

SPECIAL EDITION

Land of dochia



Travel

Giuseppina
Chiara



Be Well

Longevity and health-span with Natalia
Richardson



Culture

James DeVries



Imagining reality

INTERIOR DESIGN
with Brigitte Dochia



Bon Appetit

Dr. Moira Davies

Rituals of Living

Adriana Mot, Editor in Chief



Science Advisor

Theodora Zetu



Insider

Carlotta
Parker

Created by Adriana Mot

The Land of Dochia Magazine is the first
magazine to employ real and fictional staff

Fictional Writers are Fully Developed, Researched,
and Structured Characters



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This year my company turns 25.

I cannot but pause and ponder upon the many opportunities and milestones that have paved these wonderful years. In my book, which I will be releasing later in the year and cannot wait to share with you, I will highlight this journey. But getting it finished is hard, and making choices of what to include and what to set aside inspired me to give **Selectiveness** a moment of attention.

Happiness is not a matter of accumulation but of discernment

+1416-492-7451
info@dochia.com

The art of selecting what truly matters and discarding the rest. And who better to understand this than a designer, whose main skill is to make hundreds of such choices every day.

Take a second yourself, as you peruse this issue, to ponder on the quiet mastery of this undervalued art and its profound effects on our well-being. If there is a common thread in these pages, it is this:

To build a life, a home, a legacy worth passing on, one must learn not only to choose, but to throw away.

Adriana Mot.





THANK YOU TO ALL MY
COLLEGUES OVER THE
YEARS FOR BEING PART OF
25 YEARS OF SUCCESS

“Synergy – the bonus that is achieved when
things work together harmoniously.”
- Mark Twain



SELECTIVENESS

the shortest road to happiness

L

ike everyone coming of age, when you're given the choice of how to spend your time, you do what you want and avoid what you don't like. We pick, choose, negotiate, and advocate for the first and heavily protest against the latter.

I'm not talking about adulthood, not that coming of age. This happens earlier. Very early.

And then, at some point, between learning the alphabet and reading the Iliad, we suddenly forget all about it.

We dive into study. Then work. Then family. And by our 30's, we've done so many things that in those early years, we would've not chosen that we assume this is how things are. And us, being too selective, is just not something of this world.

We think this way without questioning either the progression or the price we pay at each step. I have not once wondered why I spent time the way I did until I realized there is only so much of it that is mine. And that's when I returned and became a child again.

“

It's not denial. I'm just selective about the reality I accept.

Bill, Watterson, American Cartoonist

”

TULIPS, CANALS, AND CANVASES

The Spring Pulse of Amsterdam

By James DeVries

There is always something theatrical about spring in Amsterdam.

It sweeps in like a cabaret performer, sequins of sunlight shimmering on the canals and daffodils nodding at street corners.

A mornign a few years back, I got on my bicycle and pedaled down the Prinsengracht, scarf trailing behind me like punctuation. I was on my way to the opening at the Oude Kerk where the annual Spring Art Show Fest was blooming.

The city exhaled winter and inhaled possibility.

Café chairs returned to sidewalks like old regulars, and women in clogs of all colors reading poetry to labradoodles and friends. I passed under a canal bridge with its elegant stone arc making me bow to the city around me. Years ago, I'd biked this same route as a student, sketchbook wedged into my backpack, always late, always dreaming. The city was a locked drawer then. Now - an open book.

Amsterdam has been my muse. Breitner painted it soaked in rain and smoke, the horses gleaming under gaslight. Jongkind captured that gentle melancholy of dusk. Even Van Gogh, who's so often claimed by Provence, wrote to Theo about the sober beauty of Amsterdam's geometry - its quiet logic.





