

Presented By :
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About Mimi

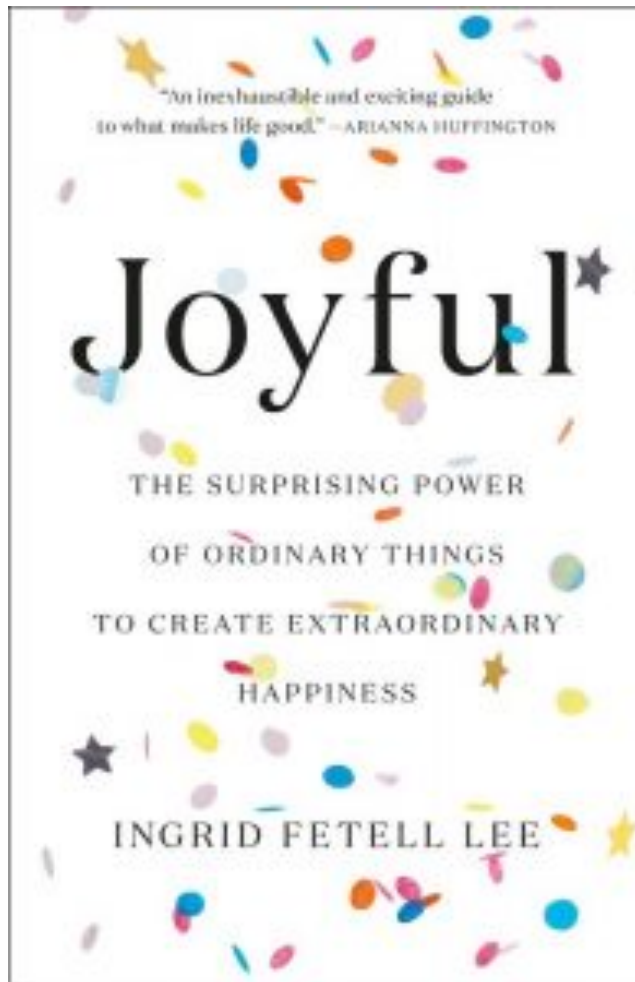
- Owner - My Life's Work- Coaching & Consulting
- 25+ years professional work in human resources
- Work includes
 - Executive coaching
 - Career transition coaching
 - Leadership development program design/delivery
 - Workshop design/delivery
 - Coaching groups for parenting professionals
 - Space coaching (?)
- Certified Dare to Lead facilitator



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My Life's Work
Coaching & Consulting LLC
••• BRINGING WORK TO LIFE •••



Content

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The book's premise:
*Opportunities abound to cultivate joy
through space and place*

**The book asks and answers three fundamental
questions:**

*What do you need?
How do you cultivate it?
How does “joy” fit in?*

What I Appreciate about “Joyful”

- It's joyful
- It's based on firsthand experience
- It's grounded in a ton of research
- It's applicable to many different personal and professional situations (I think!)
- It's accessible
- It's generative (e.g. action planning tools)
- It's necessary (more on that later)

In a nutshell....

- If you are experiencing **drain** \Longrightarrow **energy** ✓
- If you are experiencing **scarcity** \Longrightarrow **abundance** ✓
- If you are experiencing **confinement** \Longrightarrow **freedom**
- If you are experiencing **chaos** \Longrightarrow **harmony** ✓
- If you are experiencing **somber** \Longrightarrow **play** ✓
- If you are experiencing **boredom, ennui** \Longrightarrow **surprise**
- If you are experiencing **burden or heaviness** \Longrightarrow **transcendence**
- If you are experiencing the **ordinary** \Longrightarrow **magic**
- If you are experiencing **dull or muted** \Longrightarrow **celebration**
- If you are experiencing **stuck or plodding** \Longrightarrow **renewal** ✓

- The Feel: vibrant, colorful, warm, bright
- Signature Elements
 - saturated color
 - neon/fluorescent pigment,
 - yellow
 - sunlight

Energy

DID YOU KNOW...

A study of 1000 people in Europe found that people working in colorful offices were more alert than in dull offices.

Exposure to light improves well being (mood, blood pressure, productivity). People who sit near windows report higher energy/physical activity at and outside of work.

Energy

Did you know?

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Adapted from *Joyful: The Surprising Power of Ordinary Things to Create Extraordinary Happiness*
by Ingrid Fetell Lee

○ Space

- pops of color
- warm light bulbs
- repainted/reupholstered furniture
- murals
- neon signs or decorative lighting

• Escape

- art museums
- street art/mural tour
- paint or art or fabric store



Energy

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- The Feel: maximal, layered, varied, textured, kaleidoscopic
- Signature Elements
 - multicolor
 - polka dots or stripes
 - layered patterns or textures

Abundance

A study showed that people who spend time in biodiverse parks felt greater sense of restoration and well-being than those who hung out in less dense and diverse parks.

Adults, studies show, exhibit significant activation of brain (emotional regions) when stimulated by touch, tastes, or smell. Touch especially reduces stress, enhances mood and attentiveness.

