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I N T E R I O

The objective of this article is to bring forth an awareness about how much our home affects the way we live, think, feel and relate to others. As a coach, I believe that sharing space is one of the most important aspects of life, where we are challenged on a daily basis to grow exponentially. Being an architect, the concept of Home preoccupies me on many levels and I have come to the understanding that the home is much more than the space we inhabit - it's the space that defines us, as individuals and/or as a family. Who are we without our home? How might we be different in a different home? I am interested in exploring how the home influences us and how we can use it to remind us each and every day of our alignment to our path.

In light of this, I am proposing a new approach combining the coaching model and residential architecture that we could use as coaches to help our clients create a home that reflects who they really are while helping them be even better. This process is a four quadrant approach (see diagram on pg. 6) that integrates architecture and coaching into an inclusive system of "customizing" the living environment for an individual, couple or family.

Although it is not a formula that yields the same results each time, it is a simple strategy that any coach or architect can at least partially use to give their clients a better service, product or design.

Besides Feng Shui which deals with the energy of space, as far as I know, the home has never before been thought of as a possible tool for the conscious development of families or people in general - this concept is completely new and I am very excited about sharing my ideas with you on the subject. A great aspect about this system is that it can be used by both architects and coaches. It provides a wonderful bridge between the two professions while bringing more awareness from each into the other. Due to the fact that it may be difficult to find a coach who happens to be an architect as well, this process can also be implemented by the collaboration of an architect and coach working as a team.

I believe that this new system will open a door to a more holistic living condition for those who are brave enough to dream of something better.

HOLISTIC HOME, HOLISTIC LIFE

Holistic is defined by being a whole that is composed of interdependent parts. holon, a word defined by Arthur Koestler, is a sub sphere in what's called a holarchy - a hierarchy that is composed not of levels of importance or power, but of levels of complexity. Each holon is a whole within itself, yet is a part of the entire holarchy system.



Each one of us holds a particular perspective around the concept of Home but how is the general term Home defined? Webster's dictionary defines home as "The social unit formed by a family living together". Another way to define home is a place of the heart. In modern western society, we may at times occupy a home on our own or with roommates, but more often, we share our home with a spouse or our immediate family. Home means many things to many people yet we don't take the time out often enough to really explore what we want our home to mean and how it may affect our lives. At the fundamental level, a home is our place of residence. I think the most universally accepted meaning of home is comfort. Home is, or should be, a place of relaxation, love, security and ultimately of comfort.

The home today can be looked at as a place that offers "freedom from" things that we don't want to deal with or do. We don't want to spend time washing dishes, so we get a dishwasher that offers us "freedom from" that task. We don't want to interact with others so the home gives us "freedom from" unwanted interaction. We don't want to get rained on, therefore the home offers us "freedom from" the elements by providing a roof. And, ultimately, it provides us "freedom from" putting on the many masks and labels that we impose on ourselves toward the outside world. The home today focuses on this "freedom from" in order for us to be comfortable.

What about all things that we want "freedom for"? The reason we want "freedom from" something is to have the time, energy and opportunity to do the things

we want to do. We tend to focus more on what we want to run away from, running forward while looking back that we end up running in circles. What about those things that we love to do? To make? To talk about? To learn? To experience? Homes today do not provide us with the "space" to do these things – we usually need to leave the home in order to work, play, meditate and exercise.

The home should be designed to allow us the "freedom for" growth within its walls rather than forcing us to seek these things outside of it. This is not to say that we should live our entire lives confined to our quarters, but that the choice to go out into the world should be made from a state of abundance, not of scarcity or limits imposed by the home. Now that the information age is in full swing people can work, learn, communicate and create without ever leaving home, regardless of where they reside. Yet, despite of all of these changes, we still hold the same old "freedom from" view about our living environment. The perspective we hold about our home must catch up with the inevitable reality of this new "freedom for" home paradigm.

Instead of seeking comfort and mis-using the home as an escape from unwanted circumstances, we can adopt the perspective of the home as our biggest source of learning and growth by applying the "freedom for" rule. This is a very important shift to make if we are to have the kind of home that is really valuable to us, a place where our family can realize life's full potential and possibilities and where we feel comfortable enough to venture into new grounds of being.