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**Three Creative
Habits That Boost
Your Brain**

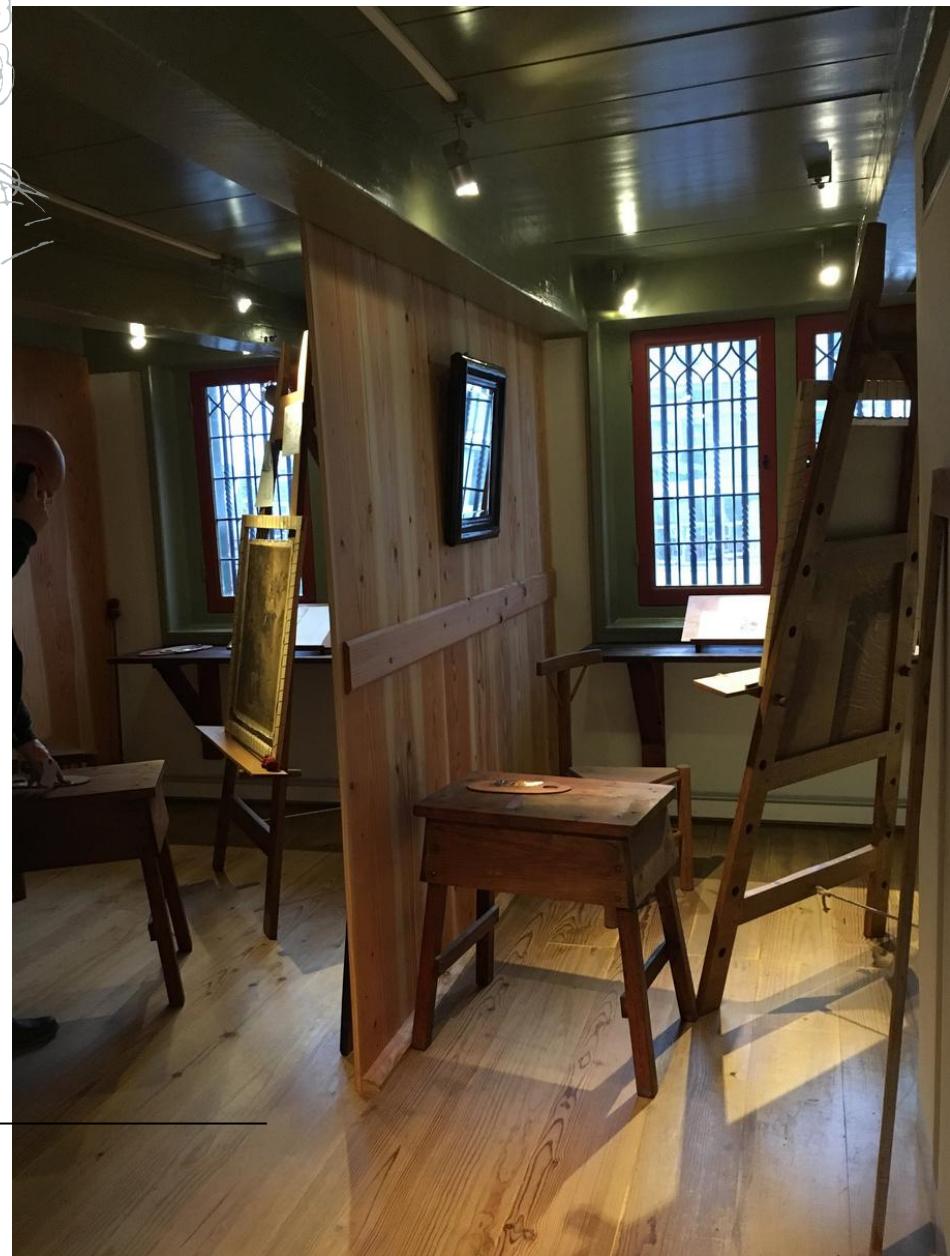


Now - ART WEEK is back and the theme should be "Emerge." Regeneration, transformation, the soft reboot of our inner lives. Running from 20 to 25th of May 2025, this Art Spring-fest will once again take over the streets, galleries, and museums. Me, on my bike again, I breathe in Amsterdam's vibrant anticipation.

I remember one year, when inside the Oude Kerk, I stood before a new textile work by Merel Noorman - threads suspended like memory itself. Crimson, ochre, ash-gray. Migration in motion. I scribbled in the corner of my notebook: Pain lives in the silence between colors.



