2026

INTERIOR DESIGN

PORT FOLIO.

MONICA FALARDEAU





HI THERE!

I’m Monica, an interior designer who believes that good design is flexible, not temporary. I put people first and buildings second by creating elevated, environmentally conscious spaces that nourish both individuals and brands.

Over the past year, after earning my Bachelor of Interior Design with Distinction from Yorkville University, I founded a small studio with a clear mission; making design accessible to the everyday homeowner. Big or small, I love taking on projects that refresh a space, improve occupant health, and make my clients fall in love with their homes all over again.

Operating out of Calgary, Alberta, my work is rooted in neuroinclusive and sustainable practices. I pride myself on bringing a deep understanding of form, function, and personal storytelling to every client I work with.

This portfolio captures a selection of spaces and stories that I’ve had the pleasure to shape.

SUMMARY

Detail-oriented and creative Corporate Event Planner turned Interior Designer with a strong background in luxury hospitality and corporate environments.

Leveraging 15+ years of experience in investment banking and high-profile corporate event planning, I bring a unique blend of organizational expertise, design sensibility, and client relationship management.

EDUCATION

Yorkville University (2025)
Bachelor of Interior Design (BID) with Distinction

St. Mary's High School (2002)
Gradutated with Honors

SOFTWARE



EXPERIENCE

DESIGN

Freelance Interior Designer | **MF. DESIGNS**
October 2025 - Present

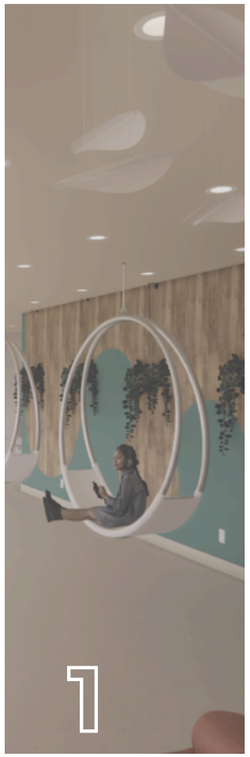
- Develop and execute design concepts,focusing on functionality, aesthetics, and brand identity.
- Create detailed floor plans, mood boards, and 3D renderings using industry tools
- Manage project timelines, budgets, and material sourcing to ensure seamless execution.
- Specialize in space planning, furniture selection, and neuroinclusive design solutions.

CORPORATE

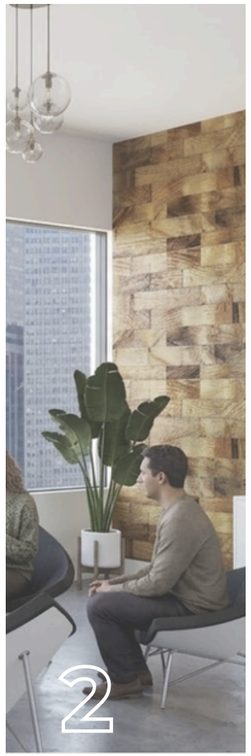
Senior Corporate Event Planner & Executive Assistant | **CANACCORD GENUITY**
March 2006 – May 2020

- Planned and executed high-profile corporate events, conferences, and hospitality experiences for investment banking clients.
- Designed event spaces, including sourcing, overseeing setup, layouts, and branding to create immersive guest experiences.
- Managed vendor relationships, budgets, and logistics, ensuring flawless execution of complex corporate functions.
- Provided executive support to Global Head of Energy, maintaining a high level of professionalism and confidentiality.
- Developed strong project management skills, coordinating multiple stakeholders and tight deadlines.

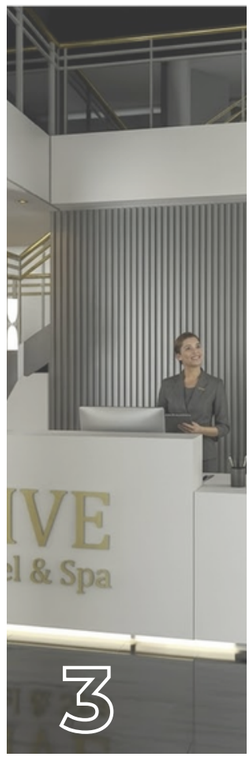
CONTENTS



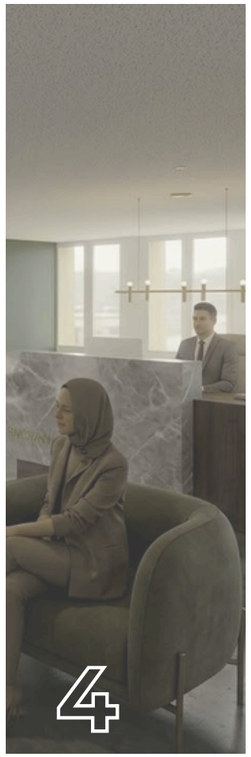
SPROUT & SHINE THERAPY CLINIC



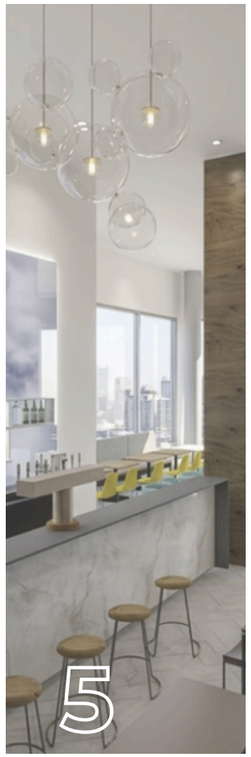
AZZURITE MEDI CLINIC



HIVE HOTEL & SPA



GHGSAT OFFICE



PRAIRIE& SCYTHE



HAITI DOME



RILEY ADAPTIVE CHAIR



1 SPROUT & SHINE THERAPY CLINIC

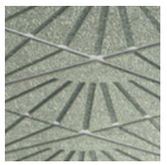
PROJECT SUMMARY

LOCATION: CALGARY, AB
TYPE: PEDIATRIC REHABILITATION CLINIC
SIZE: 26,377 S.Q. FT.

This project explores how a **sensory-friendly, neurodiversity-affirming** environment can transform the rehabilitation experience. By bringing multiple therapy disciplines together under one roof and applying principles of **human-centred design,** the clinic creates an accessible, nurturing space that supports play, engagement, healing, and **empowerment** throughout each child's therapy journey.

