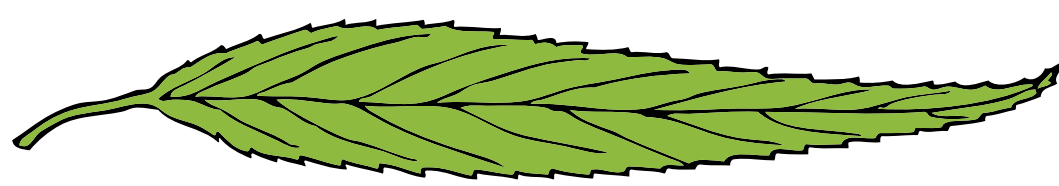


LISTEN. DISCOVER. IMAGINE. DESIGN.

The Wellness Garden Project

“How might a garden support wellness goals?”



LISTEN and DISCOVER: Our Process

- **Individual interviews** with 24 diverse participants.
- **Dialogue** about their wellness and well-being goals.
- **Stories** of their garden encounters and preferences.
- **Co-created experiences** that support their goals.

24 participants | 24 personal goals | 24 different experiences



GOALS & ASPIRATIONS

LIVED EXPERIENCES

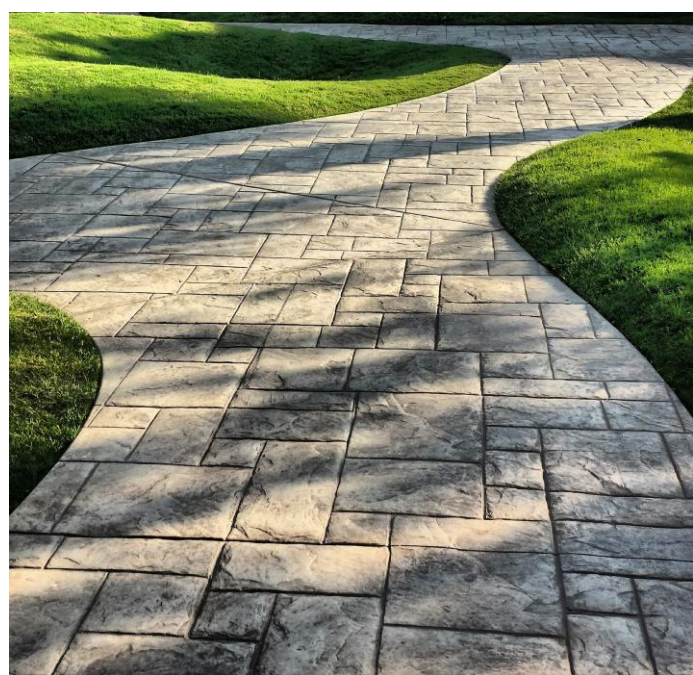
VALUES & BELIEFS



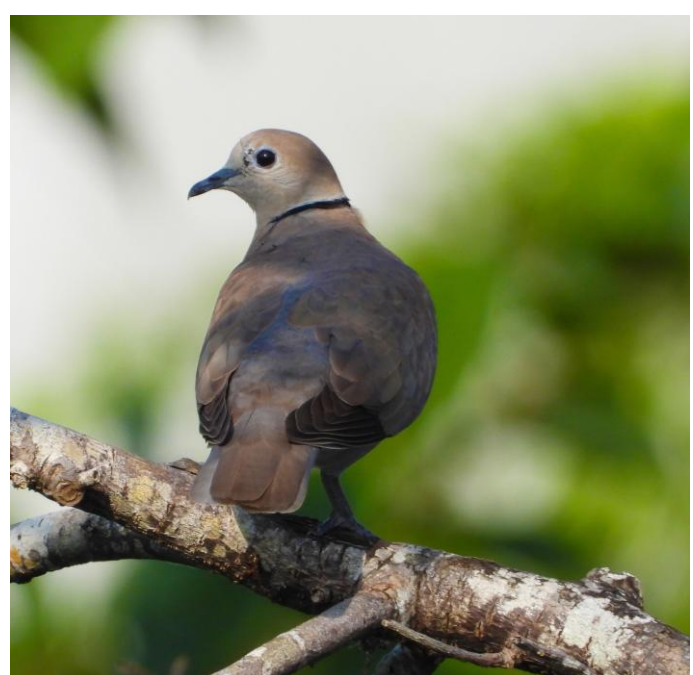
79% of participants desired a garden experience that supports their mental or emotional well-being.