REMBRANDT'S HOUSE



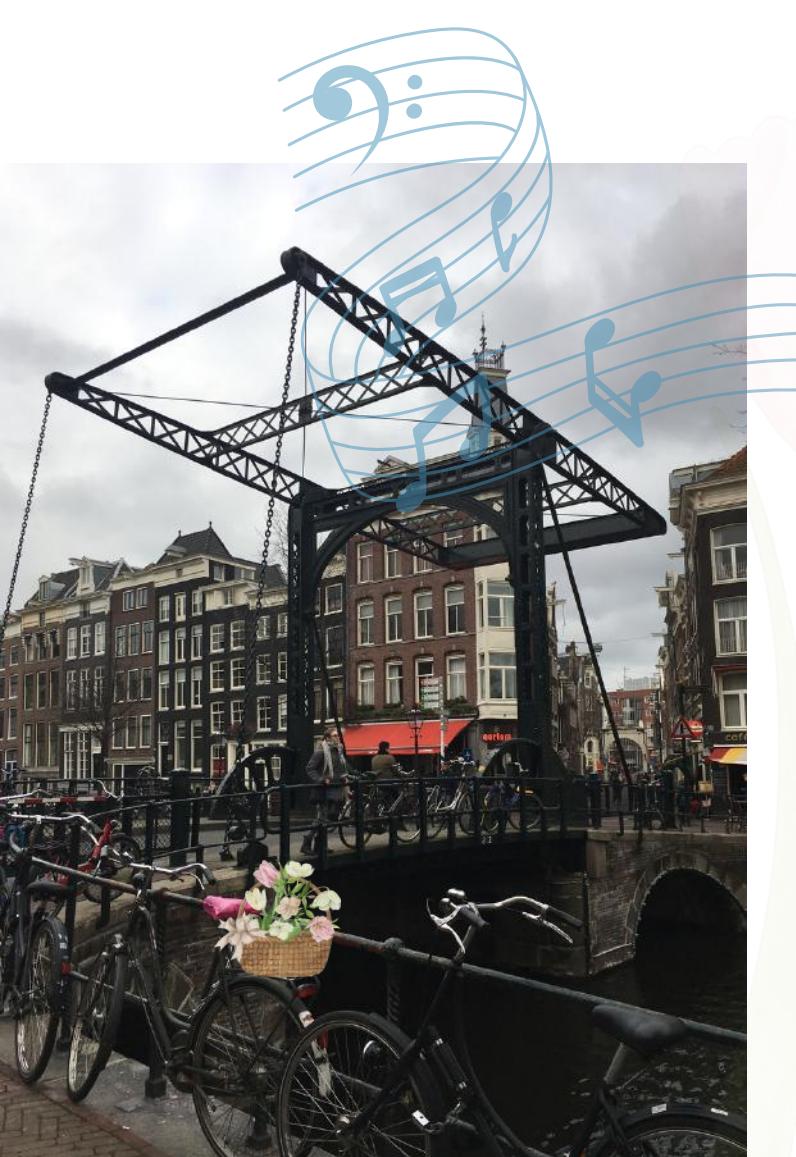
What the Spring Fest offers isn't just beauty. It is cognitive aerobics. I tell people - creativity isn't decoration, it's brain food. A 2022 study from the University of Geneva showed that engaging in creative activities once a week increases cognitive flexibility. Another, from the Max Planck Institute, linked regular art exposure to improved memory and emotional resilience. This gallery was a gym for my neurons. Can't wait to see how it will be transformed again this May.

Back outside, the city sparkles like a well-cut gem. Tulips bob in baskets. Someone plays jazz on a violin, and a child tosses crumbs to pigeons. As I bike on, the bells of Westerkerk chime. My grandmother once said,

"A MIND WITHOUT PLAY IS A HOUSE WITHOUT WINDOWS."



I ring my bike bell in salute and pedal forward.



EMERGE

EMERGE

EMERGE

EMERGE

EMERGE

EMERGE

EMERGE

Amsterdam,
20 to 25 May 2025

Imagining reality

Brigitte Dochia

Interior Designer



CELERY AND SLIPPERS IN MARBLE DREAMS

High-rise lobby design for lives that thrive

By Brigitte Dochia

I sit in the lobby of my latest project, apple in hand, high heels off, my legs dangling down the velvet lounge chair. Five minutes they gave me. We're halfway through the shoot and *Vogue* is waiting while I watch life slip into this place like steam curling up from a morning espresso.

