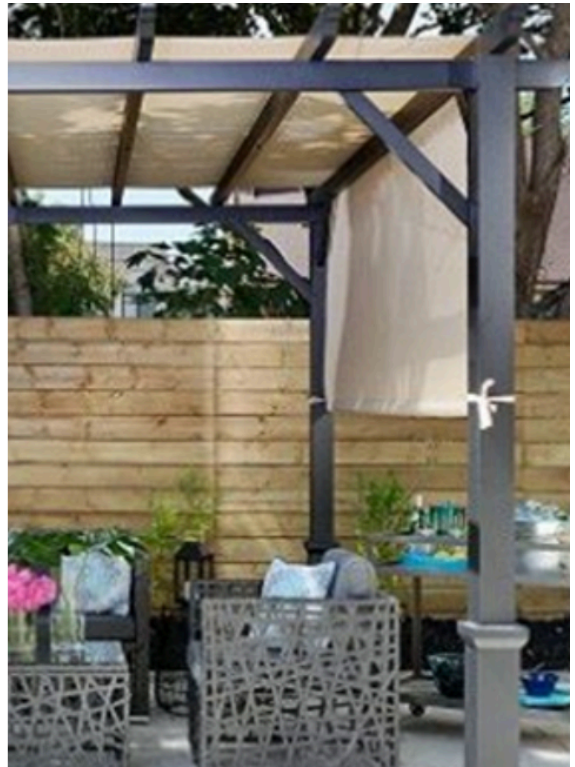
I'm very happy to show you some of these pictures. This picture, if you can see it behind me is a kitchen I've just designed and what we did here with a really large island. And then right beside it is this gorgeous little nook and it's full of comfy pillows. They're all in blue. There are various patterns. They all match. And what was great fun is that I happen to be personal friends with this client of mine, and my children were over for a play date. And a real joy for me in my interior design practice is when I get to see a house, in real life, exactly as I pictured it in my head. So my girlfriend and I were making coffee in the kitchen. We were at the kitchen island and over there in the nook was my son, her kids, they were playing monopoly or something like that.

Everybody was in the same room. Everyone was sort of having the same conversation. We were able to help them with the game, but we were also able to really comfortably have a conversation ourselves. So these are the elements that I believe are really important because think about it, and again, in these stories that we heard the story with the baking, the story with the mattresses, they were intimate experiences where people will be able to say in the future, "oh my gosh, do you remember the time we bounced on the mattresses? Mom, do you remember the time we made pretzels and you didn't help us?" The spaces, the spaces that we create, regardless if you're spending money renovating or not, the spaces that we create by our furniture layout, by the way, the furniture is positioned so that we can speak to each other, by creating little intimate areas like a breakfast nook, and then another area for grownups do interact can really help to bring about these conversations.

QUESTION FOR REFLECTION: How can you create an environment to encourage conversation in your main living space? Do you need to move furniture closer together, or purchase additional items to make this a priority? Jot some of your ideas down below:

Collaboration

- specific to activities
- enough space
- encourage participation



HOW EASY IS IT FOR PEOPLE TO DO THINGS WITH EACH OTHER?

COLLABORATION

My next “C”- So the first one was conversation. My next C is collaboration. So Melissa’s story of the baking is a great example of this: how can we do things together? How can people collaborate in a space? So I’ve talked about conversation. They’re very similar to be honest, I would argue, but collaboration I argue is more about things like activities. So what activities can we encourage in a space? Do we have enough space to actually facilitate an activity. Let’s get into some examples.



SPECIFIC ACTIVITIES

Um, I'm going to go rogue off the slides because you can't see it anyway. So I just did a fun collaboration with a beauty vlogger named RachLoves. She does youtube beauty tutorials. It's very interesting. And what we created in her space for her daughter was a reading nook. You can go and check out the video on my youtube channel, but we created this adorable space. Her daughter is three, she loves to read, and she's really into fairy princesses. She loves make believe, she wants to play pretend all the time, so what we created in her space was an area where she could collaborate again, using that word, collaborate with her parents in a really intimate reading activity. So it's essentially a big tent. We got a hula hoop from the dollar store. We put a whole bunch of tulle on it with little twinkle lights and tons of pillows. This girl has probably more pillows than I own in my entire house in this tiny little reading nook and what it's facilitated, the collaboration that I argue. So she's able to snuggle up in there with her mom or her dad or her little brother and I guarantee she is going to say one day, "Mom, do you remember in that house we had that tent, and all the times that we snuggled up in there?" So these are the things that we have in mind. It's not just about the pillows. I feel like that's my new mantra. It's not just about the pillows, it's not just about the pillows, it's so much about creating areas for conversation. And now collaboration.



ENOUGH SPACE & ENCOURAGE PARTICIPATION

Moving on to ensuring there is enough space. I hate to use this example again, but church on Easter, so when we have a whole bunch of people in a space, it can be kind of challenging, right? So let's think again, when we're creating these environments, if we want them to be comfortable environments where people can gather and really just spend a lot of time and relax and have these memories, let's make sure that the space is large enough or small enough to do that. So let me give you a practical example. I'm currently having this problem, I can no longer fit all my family at my dining room table. It's a problem we have, we have seating for six, but now we are eight.