21% of participants desired a garden experience that improves their physical wellness.

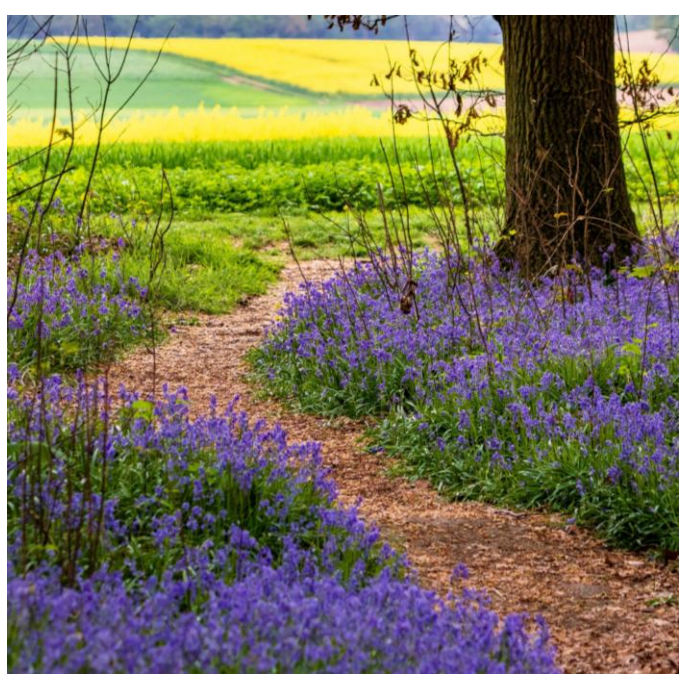
IMAGINE: Four of the 24 Co-created Garden Experiences