PART II:

E F F E C T O F H O M E

The home is a vast concept that holds within it multiple layers, meanings and particular circumstances for particular inhabitants. A home for an individual can mean something completely different than a home for a couple or even more so – a family. A home for an individual is concerned only with the self, whereas a home for a couple is about one particular relationship, and a home for a family revolves around multiple relationships. The level of complexity in the home is directly proportional to the number of relationships that are present in it. Designing a home for one is a much simpler task than designing a home for six. Although there may be similar functions (program) that these three homes possess, they each answer to a completely different set of criteria and concept.



Why is the home so important anyway? What's the use of creating a home that fits my lifestyle? Imagine the part of your home that you dislike the most and think about how that is influencing, or rather, draining you everyday. Now imagine the part of your home that you absolutely love, and reflect on why it makes you feel the way you do. When you think of your home, right away you have certain associations with it – how you feel when the light is just right in the morning, how difficult it is for everyone to stay out of your way while you're cooking, what kind of relationships you have with the other inhabitants, your family, and so on.

The home not only affects the members of the family and their relationships with one another, but it can go as far as to dictating those relationships! If you live in a house right now with your spouse and children where everyone has their own room, and everyone gathers by the TV at night and you have your own master bath – imagine living in an open loft in New York city! What would your life look like then?!! With

only one bath for everyone to use, very little private space and everyone going out for dinner each night instead of watching TV. Boy, that's a different life! We often don't think of that because we take for granted our current situation – we think that our way is the only way to live, but obviously, it's not. It is our choice and we can choose whatever we want. The difficulty lies in understanding what it is that we really want and that's where coaching can be of great help.

The home affects us in many ways that we often don't stop to think about. There are general effects of the home on the psyche, and there are specific effects it has on us as individuals with a particular set of affinities, dislikes, perspectives, fears and philosophy. The idea is to understand how our home affects us and by being aware of that, be able to choose how we want to be affected. The effect of space on the psyche has much to do with how we experience our home and our perspective on the world. For instance, if we are in a compact space, usually, we would feel a sense of security whereas if we were in a vast, open space, we would probably feel freedom. Another example is if we live close to the ground we experience life on a comfortable, human scale and if we live in a penthouse with a view, we experience life from a broad scale. These are just a few general examples to illustrate the point that space, location and different kinds of architecture really influence our relationship to the world. This is of course very simplistic, yet can be effective if used properly, but we must always remember who it is that is experiencing the space. If in the first example a claustrophobic person walks into a small space, he/she will not feel security, they will feel fear! So it is very important to understand the person to whom we are applying this process.

The most directly visible effect of the home on us is through behavior. Taking into consideration that the home is a physical environment, it makes perfect sense that it seems to influence us most on our most physical aspect of being – our behavior. If there are walls between the different rooms in a house, then our behavior is limited to what the walls tell us to do, such as walk through a doorway. Simple enough, right? But what about a situation where there is a bathroom



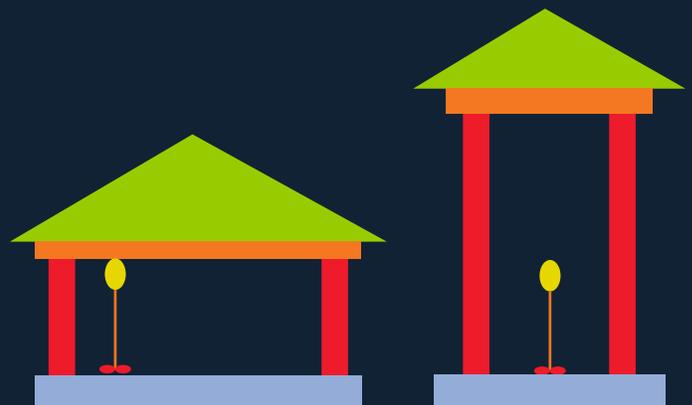
to share among all inhabitants? What does our behavior look like then? Do we behave patiently, do we behave selfishly? How is the home influencing our behavior in this occurrence? What about The central room in the home – If it is a family room with a few lazy couches and a big TV in the corner how do the inhabitants behave? What is the home telling them as opposed to a home where the central room is a huge kitchen with a large table in the middle and a tiny TV in the corner? There’s a pretty good chance that the inhabitants of the first home use the central room for being couch potatoes and the inhabitants of the second home use the central room to make potatoes. In both situations the home is dictating or, at the very least, influencing its inhabitants’ daily behavior. Of course, this does not end in behavior – it can go so far as affecting their perspective and values, so you can see how important it is to really be thoughtful and intentional about what the home is doing and “telling” its inhabitants.