Abundance

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○ Space

- varying patterns/textures
fabrics, wallpapers, and
tiles
- multi-colored palettes
- art or decorative objects
- everyday “more is more”
(pens, socks, pasta)

• Escape

- flea or farmer’s markets
- lobbies of fancy hotels
- candy and gourmet food
stores
- fabric, button, yarn stores

Abundance



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Adapted from *Joyful: The Surprising Power of Ordinary Things to Create Extraordinary
Happiness*
by Ingrid Lee

- The Feel: orderly, symmetrical, patterned, balanced, flowing
- Signature Elements
 - patterns (repeating or geometric)
 - repetition
 - rhythm

Harmony

In a 2013 study at the University of Liverpool, psychologists found that people unconsciously associate symmetrical forms with words like “pleasure” and “paradise” and asymmetrical forms with words like “disaster.”

Cognitive scientists believe that the brain derives pleasure from grouping similar objects together.

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Harmony

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○ Space

- groups of similar objects together
- mirrors to enhance symmetry
- coordinated colors to bridge space in room
- less clutter
- color code prominent items
- display collections (shot glasses, Pez dispensers)

• Escape

- view a skyline
- explore a church/temple
- watch or attend a dance or symphony performance
- go/watch bike riding or ice skating

Harmony



- The Feel: round, curvy, cute
- Signature Elements
 - circles and spheres
 - loops and waves
 - polka dots

Play

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A study in Japan found that people performed better on tasks requiring intense concentration and conscientiousness after being exposed to cute babies and animals.

Stuart Brown, Founder of the National Institute of Play, has found a “play debt” particularly acute among elite students at competitive universities. Goal orientation suppresses natural play impulses.

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Play

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Play

○ Space

- circles and spherical furnishings, rugs, décor, and lighting
- furniture with rounded edges
- selective decor with cute attributes (e.g. cutensils)

• Escape

- hang with babies and puppies (Foster a dog?)
- go to the playground
- ride a carousel
- play ball or hula hoop



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- The Feel: nurturing, dynamic, seasonal, alive, beginnings
- Signature Elements
 - flowers
 - expanding shapes
 - “S” curves and spirals
 - seasonal elements

Renewal

Research shows that humans create detailed mental pictures of future joyous events that fills our mind with rich sensations and exciting possibilities –Fridays are more joyous than Sundays

The ancient Japanese calendar has a series of micro-seasons to support frequent beginnings

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Renewal

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Renewal

○ Space

- vases of cut flowers
- wallpaper, art, and textiles with floral motifs
- accents and furniture with expanding, blossoming, shapes
- spiral accents such as coils and braids
- seasonal specific items

• Escape

- watch a sunrise
- visit a public garden or farm
- collect flowers or leaves for pressing or drying



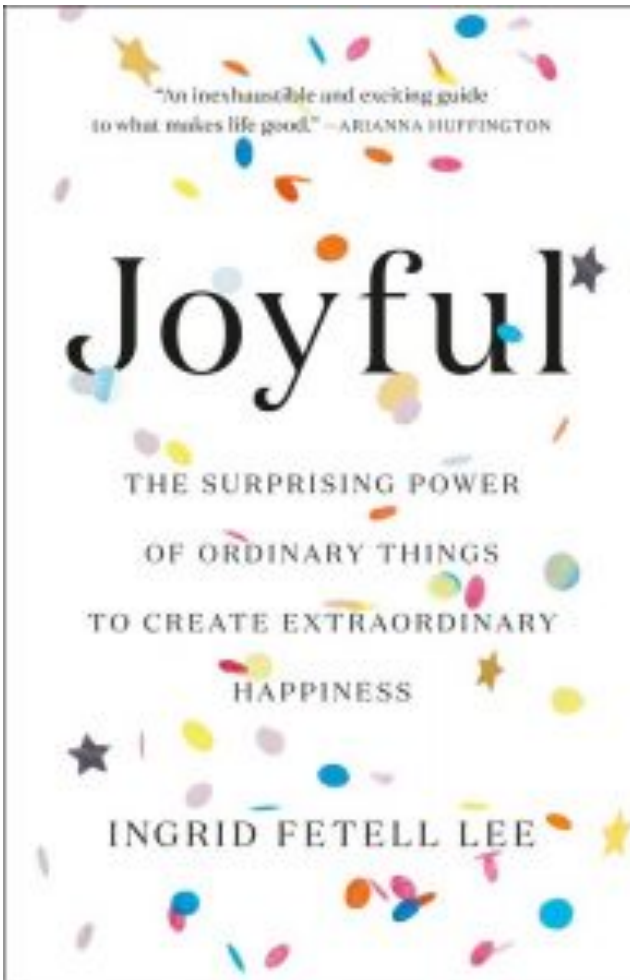
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Group Discussion

- Coaching opportunities for individuals?
- Opportunities for organizations to build culture, facilitate workforce engagement, leverage high performance?

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Thank You

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