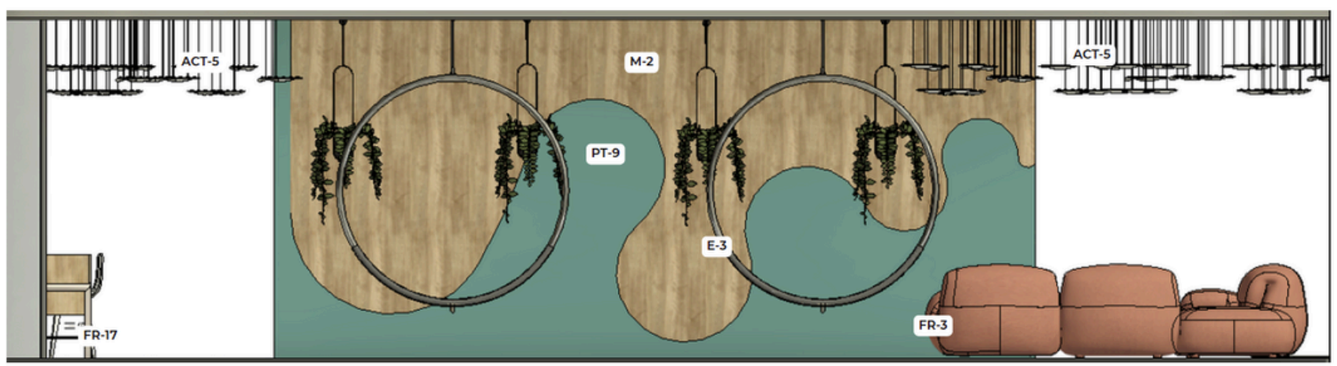
Mission Statement: To promote joyful healing in the rehabilitation journey for children and their families

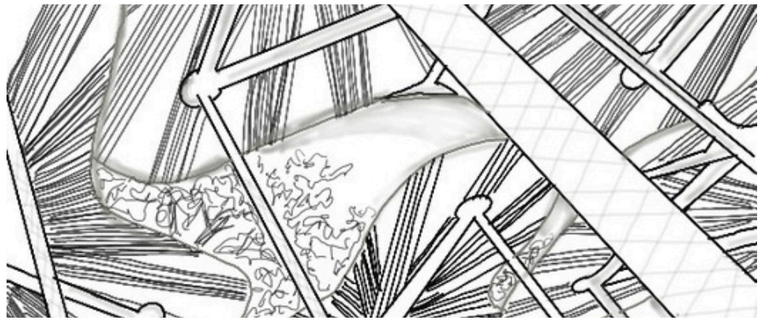







QUIET WAITING ROOM





CONCEPT

“ THE GROVE”

“The Grove” reimagines pediatric rehabilitation through the lens of an immersive, nature-inspired experience. The clinic network is a sanctuary which inspires children to find their voice and achieve their personal goals through joyful healing and innovation. Utilizing a playful forest as a backdrop, the sensory friendly therapy center seeks to empower clients in their daily lives.

Natural textures, flowing layouts and intuitive wayfiding create a cohesive narrative which gently dissolves clinical barriers and promotes meaningful engagement.

SPROUT & SHINE LAYOUT

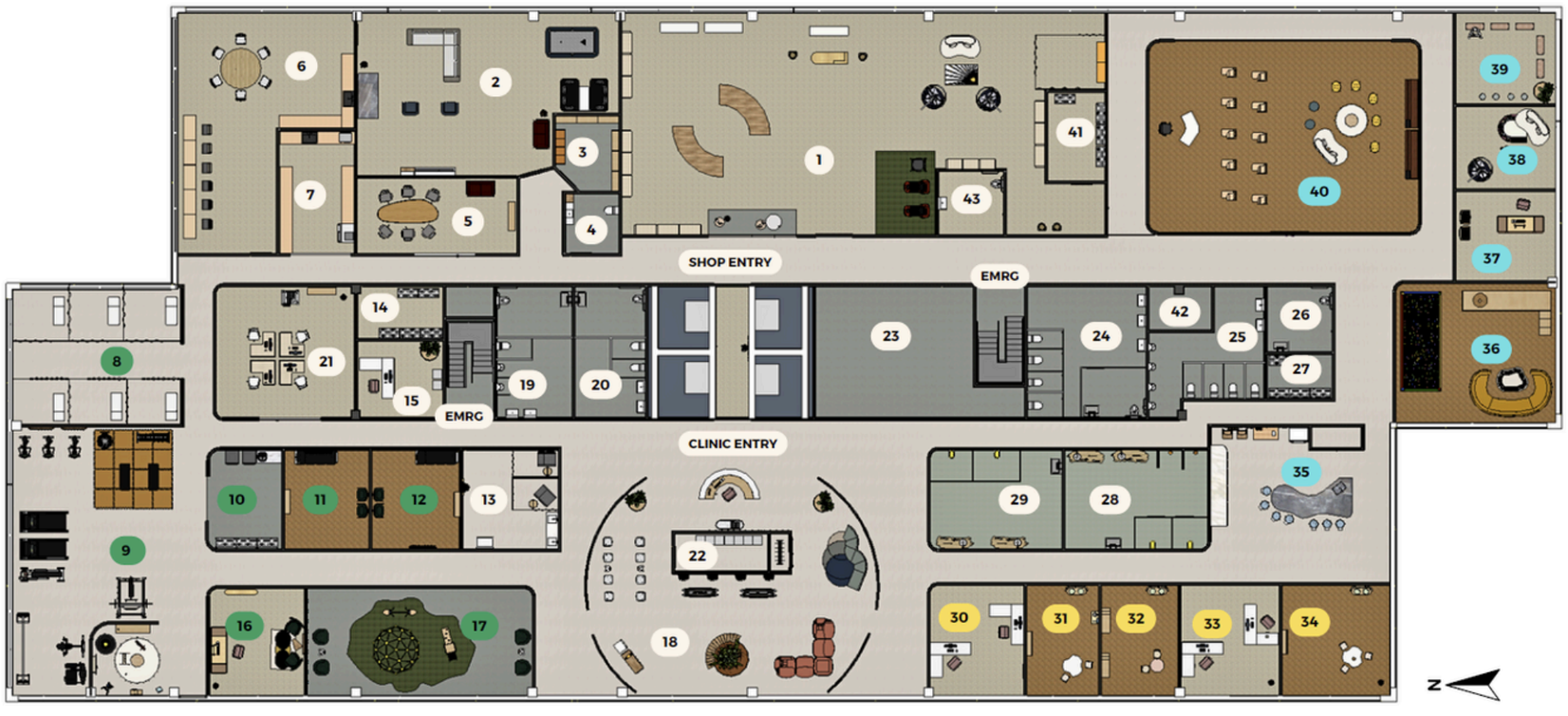
1 EMPOWER SHOP - RETAIL STORE
2 STAFF LOUNGE
3 STAFF LOCKERS
4 STAFF WASHROOM
5 MEETING ROOM
6 STAFF LUNCH ROOM
7 STAFF KITCHEN
8 PHYSIO PODS
9 PHYSIO FLOOR
10 PHYSIO LAUNDRY