She comes in first. Hair pulled back in a ponytail with just enough tension to signal order but not obsession. She wears white sneakers—those crisp, minimal ones that look like they cost more than a flight to Europe—and a tan trench coat. The trench is open, revealing a grey cashmere sweater and tailored jeans. She walks like she's used to moving fast but chooses not to. There's control in her stride, a kind of restrained elegance, the way someone who works in branding or law or some other niche consultancy would walk. The bag slung over her shoulder is slouchy, expensive, but as she drops it to the marble floor in front of the concierge desk, celery sticks spill out.

I smile, mid-bite into my apple, remembering my uncle's *blanquette de veau* - veal, white wine, celery simmered till nearly sweet.

What other dish involves that much celery?

Maybe she's making a vegetarian riff. Maybe she has a rabbit at home. Or five kids.

She leans in to speak with the concierge, but I can't hear them. She gestures toward the elevators, maybe asking about a parcel. Or a dog walker. Or someone she hopes never shows up again.



INTERIORS

DOCHIA INTERIOR DESIGN

BUILDER

SOLMAR DEVELOPMENT CORPORATION

Next, a man arrives. Black coat, black shoes, sharp edges. He heads in straight for the elevators, the kind of man who builds exits into every conversation. Portfolio manager, I bet. Or an architect with an ego. Or someone recently divorced and still trying on confidence like it's a jacket that doesn't quite fit. He has that brittle energy. But he walks well. Shoulders square, phone in hand. No celery.

I look around the room – it's my story I've written, with my hands. The floor is flooded in rich burned-red carpeting bordered by polished marble catching the soft bounce of the wall lights. Above me, Venetian plaster columns rise like whispers of Rome - each one slightly irregular, by design. I love the contrast between the cool antique mirrors and the warm texture of the plaster.

A couple emerges from the elevator laughing. Young, casual, both in fleece joggers and... yes, slippers. I don't mean house slippers. I mean slippers. He's got bright yellow ones, and she has fuzzy white. They're in love, probably working from home, and still thrilled by each other's existence. Pure bliss.

They stop in front of the pilaster, and he squints at me.

"Excuse me," he says, "would you mind taking a photo of us?"

"Of course," I reply, reaching for his phone.

"The light's amazing right here."

"I designed it for that," I say before I can help myself.

But I don't explain further and, preoccupied with their pose, they don't ask. I frame the shot, make them laugh, and catch the moment.

"Thanks!" she says waiving, as they both bounce toward the games room.

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upcoming in June:

**Five design tips for
an elegant lobby**



I watch the door close behind them. Yes, this is the kind of joy that deserves a great room.

The artwork along the corridor catches the light now abstract but grounded, full of kinetic lines and subtle, dusty colors. Each piece was selected to echo the ambitions of the people who'd live here. Not too loud but never dull. This building isn't for the flashy or the fragile. It's for those growing into their own taste.



I hear the elevator ding behind me.

“Brigitte!”

It’s Jules, my production assistant, cheeks flushed, clipboard under one arm, camera battery in the other.

“We need you upstairs. We’ve got, like, thirty minutes before we lose the natural light in the main bedroom.”

I toss my apple core into the paper bag, stand, smooth my skirt and step with him back into the elevator. The doors close, and we rise as I start to murmur my opening line for the interviewer:

“...The building is a story told in stone, brass, and velvet. It is not a showpiece; it is a living stage. For young couples in slippers who giggle, for women secretive about their celery, for men who walk fast but pause in silence...”



Brigitte





INTERIORS

DOCHIA INTERIOR DESIGN

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Reflections of a mature mind

CELEBRATING 25 YEARS
IN BUSINESS

I stand in the middle of the restaurant that I've designed that has long since outlived its original vision, evolving with the times, breathing in the lives of those who have passed through its doors. The carefully curated textures, the interplay of shadow and warmth - a testament to style choices I made that survived decades. I see it now, clearer than I ever have: my work has not just shaped spaces, but the experiences of those who use them. It has been twenty-five years since I founded my company, a dream ignited by a single, unshakable belief that design is not just an aesthetic endeavor but a medium for transformation.

Thirty-three years ago, when I came to Canada as a young, Romanian immigrant, I was carrying with me the weight of reinvention, the understanding that new beginnings demand not only resilience but a willingness to adapt and see the world through an evolving lens. What I lacked in certainty, I made up for in vision. And now, standing on the other side of decades filled with risk, recognition, and the relentless pursuit of excellence, I reflect on what I have truly built.