A slightly less obvious effect the home has on us is through emotions. This has very much to do with the psychology of space – an underdeveloped area in architecture and psychology that could use a little more attention. Our homes have a great power of making us “feel” a certain way which we covered a bit earlier, but there are many more examples to give. The amount of light, air and space directly influence our experience of a space and how we feel in it. Imagine in your mind a small darkly painted basement with tiny windows just beneath the low ceilings. Now imagine a large brightly painted room with huge windows and high ceilings. How does it feel to just imagine being in these spaces? Our emotions are an extremely important part of our being and they get affected constantly by our

living conditions, not only in things that we see, but also in very subtle forms as well.

Our home can evoke peace or chaos, creativity or mediocrity, abundance or scarcity. These are all concepts that affect how we feel. If our home is very disorganized and we thrive and feel creative in a disorganized home – great! We will feel that the home helps us be who we are. And if we feel chaos and stress when our home is disorganized – then not so great. We will feel its dis-alignment every day until we change it. The point is that there are certain elements that are universal in their effect on humans, but for most concepts, we need to truly look at who the inhabitant is. Usually, The effects are particular and are not systematic as is displayed in the above example.

An even less obvious effect that the home has on its inhabitants regards thoughts and perspectives. This is the biggie. Although it is more subtle than the previous two effects, it is the most important. But how does the home affect our thoughts? Taking the earlier example about the central room of the home, we can decipher certain messages that the living environment is sending us. The message in the first example is that family time, although spent together in the same room, is about watching TV, a function usually involving individual experiences. In the second condition, the message is that family time revolves around eating, cooking and talking, three active “joining” experiences. One is not necessarily a better condition than the other – it really depends on the inhabitants. The space gives them messages every day about how and who they are, which affects their perspective on the world, belief system and values.



RESIDENTIAL ARCHITECTURE

Anyone who has been through a process of renovation or building a new home can testify that life can get pretty tricky around that time. A husband and wife may disagree on everything – from concept to fixtures. Children never feel a part of the decision making process and although much money was spent, there is a good chance that the client won't get what they really want in the end. The architect either tries to accommodate everyone and designs a convoluted project, or he takes over with the decisions and nobody is satisfied but him, maybe. It's a difficult situation to be in, from both directions. The client feels that he needs to bully the architect in order for him to do what he wants (or thinks he wants) and the architect feels like his expertise in design is not being appreciated and used.

What if you wanted to build a new home and instead of flipping through magazines to show your architect your sense of "style" and aesthetics, you flipped through your life and brought your architect a list of prioritized values and a clear description of your world view? How might this lead to a better result, a better home and a better process?

Often times, residential architecture becomes more a focus on *taste* and *style* as opposed to a sense of *values* and *lifestyle*. Unless a truly unique architect is present in the process, most houses and apartments convey the same idea and are only differentiated by their "look". This is such a shame because each family that approaches an architect is unique and holds a completely different outlook on life – why should every family live in the same predictable program, structure and concept when it is clear that no two

are alike?

During the process of designing a home, whether it be a ground-up structure or a renovation of an existing space, there is a typical process that is followed by *most* architects. They engage in meetings where the clients inform the architect what they've seen and liked, what they dislike (usually style-wise) and very general lifestyle and family information, while also telling the architect what their needs are. In turn, the architect will attempt to incorporate the clients' sense of style and requests. This process continues for quite some time before a final design is drawn up and decisions are made. This may sound perfectly acceptable to some, but to me this process overlooks some basic, necessary elements that a client and architect should know before beginning the design process. Rarely do the client and architect engage in a really deep dialogue about what is important to the client, mostly because the clients have not thoroughly explored their values, philosophy and mission, and the architect doesn't know which questions to ask to bring out those very important answers.

Residential architecture has developed to be a matter of signature of style and look rather than meaning and principles. What can we do to change this situation? How wonderful would it feel to look around your home and whole heartedly think "This is truly the manifestation of my being in built form. This space clearly embodies what we stand for as a family." Most people do not get the opportunity to feel this way because we are too involved in what other people have, what we see in the media and our fear-based desire to conform, to really think about how we want to live our lives and what legacy we will leave behind.



