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**A week in the life of Mila Podiablonska
Latest news from the BIID and the BCFA
in.Brief: Niki Schäfer gets the party started
It's showtime – our guide to making an exhibition of yourself!**

A Week In The Life Of Mila Podiablonska



Mila Podiablonska started her business in Ukraine, then came to London to study interior design and gained her design diploma with Kelly Hoppen.

Mila lives in central London where her company, Absolute Interior Decor is based, and her projects take her to many cities across Europe. Mila believes that good design starts and ends by incorporating clients' needs into a functional, comfortable environment, and encourages the clients' participation throughout the whole design process.

Monday

I arrive at my office early, a typical start of a new week and there is always a lot to do; two cups of coffee and I am ready! The first part of my day involves a combination of time spent in the office, nipping out to job sites, meetings with clients and prospects. When I can, I sift through emails and respond to messages.

I get a chance to finish CAD drawings for a new client and then meet a lighting manufacturer representative, with beautiful new lighting pieces that I can easily visualize being perfect for some of my current projects.

Next, I have to coordinate a supplier's delivery of tiles for a London apartment we are working on. I then have another supplier meeting, this time it's with an Italian furniture rep; I thought it will take only minutes but it lasts for an hour!

I then have to literally run home to my apartment, throw some clothes and my passport into a bag and get a cab to St Pancras to catch a now regular train for me to Brussels.

Tuesday

I am in a small charming town about 60 kilometres east of Brussels which I have

been to many times now, as this project started over a year ago. I'm now putting the final finishing touches to the project which is a complete renovation of a Belgian farmhouse originally built in the 1970s. We made significant structural changes, redesigned the floorplan and created a much improved layout for entertaining which the client does a lot as well as for living. I am running around like crazy making the farmhouse ready for when the client returns. ▼



Mila Podiablonska



The elevated sitting room of the Belgian farmhouse

▲ So thankful my dear friend Tanya, a designer from Paris, is there to lend a hand! Without her I don't think we would have been able to pull it all together. The final pieces of artwork are hung and we leave some fresh flowers and orchids and our job is done. I barely make my train in Brussels and get in late and very tired into London. Luckily I live less than two miles from St Pancras.

Wednesday

Double espresso to start my morning as I am so tired! I call my web designer to

get him to add the new press pdfs to my website press page. I then spend a little time writing a blog for Utopia kitchen and bathroom magazine which is to be posted on my website too, as it all helps with me raising my profile and keeping in the media.

More emails to check and phone calls to be made before I run to a meeting at the Dorchester Hotel with a new client. I take my colour boards, fabric samples, sketches and catalogues and head there by cab as I can answer emails and make calls en-route. We agree tentatively on the design and

direction with the renovation of this client's home and the colour scheme.

I then make a short hop to Kensington for another meeting with a prospective client who called about having his bachelor pad redecorated. I seem to have been getting quite a lot of these requests since the publication of an article 'The Interior Life for City Bachelor' in the London daily newspaper CITY A.M., which I got two new clients from. Many of my clients are male and I find it quite easy to understand what men want... that is, regarding design! ▼

▲ Men are all about functionality and practicality when it comes to how they want to live.

Thursday

A big day planned today. Lots of catch up and follow up work to do and then a big event in the evening. I was hoping that no issues arise but as happens in life, unexpected things happen (to put it mildly) and you have to deal with them.

My first call this morning is from Kiev. The building where my current top 11th floor apartment project is in mid stage of renovation, has had their electricity and water shut off on the same day I have appliances and furniture being delivered and installed. No power, no elevators and contactors can't seem to do anything.

So I spend what seems like hours on calls trying to pull all the strings and connections

that I have in city hall in Kiev and finally the utilities are magically turned on and work resumes there. Already way past 12 and I still have not done anything except for the Kiev issue.

I grab some lunch, answer more emails and finish up a proposal that I needed to get done. I absolutely have to make it to my next appointment – to have my hair and nails done for the evening event... ▼



The dining room with integrated log store

▲ one has to look one's best as it is the big Global Gift Gala with Eva Longoria and Ricky Martin. Make it home, change into an evening dress and make it on time to the Gala. Thrilled to meet Ricky Martin – I think I am in love! And a great event for networking.

Friday

After the previous hectic day and night, I am not really functioning well this morning but I must persevere! I do a budget review and then prepare myself for a presentation of a new project to a client, which takes up my morning.

In the afternoon I check on my apartment project where furniture is being put in place, carpet installed and lighting mounted. I go next to select the perfect slab for a client's kitchen remodel, finalising and approving the details for their integrated sink, ordering pendant lights for above the island, and getting started on their guest bedroom.

I take a taxi back to my office to review more floor plans and meet with an architect, and then make arrangements to fly to Kiev next week to see the two projects I am working on there. It is already mid evening. Can't wait to get home and get on the phone with my close friend in U.S. and complain and grumble, as I often do, about how hard I work and how I have no time for anything... but I do love it really.

Saturday

Sometimes, for me, it's not a matter of if I'll work on the weekend, it's a matter of how. I don't remember the day where I was all finished on Friday and could just relax until Monday! On weekends I try not to go to the office and work out of my apartment instead.



An open plan contemporary kitchen flooded with natural light

On the one hand, I'm committed to being mindful and creating balance in my life. On the other hand, I have a lot of ambition and goals and I enjoy giving my all to pursuing them. I do try to make sure I have sufficient time for play and to focus on fully enjoying it. This way, I may devote a full time in the morning to work, but it doesn't dominate my thoughts through the afternoon and evening.

This day, after catching up with my company's administrative issues and revising a proposal, I go and play a game of tennis with a close girlfriend for fun and for exercise. After a quick food shop I am home to relax for a bit. That evening I go with another girlfriend to see a musical at the Aldwych Theatre followed by a late dinner nearby.

Sunday

I try to limit my work to just an hour of answering emails and sourcing for some furniture for my Kiev project. Then I walk over to the Columbia Road flower market which has stalls and stalls of affordable yet beautiful flowers – I love flowers, and buy some white hydrangeas for my terrace. Flowers are sunshine, food and medicine for the soul. After I drop off the plants off at the apartment I go for a run.

Later I walk over to Covent Garden, where I enjoy exploring the old market, watching street performers and listening to musicians. Have a nice long late lunch and then go feed the ducks in St James Park; I love nature and animals, they bring me a sense of peace to my hectic life.