11 PHYSIO CONSULT 1
12 PHYSIO CONSULT 2
13 NURSING ROOM
14 STORAGE
15 ADMIN OFFICE
16 PHYSIO OFFICE
17 MOVEMENT WAITING ROOM
18 QUIET WAITING ROOM
19 FEMALE WASHROOM
20 MALE WASHROOM

21 COLLABORATIVE AREA
22 FILE ROOM
23 MECHANICAL ROOM
24 FEMALE WASHROOM
25 MALE WASHROOM
26 UNIVERSAL WASHROOM
27 STORAGE
28 PEDIATRIC WASHROOM MALE
29 PEDIATRIC WASHROOM FEMALE
30 OT OFFICE

31 OT CONSULT
32 SPEECH CONSULT
33 SPEECH OFFICE
34 GENERAL CONSULT
35 THERAPY KITCHEN
36 GROUP THERAPY ROOM
37 PSYCHOLOGY OFFICE
38 SENSORY ROOM
39 MEDITATION ROOM
40 LEARNING COMMONS

41 STORAGE ROOM
42 JANITOR CLOSET
43 RETAIL WASHROOM



FLOOR PLAN SCALE 1/8"=1'-0"



MOVEMENT WAITING ROOM (17)



PHYSIO FLOOR (9)

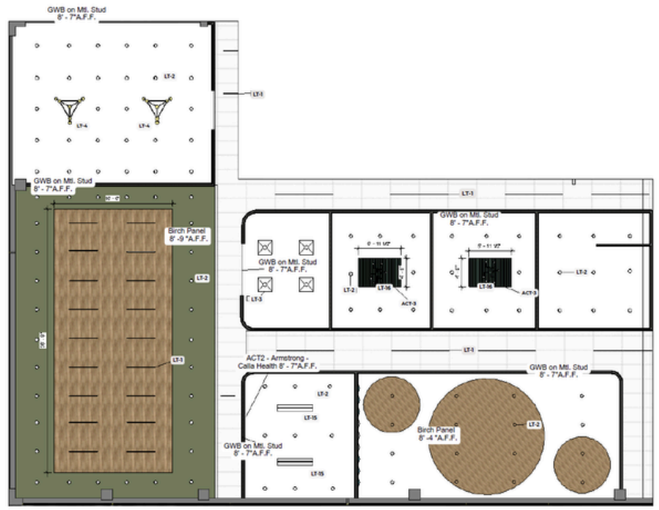




FF&E

Movement-based waiting areas, tactile wall features, and curvilinear furnishings create supportive experiences for a range of sensory needs.

Together, these elements form a neuroinclusive, child-centered environment that promotes emotional well-being and therapeutic engagement.



RCP

Lighting is highly curated, with layered, user-controlled solutions that support regulation and reduce over-stimulation; an essential consideration for children with sensory sensitivities.





GROUP THERAPY ROOM (36)

Designed to feel playful rather than clinical, the Group Therapy Room supports interaction, movement, and sensory exploration. A ball pit and climbing structure encourage play. Contract-grade velvet upholstery provides added tactile stimulation for sensory seekers.

THERAPY KITCHEN (35)

The Therapy Kitchen was conceived as an intimate work-shopping space where families could develop skills on the complexities of feeding and strategies for their littles , better aligning their therapy goals to their home settings.



MEDITATION ROOM (39)



ELEVATION – SENSORY/MEDITATION ROOMS

GROUP THERAPY CORE



Farrow & Ball
All White No.2005



Farrow & Ball
Ghappel Green
No.83



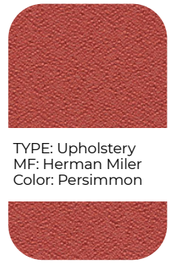
ROPPHLED
Pendant Lamp



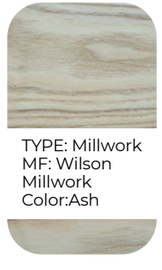
Farrow & Ball
Blackened
No.2011



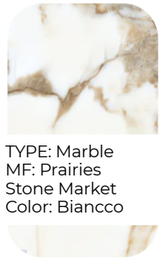
Farrow & Ball
Olive No.13



TYPE: Upholstery
MF: Herman Miler
Color: Persimmon



TYPE: Millwork
MF: Wilson
Millwork
Color:Ash



TYPE: Marble
MF: Prairies
Stone Market
Color: Biancco



TYPE: Marble
MF: Prairies
Stone Market
Color: Blue Roma

MATERIALS SUMMARY



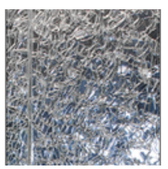
2 AZZURITE MEDI CLINIC

PROJECT SUMMARY

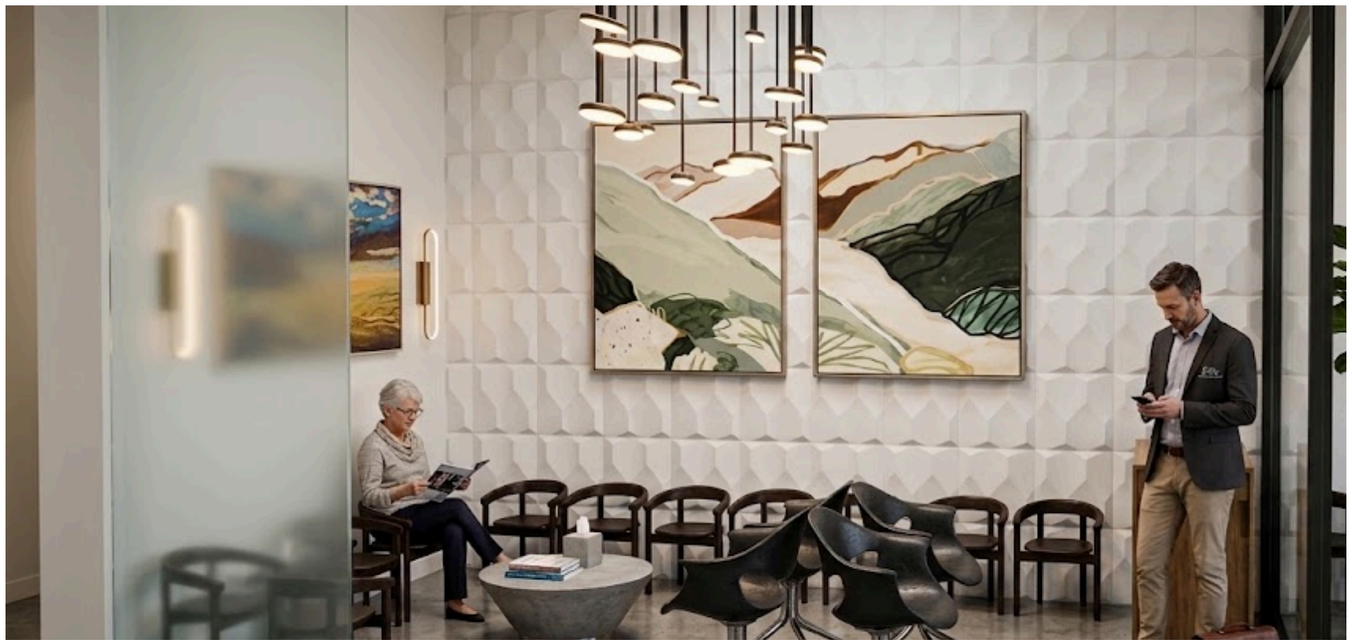
LOCATION: BARRIE, ON
TYPE: MEDICAL CLINIC
SIZE: 4,047 SQ. FT.