PART IV:

H A B I T - A T H O M E

The intention of habitat coaching is to use basic psychology, coaching and architecture to create a home that is not only aligned with its inhabitants, but one that helps the inhabitants get closer to their highest self. How can we create the kind of home that allows for a person's development – personal, mental, emotional, spiritual, financial, social etc.? In the coaching process we look at many aspects of the client to gain a better understanding and awareness about his/her values, motivation, passions and perspectives. If these elements are used in creating a life that the client chooses and wants rather than just a life of comfort, then why can't we use this awareness to discover the home they really want, one that is in alignment with who they really are, rather than just live in comfort? The same information we gather in the coaching process for the creation of a better life can be used to create a better home. Once the information is gathered, we can apply it to designing the home so that the person/people inhabiting the space will feel its alignment and will live a more holistic life.

So how do we arrive at that information? Coaching is

a great way to begin to understand what a person really wants. How do we learn about what our clients want, need and are passionate about? We ask questions! The following are possible fruits of coaching sessions:

1. VALUES
2. TALENTS / GIFTS
3. PASSIONS
4. MISSION
5. MOTIVATION
6. PHILOSOPHY/WORLD VIEW
7. PATTERNS OF BEHAVIOR
8. PERSPECTIVE
9. IDEAL IMAGE
10. INFO ABOUT INTIMATE AND SOCIAL RELATIONS

How do we use the information we gathered through the coaching process and apply it to a home? How can we translate values into a physical space? How do we translate philosophy into a built structure? There are many ways and, unfortunately, there is no formula for the "right" answer. But, there is a formula of a process that can be considered as a possible answer.

The following chart shows the 4-quadrant approach to Architecture and Coaching – Habitat coaching

	Coaching – result	Architecture – result
Coaching – method	<p>Coaching-Coaching</p> <p>Coaching method for coaching results Pure coaching process</p> <p>Worldview Ideal image tool Mission statement Deep listening Value assessments Empowering questions Smart goals</p>	<p>Coaching – Architecture</p> <p>Coaching method for Architectural results Application of architectural results into coaching process</p> <p>Architecture affects the thoughts, emotions and behavior of occupants.</p>
Architecture – method	<p>Architecture – Coaching</p> <p>Architectural method for coaching results Application of coaching results into Architectural process</p> <p>Coaching affects the architecture through awareness about the occupants' desired lifestyle.</p>	<p>Architecture-Architecture</p> <p>Architectural method for Architectural results Pure Architectural process</p> <p>Design Structure Systems Program Scale Concept Materials</p>

Suppose you and your family have outgrown your home and realize that it's time for a change, but you don't know exactly what it is that should really change – all you know right now is that it's not working anymore and you want it to work. Or suppose the relationships in your household are under strain as a result of a career change you made that requires you to occupy two rooms in the home instead of one. What do you do? Do you go to an architect or a life coach? How can you choose one when both are necessary? Once your intent to make a change is in place, then we can begin the process of turning your home from a place of inhabitation to a place you create consciously.

The first step in this process is to begin with the upper left quadrant of the chart above – finding coaching results through a coaching method. All this means is that this step requires a typical coaching scenario where the client's values, philosophy, passions, mission and perspective emerge. There is no set time frame around getting this information, but it should not take more than a few sessions. During these sessions, the home coach will behave as a coach, using coaching skills and tools to better understand the client, as this information will be the base for the next steps in the process.

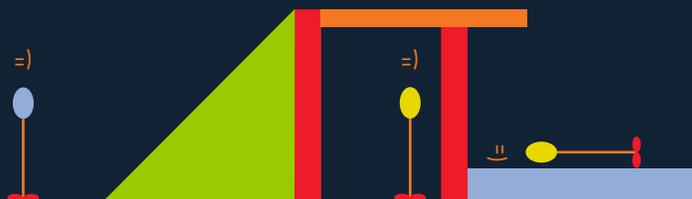
The second step requires the home coach to take on the role of an architect. This step focuses on the lower left quadrant of the chart above – acquiring coaching results through an architectural method. This means that the home coach will translate the information received from the first step into the concept of the home which will provide a framework for the design of the home later. The home coach works backwards to provide an abstract framework for the home which will manifest and reflect the client's philosophy, mission passion, values and any other information gathered in the previous step.