So things like that just, it seems obvious, but you wouldn't believe how many homes that I have been in where they literally don't have enough space at a dining table to accommodate the family, or they don't have enough seating in the living room and they're telling me, oh my gosh, everyone fights over the same chair. Does anyone else have this problem? Everybody fights over the same chair in the media room, blah, blah blah. So again, do we have enough space in order to facilitate the kinds of fun family memories like movie nights, or playing board games for example, where there's enough of a space and an environment in order to do that.

QUESTION FOR REFLECTION: In your main living space, how easy is it for people to do things together, like play board games, craft, or share in other experiences? Is there anything you can do today to help facilitate more collaboration at home?



Comfort

- special details
- items of comfort
- quality
- how finished a space is

WHAT ARE THE SPECIAL DETAILS THAT MAKE YOUR HOME COMFORTABLE?

COMFORT

Third C is comfort. So this is where I get really excited. This is where I spend like 500 hours at Home Sense, anyone else? So comfort is what I argue is the small details that go to make an experience very special, and I want to applaud the women who organized this event because there are so many small details at the tables that are telling us how to behave. I know that might sound weird. But imagine we did put out flowers at every single meal. Imagine we did bring out the great cutlery at every single meal. You know, it might not be practical to bring up the fancy China of course, if you have small children, but imagine we treated every meal as special as this one, you know, because I believe that the meals are where so many things happen. And so what can we do to make those special? And I'm sure we could brainstorm them. I'd love to hear. Come and tell me at the table how you make your meal special. I would love to hear.



SPECIAL DETAILS

But essentially, comfort is special details. I would say the items of comfort that we incorporate into our homes, like blankets, like throws, those kinds of things. How finished a space is, So let's dive in to this section of comfort. I invite you to visit my table over there where I'll be after my talk. I literally undressed my coffee table and I literally undressed my sideboard and I literally brought my favorite things and they are small things that you can grab, like really pretty coaster. A diffuser. Really beautiful coffee table books. You can take a look.

They might seem trivial, you know, you might see that they be thinking in your head all Lisa, like, you know, there's other things going on in the world. I spend my money wisely and I'm not going to spend my money on chotchies and frames.

But to make these things special for our families I think is worth a little bit of attention. Doesn't have to be a lot of money, but it's definitely worth some attention.

QUALITY

These items do not necessarily have to cost a lot of money (although of course you are welcome to invest!) Some of my favourite places to purchase these “special detail” items at really reasonable pricing include: Home Sense / Home Goods, Urban Barn, Target, Zara Home, Bed Bath & Beyond, H&M Home, and Wayfair.



comfy items

- throws blankets
- trays
- candles
- tissue boxes
- books
- coasters
- beautiful mugs
- decorative accessories
- beautiful photos
- comfy pillows
- flowers
- framed inspirational quotes
- personal art

FINISHED ROOMS

Finally, I want to talk about finished rooms. This is a little bit of a, how do I explain, a bit of a debate I get into with some of my colleagues. I argue that a finished room is more important than having one amazing piece, but a lot of my colleagues will argue with me because they think that you should spend money on everything, LOL. Let's take an example. If you had \$10,000, I actually would argue it will feel better for you to finish the space on \$10,000 as opposed to buying one or two things that will equal \$10,000. Does that make sense? Because I believe that when you sit in a room and it's unfinished, it doesn't feel peaceful. So let me give you a very practical example. For basically eight years I lived with no drapes. That's a problem. I would constantly sit in my living room and just be like, oh, there's another thing to do.

Basically what I'm trying to argue here is that finishing a room I think will make you feel so good and you'll sit there and you'll be able to enjoy it. There's so much value in beauty and our environment feeling finished and peaceful that I argue it is actually better to finish a space as opposed to investing in one piece. (Don't get me wrong, I believe in investing as well! I just think if you had to pick between investing in one piece, and finishing a room, I would finish the room).

QUESTION FOR REFLECTION: Is there one area of my home that might need a little love and attention? Could I take 2-3 hours this weekend to pick up a few items to make it feel comfortable, special and cozy? Jot down your thoughts below:

All right, so my three Cs: conversation, collaboration and comfort. So my invitation to you is to go home and literally do an audit. Start with one room, start with the room your family uses the most. Maybe it's your living room, or maybe it's a rec room, or maybe it's your dining room and take a look and say, hey, does this room encourage conversation? Does this room allow my family to collaborate together in some kind of activity in some way? Is this room comfortable? So ask yourself those questions. Does this room facilitate conversation? Does this room facilitates some kind of collaboration? And is this room comfortable? Those would be my challenge to you. And then I want you to email me and tell me how you did. I love challenges. Can you tell?

And so finally I just want to conclude with you are the architect of your family's memories at home. This is what, 10 years of interior design has taught me that we, as the women of our houses, we have the power, we have the power to create family memories.



You are the architect
of your family's memories at home.