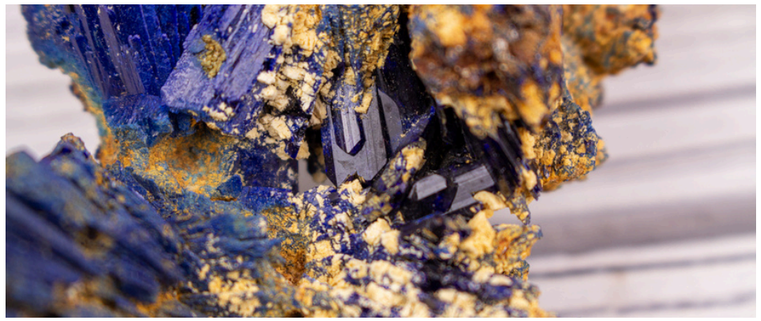
Azzurite Medi Clinic seeks to marry together a traditional medical practice with a **holistic** mental health practice. It is the home clinic to Dr. Janet Smith (GP with focus on family medicine) and Dr. Doug Jacobson (Holistic Mental Health Practitioner).

Biophilic elements, including natural salt blocks and an adjacent 739 sq. ft. **healing garden**, support patients throughout their treatment journey. Durable, **clinic appropriate finishes** were selected for their ability to be easily sterilized while maintaining a warm and aesthetically engaging environment.





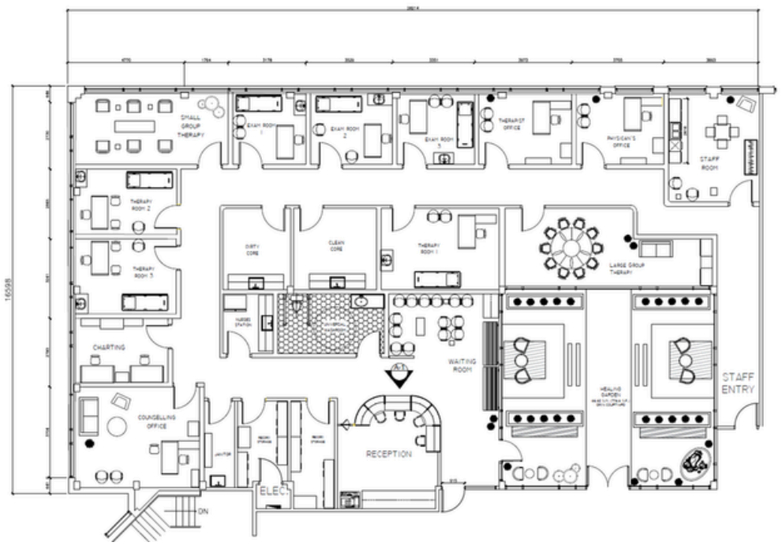


CONCEPT

CRYSTALLUM

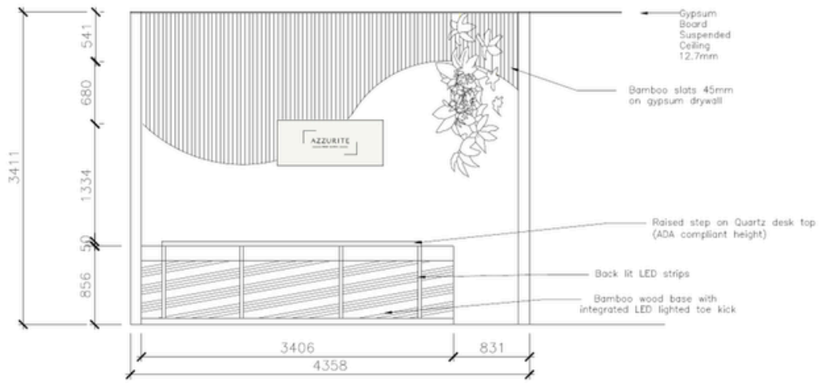
The Latin word for crystal, crystallum invokes a holistic approach to medicine rooted in the earth. Organic, strong and healing all come to mind to describe a practice which marries cutting edge medicine with an integrated approach.

WAITING ROOM





MOOD BOARD



ELEVATION - FRONT DESK



3 HIVE HOTEL & SPA

PROJECT SUMMARY

LOCATION: NIAGRA FALLS, ON
TYPE: A COLLABORATIVE RENOVATION & REBRANDING OF A BOUTIQUE HOTEL
SIZE: 33,936 SQ. FT. ACROSS 2 FLOORS

The Hive Hotel is an update of the current Sterling Inn & Spa, which takes a dated hotel and reimagines it as a warm and inviting hospitality environment that balances elegance with comfort.

Sustainability, durability, and natural materials guided the selection of finishes and furnishings, supporting a design that is both timeless and functional.