There have been awards, publications, commendations - tangible affirmations of the path I carved. But the true measure of my work is not found in framed certificates or glossy spreads; it is in the countless stories unfolding within the walls I designed.



I think of the couple who had their first-anniversary dinner at a restaurant I brought to life, their laughter echoing against a feature wall I once sketched on paper.

The entrepreneur who found inspiration in the serenity of an office we meticulously curated, her ideas taking flight within a space that nurtured possibility.

The travelers who, in the midst of their journeys, found comfort in hotel rooms where every detail whispered welcome.

The homeowners who now wake up every morning in spaces that fit them like a glove, designed not just for function, but for joy. Families whose homes have become the nurturing backdrop of birthdays, quiet mornings, and unforgettable personal milestones; each detail tailored to enrich their everyday lives.

It almost didn't happen.

There was a moment, years ago, when the weight of uncertainty nearly pulled me under. A project had fallen through, a financial risk loomed large, and I stood at a crossroads where stepping back seemed far safer than forging ahead.

But something deep within me - perhaps the same instinct that had once pushed me across continents - refused to yield. I chose to press forward.

That decision, made in a moment of courage, became the cornerstone of everything that followed. It led to the partnerships, opportunities, and ultimately, the legacy that I am now privileged to reflect upon.



And that legacy is not mine alone. It belongs to the community that has embraced my work, to the peers who have recognized its contribution to the city's evolving design fabric, and most of all, to the team that I have now and had over the years, without which I would not be where I am today. Together, we have shaped not just interiors but lives. And now, the horizon calls once more. Expansion is on the table, new chapters waiting to be written. There is still so much to create, to explore, to give.

I walk out into the Spring, the air crisp with the promise of the unknown: a journey far from over, proud of the path traveled, excited for the blurry future I see far into the distance.



Land of dochia



MAGAZINE

In this Land we allow ourselves to discover who we are and how to live an optimum life.

INSIDER  read about this experimental project and the Magazine's Mandate as the Voice of the Land of Dochia Wellbeing Group

We experience the world through colored glasses, tinted with our past, biases, aspirations, the joy we want to give, the understanding we want to receive.

The world of our minds is the world of our reality. In this land, we empower our imagination and gain the courage to use it creatively to sustain our wellbeing.



JOIN OUR
WELLBEING
COMMUNITY

Meet the real and fictionalwriters



Rituals of Living

Adriana Mot

Editor in Chief



Born in Romania from Transylvanian parents, Adriana moved to Canada in 1992 with her family. After graduating from Waterloo architecture, she established her interior design practice, Dochia, that later evolved into the **Land of Dochia Wellbeing Group.**

Over the years, Adriana has become a multidisciplinary professional, accumulating additional knowledge through her practice, and, among others, a Master of Arts in Creative Writing from the U.K., and a Certificate of Applied Positive Psychology from Sandford Faculty of Health.

The 25 years of Entrepreneurship at the helm of her award-winning interior design practice and the extensive research that culminated in **Selftropy™ Living and Spatial Therapy** - a new wellness method, made her a pioneer in the emerging Interdisciplinary field of **Neurodesign**.



Bon Apetit

Dr. Moira Davies

Lifestyle Coach

Moira is a certified and trained Canadian psychologist with vast research and experience in **food therapy and sleeping disorders**.

She's been studying the connection between interior design and the promotion of good eating and sleeping habits and her insightful perspectives and tips are invaluable to a healthy life.

She lives in Vancouver where she has her own practice that focuses on helping interior designers, architects, and other professionals with balancing life and work and making the most out of a beautiful life that we all should have.



Imagining reality

Brigitte Dochia

Interior Designer



Brigitte was born in Paris, where she studied interior design at the famous AI-P, Architecture Institute of Paris. Brigitte made her professional break in Montreal, when designing the home of Dr. Luneau, the famous Canadian cardio-surgeon who pioneered the seamless integration of 5th generation AI communication with valve-replacement devices.

Brigitte is the recipient of multiple national and international awards and stands on the Board of the Art Gallery of Ontario in Toronto, the city where she lives with her cat Meow and her poodle Murky.



CULTURE

James DeVries

Artist

James is a painter and mixed media artist that veered early in his career toward the more theoretical aspects of art. He has a keen interest in the scientific aspects of creativity as it contributes to longevity, and, along with his artistic endeavors, James now travels all around the globe to enhance his knowledge and keep his mind attuned to the international artistic pulse.