In the third step, the home coach again assumes the identity of a coach but this time, for the purpose of arriving at architectural results through a coaching method – the upper right quadrant of the chart above. All this means is that the coach will ask a series of

questions that will help the clients get more specific with their vision and what they want within the already present conceptual framework. This is also the point at which the coach brainstorms with the client about possible options and helps the client think out of the box. This is the most creative of all steps in the process where coach and client can really synergize and create an inspiring program for the inhabitants of the home. Although a conceptual program has already been established – this is where the specifics of the program will be laid out. This step is an especially good time to involve children since they have fewer conditionings than adults and they can really feel a part of the process while influencing and contributing to their home environment.

Step four is the final step but one that will take the longest to execute. In this step, the home coach puts on his architect cap and assembles all the abstract information gathered in the previous steps to design the home. This step is pure architectural process, involving no coaching – architectural method for architectural results. This is typically how most architects operate, skipping over all the "good stuff" of the previous steps that have helped us define who the client really is. How are we supposed to tailor a design to someone we know hardly anything about? It's absurd, yet it's done every day.

As mentioned earlier, it probably will not be an easy task to find a home coach trained in both fields, but that doesn't mean that the process can't work with a collaborative effort. This is a unique situation where coach, architect and client can be inspired by a creative, inclusive process that serves the client in the best way possible regarding the design of their home. With just a little more effort in the right places, the clients can live in an environment specifically tailored for who they really are and where they want to be in the future.



C A S E S T U D Y



The Incredibles
Pixar films

Let's take for example the Pixar superhero family "The Incredibles" as a case study. Putting the fact aside that they all have some form of "super" power, they are really like any other typical western family. There's dad – Bob, aka, Mr. Incredible, mom – Helen, aka Elastigirl, daughter Violet, son Dash and baby Jack-Jack. Each of the family members holds his or her own unique talents and powers but must suppress his or her powers for fear of exposure to the world.

Most families can relate to the Incredibles' current circumstances and household. Dad finds his job meaningless and boring, and spends most of his time reminiscing about "the good old days" when he was using his power of great strength on a daily basis and for a good cause. Now, he only uses his power as an outlet for anger and frustration or secretly and illegally to fight random acts of crime, jeopardizing his family's security. Mom is using her power of flexibility in an attempt to hold the family together by taking care of the home and all of its challenges but often feels frustrated with the amount of work involved. Violet is an insecure teen who simply wants to be like everyone else and uses her power of invisibility to camouflage her existence in uncomfortable situations. Dash is a competitive, mischievous little kid thirsty for adventure and can't understand why it is so terrible to show the world how special and great he really is. And lastly, the baby, as his name suggests, is a jack of all trades morphing into numerous images and capable of many powers, unbeknownst to all.

With the different roles, unique powers and many challenges that are posed to this family it takes almost the entire film to reveal that when they all operate as a team – as a family, and with a little help from good friends who believe in them, they are in fact greater than incredible – they are unbeatable. What they come to recognize by the end is that when each of them truly uses his/her gifts, they feel more empowered, involved and can synergize to change the world. We all have a family like the Incredibles, but it usually takes more than the duration of a short film to realize the true value, importance and great power behind our family. The Incredibles' powers serve as a metaphor for the excellence and power within all of us (non-superheroes) which we tend to neglect and forget in order to conform and fit in to "acceptable" lifestyles.

Who are we hiding our superpowers from?



The Incredibles
Pixar films

Does this look like a normal situation to you? It seems pretty silly that a superhero family would live in a typical American home from the 1960's., but there they are trying to do the best they can to hide. We know better, we know that they are an usual family and with a set of values, philosophy and mission unique from any other. Does their home seem in alignment with who they really are?

Step One:

In beginning the habitat coaching process with *The Incredibles*, we start with the information we gather during a typical/pure coaching scenario (upper left quadrant of the above chart). The following is the fruit of our sessions:

Philosophy:

Be true to yourself and you will make the world a better place.

Family mission statement:

1. Our family is a team, in work and play, and will always show good "sportsmanship" while playing our part.
2. We are all here to help maximize each person's powers through a loving and encouraging environment.
3. We always help others in need.
4. We will never live in hiding again.

Values (in order of importance):

- Family
- Teamwork
- Responsibility
- Justice
- Service
- Adventure
- Learning
- Acceptance
- Environment
- Excellence

Step Two:

The next step we must take in trying to find a living environment fit for this family is to “translate” the information we got from the coaching sessions into general parameters for their home (lower left quadrant in the above chart). This is the part where we apply an Architectural method for a coaching result. This step will give us a general architectural framework within which we will develop a specific set of parameters and architectural components later.