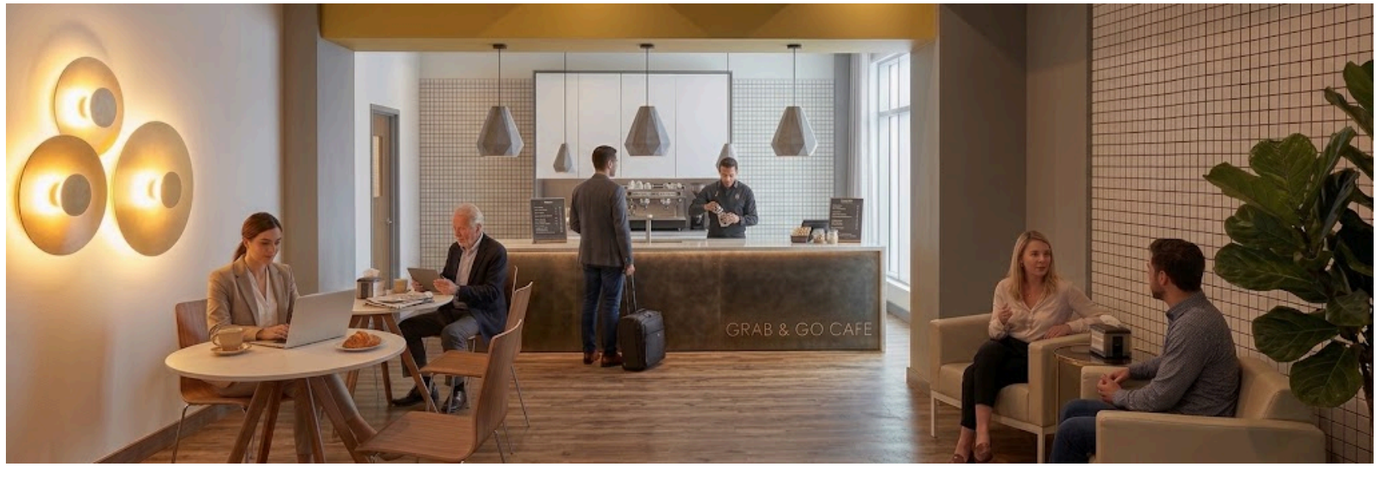




HOTEL LOUNGE



Bold feature walls at the reception, bar, and lounge introduce moments of contrast, helping to define individual spaces while creating visual interest and a greater sense of privacy within the open-plan environment.



GRAB & GO CAFE

HIVE HOTEL & SPA



CONCEPT

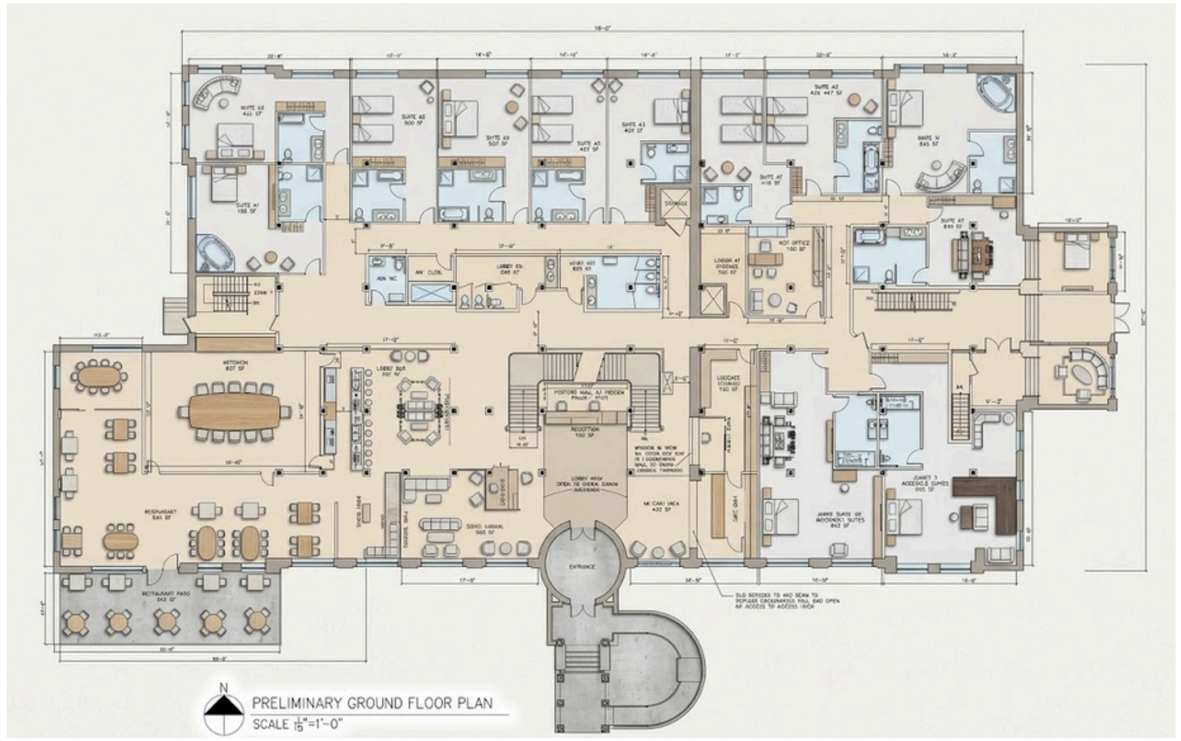
MILK & HONEY

Inspired by the historic Borden Creamery and the romance of the Niagara Region, Milk & Honey offers honeymooners a lavish escape from the everyday. Bathed in rich cream and golden tones, the space invites guests to step away from their daily routines and indulge in true luxury.



MAIN FLOOR LAYOUT

HIVE HOTEL & SPA



GUEST SUITE







FF& E COMMON AREAS

HIVE
HOTEL & SPA



KEY ELEMENTS

4 GHGSAT OFFICE



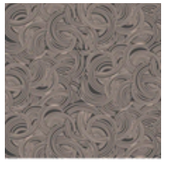
PROJECT SUMMARY

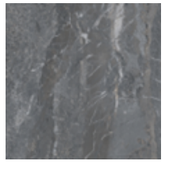
LOCATION: TORONTO, ON
TYPE: CORPORATE OFFICE IN HERITAGE BUILDING
SIZE: 17,532 SQ. FT. ACROSS 2 FLOORS

Sustainably designed Toronto headquarters for GHGSat, the focus was on sourcing finishes and fixtures with the **least environmental impact**, with the long term goal of LEED Certification.

LEED Certification aligns with GHGSat's core mission of protecting the Earth while italicizing their status as an industry leader in environmental protection.







