What got you into colour forecasting?
During my term as an ASID chapter president (American Society of Interior Designers), I went through an intense personal development and soul coaching. By the end of my term, I came to the conclusion that although I loved doing interior design, I needed a change and wanted to get involved in a bigger game.

I realized I had two primary passions: colour and inspiring others to use colour.

Oh, now what to do with these passions? Most importantly how to make money with it? As certified interior designer and design firm owner for over 20 years, many of my designer friends thought I had lost my mind, especially when I began taking acting classes. A few of them said “you have too much to lose; we don’t know any professional interior designers who work with acting coaches”. I said, no, it may appear strange to you, but it feels right to me. This transition was not as difficult as one would think.

1. I joined Colours (Colour Marketing Group), which connected me with international like-minded people working in the world of colour.
2. For inspiring people, I studied (still do) with acting, voice, media and writing coaches. I honestly believe if you lose the passion spark in your soul, the universe will support you.

Get up close & personal

What colour would best describe you?

It’s a tough one! I’m a Chameleon; I love being surrounded by every hue! I’m passionate about using each one of them, especially in the rainbows. But when it comes to my personal wardrobe, you won’t find many neutral colours in my closet. This means bright umbrellas, high-varied fashion tones. One word describes me (most of the time): it’s the colour of Blue (energy), passion and life.

In your home as colourful as you would imagine?

Yes, I collect colourful treasures from my travels that add even more interest. When my creative juices start flowing, I wildly spin the colour wheel. I constantly repaint my interior in order to change the colour of my home. My poor family never knows what colour I’m going to paint the house.

Which part of the home do you think can give the biggest effect of transformation when painted colours?

Painting has the power to transform any room. But, it is particularly important that the colors and other design elements be carefully considered in the entry room. As the first room, sets the tone for the rest of the home.

What do you prefer, colour on accessories or colour on walls?

Painting is an important element, but it is best if spruced throughout the design. Think of the 60-30-10 rule; 60% of the rule unifies the scheme, 30% provides visual interest, whereas 10% provides the sparkle. A woman. In a loveful evening gown, wouldn’t feel complete before adorning herself with 10% bijou... diamonds, please!

with Denise Turner
Find out her hue aspirations and how she got her life coloured by them

In what way do you think has colour affected or changed the world today?

Thanks to technology, the world continues to get smaller. With a click of the mouse, we can instantly access into other parts of the world for current events and design inspiration. We are becoming more connected, more international in scope. A prime example is the colour “turquoise”. Turquoise is associated with wealth, marriage and environmental issues. Simply these issues are on everyone’s mind, thank you in part to the colour “turquoise” appearing on an important colour family for the forecast in 2020.

Where does this “energy” from colours come from?

We can thank Ms. Sunshine for Colour’s energy. There are seven colours of the rainbow, within the sun’s pure light, which are – red, orange, yellow, green, blue, indigo and violet. Each colour emits a different wave length and energy frequency. For example, red has the lowest vibration and longest wavelength, while violet has the highest frequency and shortest wavelength. Colour has been used for centuries, as in Chromatherapy for its profound healing properties. These different colour frequencies correspond to the body’s seven major energy centers which are positioned along the spinal column. Colour affects our physical, emotional and spiritual wellbeing.

Are there any tips that you can give to people who are interested to learn more about colours?

Study your environment, the paintings, the flowers, and nature. It is gorgeous. I’m in awe of their amazing colours and combinations. The best way to understand colour is to get your hands dirty and start painting. An excellent, step-by-step book is “Colour; A course in mastering the art of mixing colours” by Buddy Edwards. Most of all, give yourself permission to play with colour. Who knows, you might like it so well that you decide to take the colourful road and join me.