The Incredibles philosophy contains two essential parts:

1. Be true to who you are
2. Make the world a better place.

This two part philosophy along with their mission statement will give us the backbone for the concept of their home.

The Concept:

A “smart”, environmentally friendly, exposed and expansive space that allows for freedom of self expression, provides opportunity for teamwork and creates a nurturing environment for the family.

(Living in a home that reflects these ideas will not only remind the family of their mission and philosophy, but will support those things on a daily basis.)

The Program (part I):

In this step we are aligning their values with the program of the home. The program is the function spaces that the family needs and wants according to what they hold important. The first part of finding the right program for The Incredibles is uncovering the concept of the program, not the actual programmatic functions themselves. We will work on that in the next section. Given their values and the previously used criteria for the general concept of the home, the concept of the program will be:

The living space will revolve around two major areas of the household – a large space for exercising their superpowers and an intimate space for being together and doing typical familial functions such as eating, talking, relaxing, having fun and cooking. The home should be a relatively open plan with small individual spaces for sleeping and bathing and a quiet personal area in which each member can de-stress from their daily activities. In addition, the home should provide a technology space that allows the family to be “wired” in order to keep up with the needs of the external world.

Step Three:

In this step we will continue with the specific architectural components, such as programmatic spaces of the home, by approaching the client from a Coaching method (Upper right quadrant in the chart above). By asking the family questions about their vision for the home and their desires, we can get more specific within the already present conceptual framework that we developed in step 2.

The program (part II):

After having created a coherent conceptual framework for the home and the program, now we get into specifics by asking the family questions that clarify what their intentions are:



What do you see happening in the expansive part of the home?

We would love to play games and have fun together. That “trip” we took to that jungle island really gave us an opportunity to develop our powers much more. We had no idea Dash could run on water and Violet created a huge force field! They saved our lives. Ideally, it would be a space that answers to that kind of experience. We really love being in nature and the environment is very important to us.

How do you see the family interacting in the more intimate area of the home?

You know, we really are like any other family. We don’t want our kids to be afraid to come to us if something is bothering them – we want them to feel that we are always here no matter what and that we love them no matter what. (Dash – not now! Behave yourself in front of the coach. I mean architect. I mean coach. Quiet down!). Where was I? Oh. We would love to be in a space that helps us be open and honest with each other while sharing the basics of life. I’d like the family to be more involved in helping out around the house, too.

In reference to getting around the house, what would you like to experience?

All of us have come to the understanding that we love adventure and challenges, even Violet. We would love our home to reflect that and also give us an opportunity to experience adventure everyday. The kids are always dreaming up secret passages. Is that possible?

Anything is possible. But first, what do you mean by adventure?

We mean something that excites us. Finding new things, learning new things, trying new things, discovering things – all across the board. It’s not particularly linked to our powers, but it should be something that makes us feel alive. It could be something as small as playing a game or as large as saving the world. It could be cooking with the kids or it could be inviting guests, like Frozone and Edna.

You mentioned responsibility among your top ten values. How do you see responsibility playing out in your home?

Responsibility really means to us that everyone does their part in the home and that we help each other. We also mean that we are all responsible for our own development – so it’s up to the kids to do well in school and be on top of things and it’s up to us to make sure that we are happy with our jobs and roles. We would really like our children to go out into the world with a sense of responsibility that will help them, not drain them, so we would love to think of a fun way to instill this value in them. Not to mention that ever since Helen went back to “working”, we need to rely a lot on the kids for help around the house.

Ideally, how do you see the family interacting with the outside world?

The world outside our doors is very important to us. Unfortunately, (Or fortunately for us) there is always crime to fight, there is always someone to save. Our family does not begin and end within the walls of our home – it is expansive and contains all of humankind. We want our home to reflect this ideal and feel open to others who need a safe haven or just need to know that we are there. Now that we’re not in hiding anymore, we can feel free to expose ourselves for the benefit of others. We also need a space that allows us to be on top of the outside situation – cameras, monitors, an intricate computer system, a space for all of our equipment that is kid friendly so that the children can also partake in the responsibility of serving others in need. We need to be in a location that is convenient and accessible while still holding a calm atmosphere in which we can raise our family. Something a little out of the way, but not too much out of the way that we won’t arrive on the scene quickly.