GHGSAT OFFICE



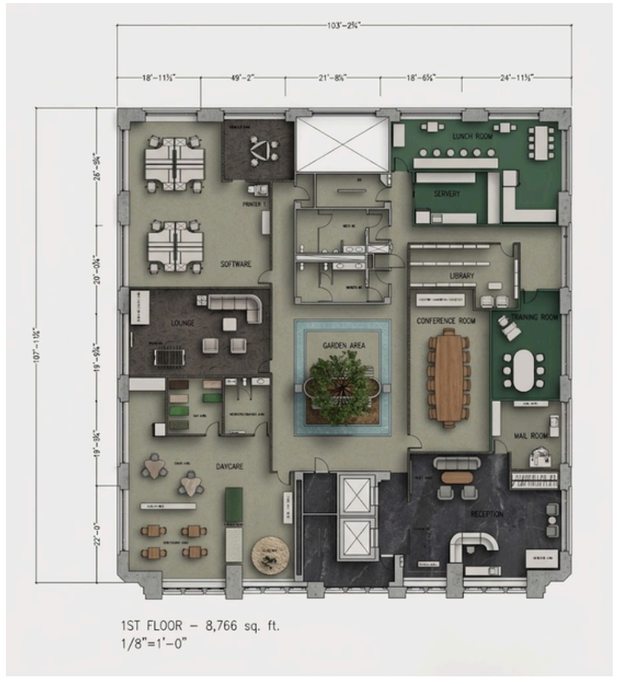








COWORKING SPACE



1ST FLOOR – 8,766 sq. ft.
1/8"=1'-0"

LIGHTING & CEILING











CONCEPT SKETCH - GARDEN PODS



CONCEPT



TERRA

Terra; the planet, our most vital life force. Uniting together GHGSat's mission to save our planet with the desire to provide an alimentative environment for its employees, Terra seeks to establish our unwavering connection to Earth.

Introducing biophilic design principles promotes ultimate air quality, along with a reduction in stress, allowing employees to feel their best while performing at optimum levels indicative of their talents.



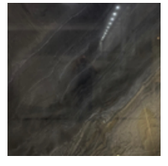
5 PRAIRIE & SCYTHE

PROJECT SUMMARY

LOCATION: CALGARY, AB
TYPE: VEGAN RESTAURANT
SIZE: 2,350 S.Q. FT.

Drawing inspiration from the abundant wheat and grain farms in Southern Alberta, Prairie & Scythe offers a high end, plant based menu for the discerning diner.

Rooted in connection to the local landscape, the design celebrates the natural beauty of the prairies. A palette of sun drenched golds and cerulean reflects the warmth of the land and the vastness of the prairie sky, creating an inviting and grounded dining experience.







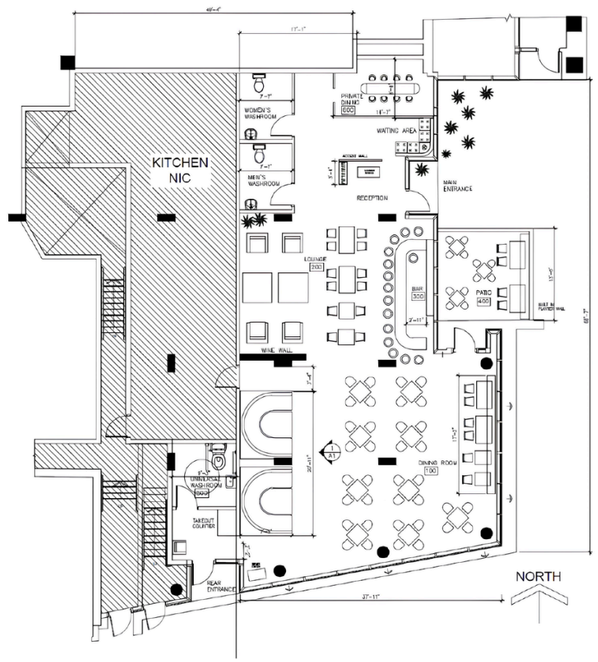




PRIVATE DINING

Ceiling concept sketch - custom wheat shaft installation in tinted lucite







DINING BOOTHS

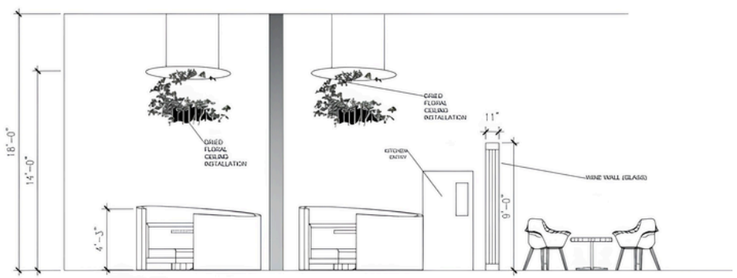


CONCEPT

HARVEST GOLD

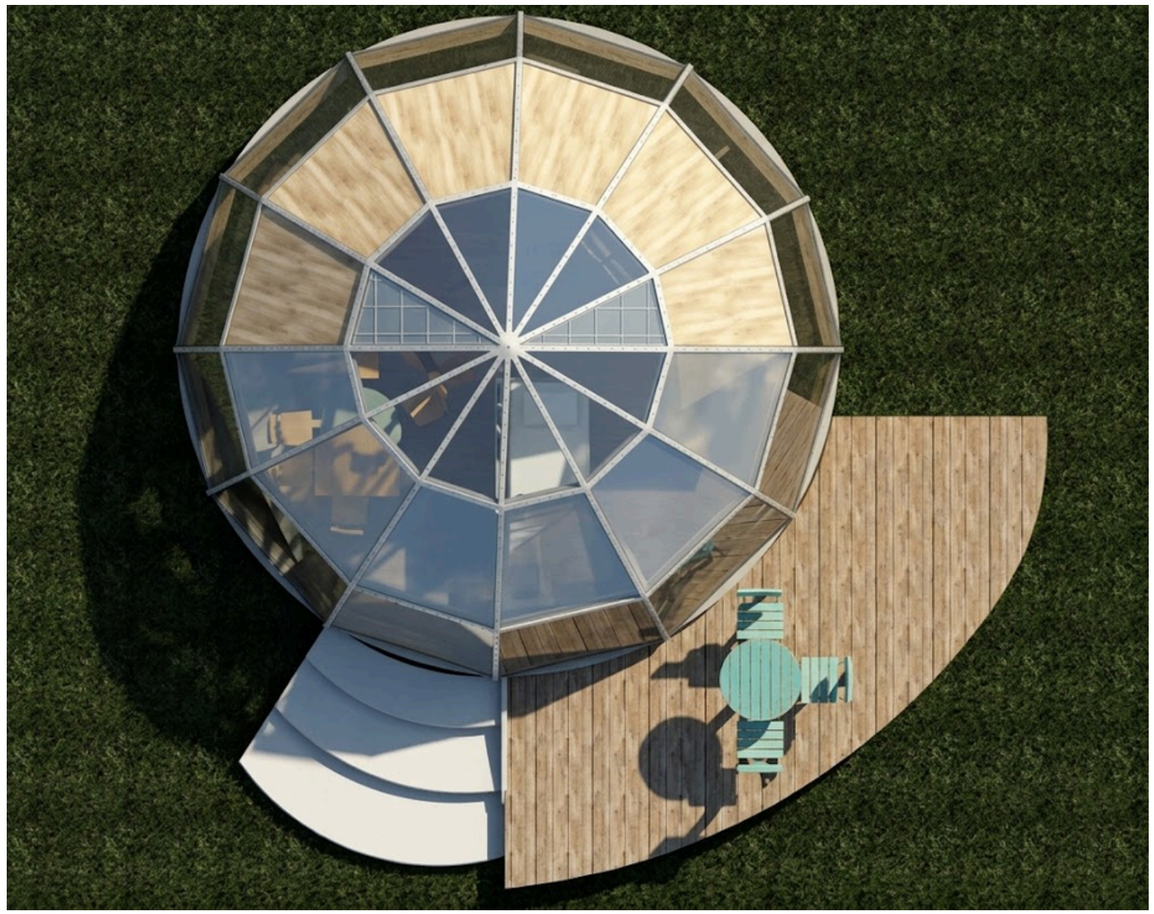
An updated take on a 70s staple color palette, harvest gold echoes a “groovier” era where interiors were darker, conversations warm and intimate and everything shone with a bit of gold.