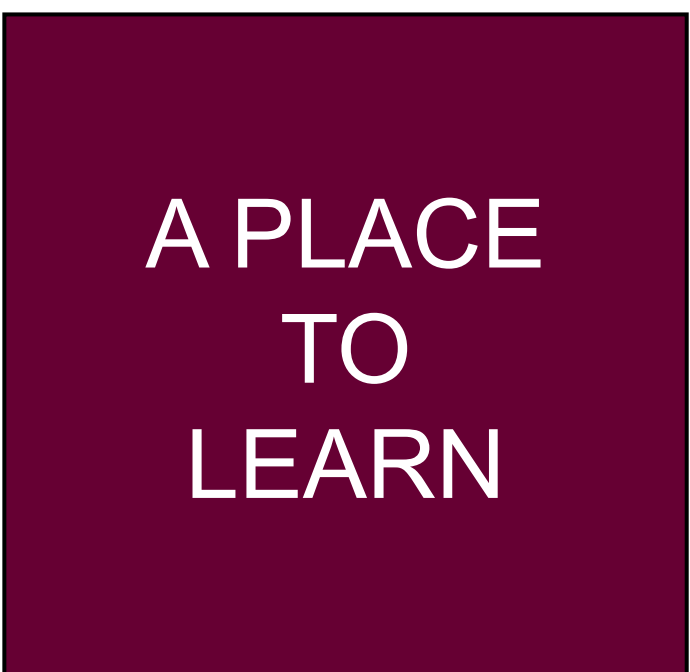
Walking
Mindfully



Hearing
Birdsong



Seeking
Solitude



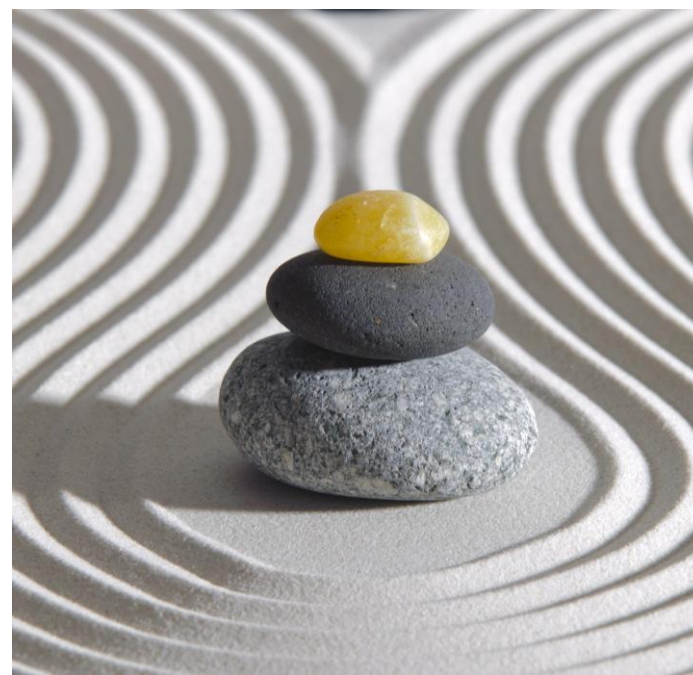
Sheltering
Crops



Harvesting
Remedies



Brewing
Herbs



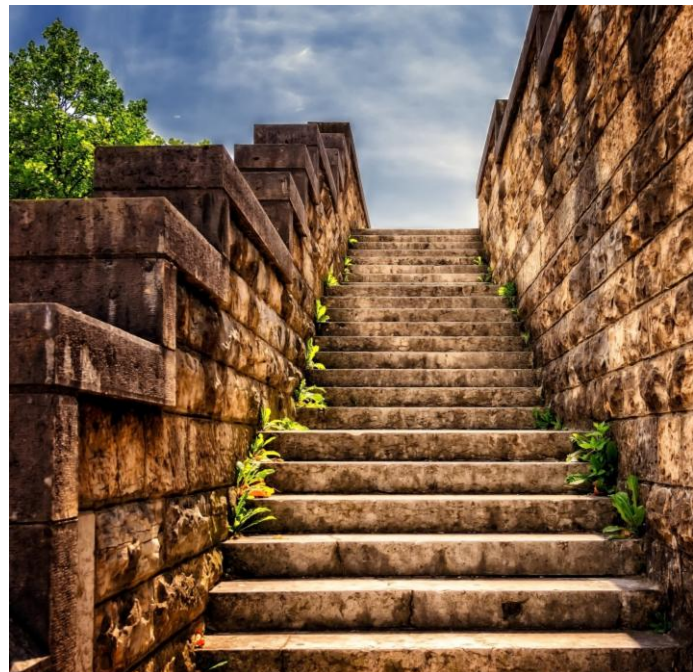
Raking
Sand



Shaping
Bonsai



Arranging
Objects



Climbing
Steps



Finding
Foxes



Reaching
Summits

No two co-created garden experiences were similar. Each experience was as unique as the participants themselves.

DESIGN: Conclusions and Implications for Therapeutic Landscape Practice

UNDERSTAND

- **Ask participants** what they need and desire now.
- **Use stories** to surface deeper values and aspirations.

CO-CREATE

- **Design together** with participants, not for them.
- **Build on standards** using additional insights.

ITERATE

- **Prototype ideas** so participants can test the experience.
- **Embrace change** with elements that evolve with participants' needs.



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To Learn More:
www.lisaperrine.com

Download Design Worksheet:
Use the QR code provided