A recent study he published from interviewing international experts in the field has established James as one of the expert critics of cultural values in the current art scene. He is often invited to speak at international events, and we are so honored to have him share his knowledge with us.



TRAVEL

Giuseppina Chiara

Influencer



As a professional travel influencer, Giuseppina is sponsored to travel once a month to various destinations to discuss the connection between lifestyle and design.

Her life and articles explore the **Selftropic travel** which uses the principles of Selftropy™ to enhance her daily experiences and bring home artifacts, memories, and learnings that extend that experience.



Be Well

Natalia Richardson

Psychologist

Natalia is Adriana's key research collaborator on **Selftropy™ Living**, the first and only Interdisciplinary Theory and Method of its kind that uses evidence-based research to enhance wellbeing. Natalia's expertise is **Longevity and Health-Span**. Her scientific enquiries are at the forefront of the Health-Era we're entering now. In the Land of Dochia, she is in charge with the methodological study of Selftropy and its application.

She is designing and conducting qualitative surveys and contextual data collection to be analyzed according to established scientific methods. She lives and works in Manhattan's Greenwich Village where she has a bustling Clinical practice.



Behind the Scenes INSIDER

Carlotta Parker

PR and Marketing



The force behind the Dochia Media team, we would be nothing without her! She's the real BOSS!

She's got her mind and heart in all the ins and outs of the business and brings to you the highlights of what we're all up to every season - naughty including - in the Behind the Scenes spread of the Land of Dochia Magazine.



fact check and data where needed

Theodora Zetu is a third year Queens University Neuroscience student, currently on a research summer internship on Brain Oncology at Sunnybrook Hospital.

Her scientific knowledge and passion toward psychology, neuroscience, and anthropology is a grounding asset to our articles.

Theodora Zetu
Science researcher in residence



Art, Design, and What's Coming in Our 25th Year

By Carlotta Parker

Okay, friends—let's catch up. It's been a full season here in the Land of Dochia and we've got lots of updates straight from our creative world of interior design, art-inspired wellness, and exciting new ventures. We've been moving through everything from design student critiques in Ottawa to copper wire sculptures that made us feel things we didn't expect (yes, really). And guess what? Our 25th anniversary is coming up, which means some BIG things are on the horizon—new projects, new learning platforms, and a gorgeous retrospective book in the works. Whether you're into smart spaces, neuroaesthetic design, or just want some tips on acing a job interview, we've got you covered. Let's break it down:

BEHIND THE SCENES



Portfolio Reviews at ARIDO Summit, Ottawa

Adriana recently participated in the ARIDO Summit in Ottawa, where she served on a panel critiquing portfolios of Algonquin College's interior design students. They brought their portfolios, Adriana brought her feedback—and let me tell you, it was electric. Adriana emphasized three character traits that employers highly value: adaptability, effective communication, and a proactive mindset. As all of them were prepping for summer job interviews, so Adriana shared her top three traits that every design employer looks for (and yes, these will get you more money in the long run):

- Curiosity
- Clarity in communication
- Calm under pressure

Hiring a designer is more than chasing for talent—it's about being someone people want to work with in the trenches.



A Microdose of Art: Rupture by Sayward Johnson

Between meetings, we stopped by to see *Rupture*, a solo exhibit by Sayward Johnson. Her work—woven and sculpted from hand-dyed copper wire—feels like it grew out of some ancient, post-industrial garden. It's raw, detailed, and oddly comforting. Pieces like *Presomnial No.5* and *Lurkers* speak to that moment where decay becomes beautiful—very on-theme with how we see the connection between art and wellness.

There's a reason art therapy works: when you feel art in your body, your nervous system gets the message too.



Sayward Johnson
Rupture
2021

Material Matters – stops by our suppliers to get to know new finishes and products

You can't design smart, healthy interiors without keeping your fingers on the pulse of what's new. We visited a few of our favorite suppliers and material libraries around the city to test, touch, and question. What's more sustainable? What's better acoustically? What just looks damn good? This is the designer's version of fieldwork—and our way of staying future-ready for all the residential and commercial projects coming down the pipeline.