Employing color theory, yellows and golds speak of happiness and extravagance , while cerulean accents provide a balanced contrast.



ELEVATION - BOOTHS

6 HAITI DOME



PROJECT SUMMARY

LOCATION: MOBILE
TYPE: EARTHQUAKE SHELTER
SIZE: 452 SQ. FT.

Based on the lightweight framing of a geodesic tent, the Haiti Dome provides a sturdier shelter, utilizing pressed panels (compressed wheat straw) which snap to the frame vs tenting fabric. These provide added security as well as better protection from the elements.

As a structure, domes are strong and durable. Their curved shape allows them to be energy efficient, as well as resistant to strong winds and earthquakes.









CONCEPT MODEL

ASSEMBLY

process

1 flooring

REMOVE DOME KIT FROM FLAT PACK.

LAY DOWN MODULAR FLOORING BASE. FILL COMPARTMENT BAGS WITH SAND OR WATER TO WEIGHT DOWN FLOORING.



2 frame assembly

ASSEMBLE DOME FRAME BY CONNECTING ALUMINUM RAILS TO SLOT CONNECTORS ON THE FIRST LEVEL. BOLD SUPPORT FEET TO DOME FRAME. ONCE BOTTOM ASSEMBLY IS COMPLETE, SLIDE IN BOTTOM SHINGLE PANELS INTO RAIL CHANNELS. SNAP ON SECOND LEVEL FRAME PIECES AND CONTINUE ASSEMBLY.



3 interior walls

ASSEMBLE INTERIOR WALL MODULAR PANELS. BOLT FRAME SUPPORT FEET TO DOME BASE.



4 roof and deck

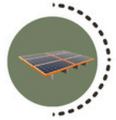
ASSEMBLE DOME ROOF PANELS SEPARATELY BY FIRST CONNECTING THE FRAME AT THE ROOF PEAK.ATTACH ROOF UNIT TO SECOND LEVEL OF DOME PANELS.

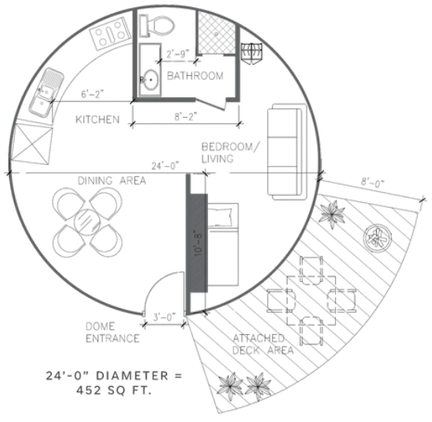
ASSEMBLE MODULAR DECK BOARDS. BOLT SIDE EDGE TO DOME FLOORING.



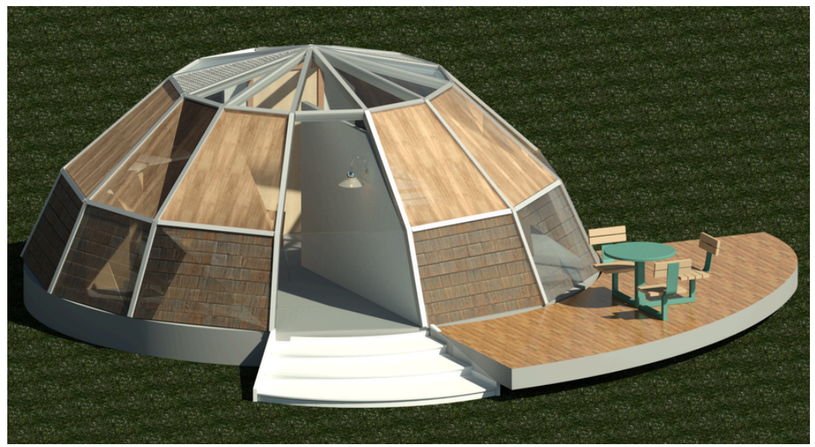
5 fixtures

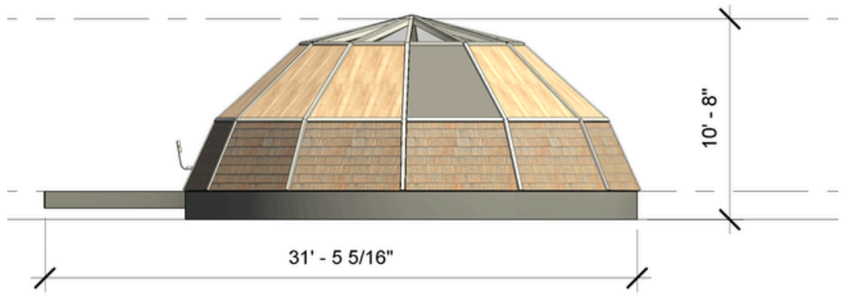
HOOK UP SOLAR PANEL TO CONNECTION UNIT AND SET UP OFF GRID BATHROOM AND KITCHEN SYSTEMS (COMPOSTING TOILET, SHOWER, BATHROOM AND KITCHEN SINK).