These six questions covered the bulk of the programmatic intention of the session. Notice that almost all of their values were addressed and their mission was present as well. After laying out all of the information they gave, we sat down to brainstorm about what the spaces will be like. These were the results:

Location and Site:

First, we spoke about the location of the home. Since they wanted to move back into an urban environment they decided that New York would be the best option. I understood from them that the amount of space is a key issue due to the size of their superpowers, and that their home needs to be close enough to the center of the "action" in a city, yet remote enough to be quiet. Given the type of superpowers they have and how they can travel over water quickly, I offered them a suggestion of Long Island City – just across midtown on the other side of the East River. They loved the idea and felt that it was a perfect location, especially since it is becoming a more family oriented location. Once they were settled on Long Island City, Mr. Incredible came up with a great idea of converting an old warehouse building into their place of residence. This would not only serve them space-wise, but it is friendly to the environment since there will be no need to build on open land. They seemed very excited about where all of this was going.

Now that the location, site and type of structure was settled upon, it was time to move into the interior of the space and how the home behaves specifically. Based on the answers to my questions earlier, we brainstormed and came up with this cool program. The kids had a great time in this step.

Program:

1. Ground floor – "Jungle" gym

This expansive space would allow the family to sharpen their powers and have lots of fun and adventure. This space would contain a natural landscape – trees, grass and other jungle-like foliage but would also be "rigged" with robots that challenge the family in games.

This will be a two-story space (in warehouse terms that means over 30' high) and will also be used as a "trap" for intruders if the need arises.

2. Second Floor – open loft-like plan

This floor will be of an open flexible plan with the functions of a kitchen, relaxing space, eating space and study. In keeping with the family's concern for the environment, the heating/cooling and electricity will be automated and defined by the presence of the family, thereby creating small isolated spaces rather than a large space that is using up resources at all times. (100sq. feet at a time rather than 3000 sq. feet all the time) This means that whenever the "smart" home senses a presence (through weight sensors in the floor) it would light up that area in the ceiling and the heating and cooling air would be pushed out from between the floor plates.

3. Third Floor – private bedrooms

This will be the most private of all the floors as there will be partitions between the bedrooms so that each member can have their own private time. In order to instill the values of teamwork and acceptance, there will be two full bathrooms to be shared by everyone.

4. Basement – office

This is the location of the family office and media room so that they can observe the happenings in the city around them. In the center of the space would be a play area for the baby and a distraction-free space for the kids to do their homework.



5. Circulation – throughout the home

The circulation in the home will be ever changing, maze-like passages that challenge the family to use their wits and constantly learn how to get out of “dead ends” creatively. The circulation will be vertical and horizontal throughout the different spaces (all but the second floor where the family spends their time relaxing together in an open space). In these passages, cameras will be monitoring the members’ movements so that each member will know exactly where everyone is at any given moment and can help one of them out if they really get stuck. After all, it’s about teamwork for this family.

Step Four:

Now that we have the “abstract” components of the home – intention, concept, program – conceptually and specifically, we can dive into creating and designing the home itself. This step involves the use of an architect, contractor or designer and is considered the “pure architectural process”, an architectural method for an architectural result (lower right quadrant of the chart above) in which the scale, design, materials, structure and systems will be incorporated.

This step is beyond the scope of this article, but if you have any questions regarding this step and the specifics of what happens next, please contact me and I will do my best to answer your questions.

IMPLICATIONS AND IMPLEMENTATION

In developing the method presented in this article, I have attempted to create a novel approach that will enable the use and implementation of the coaching process and objectives in connection with a central aspect of our lives – our home. I pursued this direction partly due to my personal familiarity with the field of architecture, but also because I firmly believe that our home is such a basic element in our well-being and development.

However, I believe that the four quadrant approach set forth in this article can serve to combine coaching with many other fields of expertise that affect our lives. Of course, it can be used with minimal changes in commercial architecture projects, but also in such areas such as business consulting, education, medicine and health, legal services and financial planning to name a few.

In reference to the ideas and information mentioned in this article, I hope they serve as inspiration for people to really gaze upon their lives and the space they inhabit in a holistic manner. This does not only impact the direct inhabitants of a particular home, but has far-reaching affects to the extended environment, both locally and globally in reshaping the way we live our lives.

The benefits from this new habitat coaching process are many fold. Clients now have an opportunity to live a life of choice and create a home to go with it. A home that serves them not only physically and emotionally, but mentally and spiritually as well. A home like this guarantees a special kind of life – one that is not only based on integrity and creativity but one that is aligned with exactly who we really are. We shouldn't have to settle for anything less.