Alendel
Fabrics

Amati
Plumbing



The Metcalfe, Ottawa

DOCHIA ACADEMY

Pre-register here for priority access, advance offers, and preferential pricing



First name

Last name

Email address

CHECK WHAT APPLIES TO YOU

- Design or architecture professional
- DIY Renovator
- Wellbeing lifestyle seeker

PUT ME ON THE LIST

Sneak Peek: Dochia Academy Is in Beta!

We're also testing the Dochia Academy—our new online learning hub where design meets entrepreneurship, wellbeing, neuroscience, and psychology. It's still in beta, but already packed with tools to help you design better, think clearer, and maybe even live longer. Want first dibs when we launch?

👉 [Sign up](#) and get advanced access.

More from the inside in the Summer issue –until then, stay curious, stay creative, and maybe go touch a copper sculpture sometime. It's wilder than it sounds.

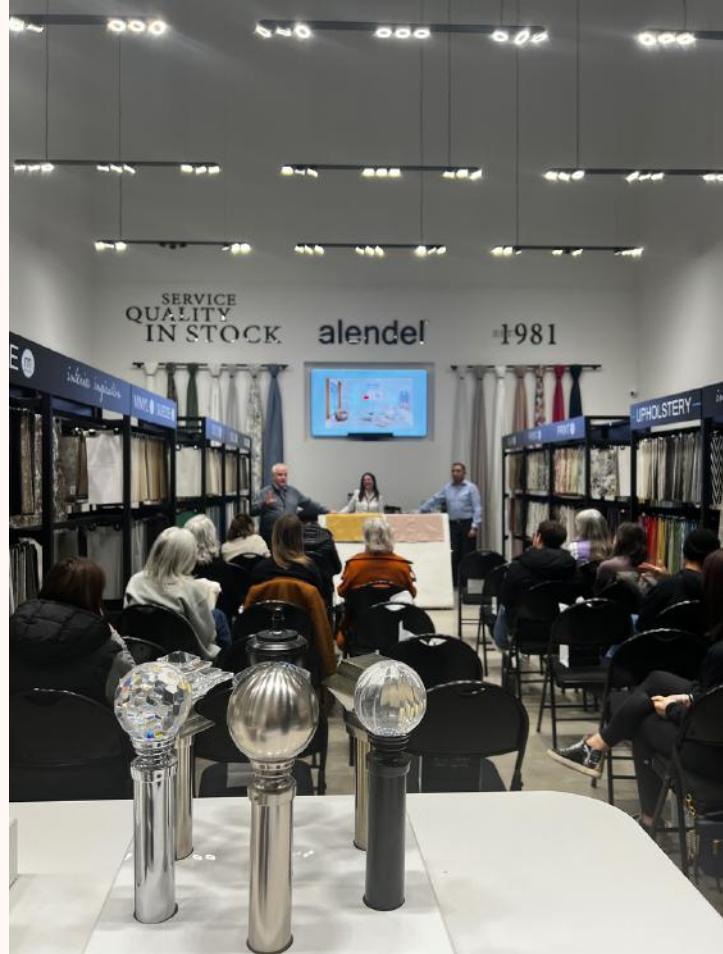
Coming Up: Our 25-Year Retrospective Book

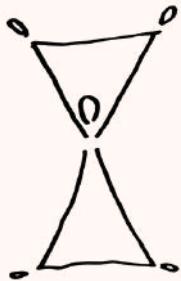
Yep, we're turning 25 this year (big collective gasp). We've done everything from modern renovations to full-scale spatial therapy transformations, and we're putting the best of it all into one stunning retrospective book. Think stories, projects, before-afters, and a few spicy design lessons we learned the hard way. Stay tuned!



Carlotta

Attending new 2025 trends info session at Alendel Fabrics





L^AT^End oF dochia

L I F E S T Y L E

wellbeing, interiors, travel, food, selftropy™



The team

Adriana Mot

Jessica Cornacchia

Theodora Zetu

Fictional writers:

Brigitte Dochia

Dr. Moira Davies

Natalia Richardson

James DeVries

Carlotta Parker

Giuseppina Chiara

PHOTO CREDITS

dochia media | barb williams/unsplash

EDITORIAL OFFICE

1446 Don Mills Rd., unit #230

Toronto ON M3B 3N3

+1-416-492-7451 | info@dochia.com

www.dochiamedia.com

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