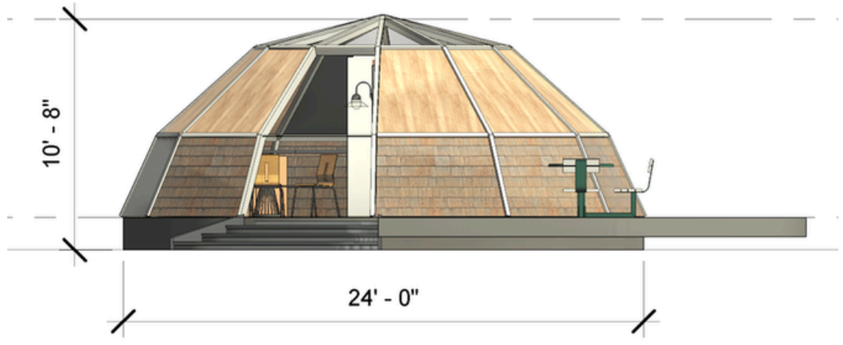


24'-0" DIAMETER =
452 SQ FT.





ELEVATION – NORTH



ELEVATION – SOUTH



CONCEPT

THE NET

Honoring Haiti’s Caribbean roots, the net pays homage to the sea. Just like a fishing net can be repaired once its broken, so too can a community come together and restore after disaster strikes. By strengthening connection points and weaving together an even stronger foundation, it can withstand new storms.

This de-mountable and earthquake proof shelter, seeks to provide a sense of togetherness and security to a rebuilding populace.



7 RILEY ADAPTIVE CHAIR

PROJECT SUMMARY

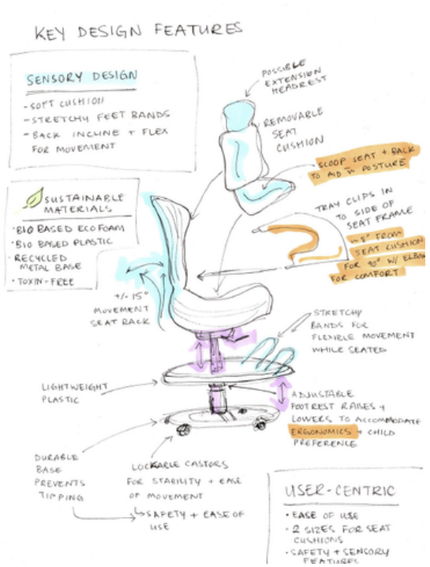
TYPE: COLLABORATIVE ADAPTIVE EQUIPMENT DESIGN

The Riley is a collaborative prototype designed as a feeding and activity chair for children with mobility challenges, aged 7-10 years old. These chairs are a necessity for older children as many have outgrown traditional highchairs but are not yet adequately supported by standard adult seating.

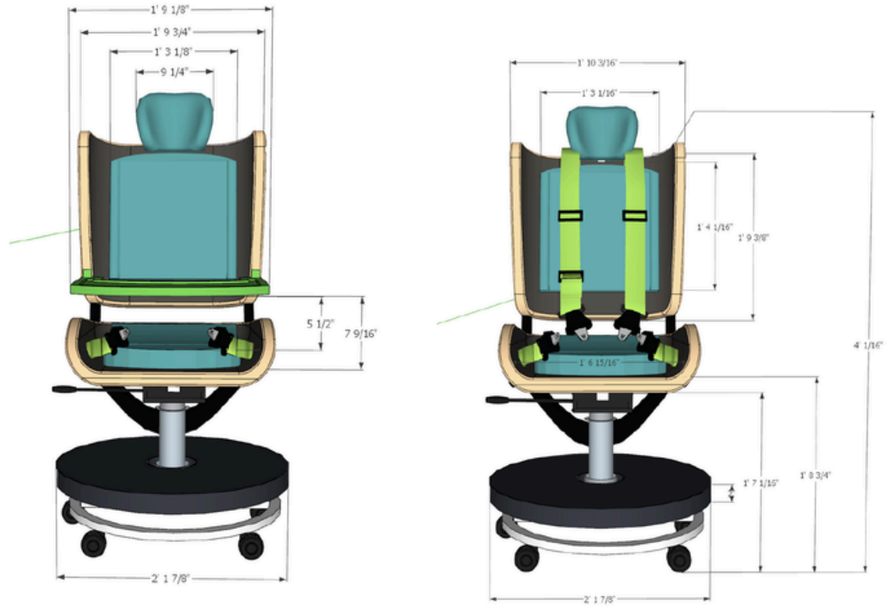
The Riley provides an inclusive, functional, and sustainable seating solution while maintaining an aesthetic edge over similar leading market products.

By supporting healthy posture and stability, the chair helps make eating and drinking more comfortable while reducing stiffness and uncontrolled movements for children that require extra assistance.

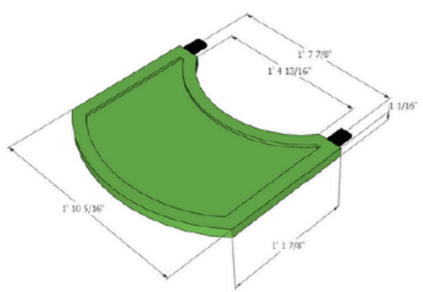
RILEY ADAPTIVE CHAIR

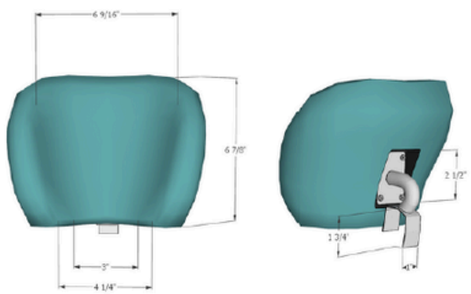


PROTOTYPE SKETCH



SKETCHUP RENDERS





The plastic components are made from BUYO Bio- plastic which is a 100% Bio-based, fully biodegradable plastic which is Manufactured through the conversion of bio-waste into bio-core material

SCAN FOR 3-D VIEW



The goal was to create a solution that balanced safety, comfort, adaptability, and visual appeal while remaining suitable for both home and clinical environments.

Key design features included an **anti-tip base** for stability, **adjustable seat height and depth, an adaptable footrest, and a detachable harness for secure positioning.** Sustainable, easy-to-clean materials and removable cushions and inserts were also incorporated to support long-term use.

The Riley prototype uses AR technology to be viewed in one's individual space.

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