



Motherhood for me with Natalie Walton

News | 29.04.2021

Natalie Walton is an interior stylist, designer and author who helps people to connect to ideas on how to live their best lives.

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How will you spend Mother's Day?

If I'm lucky I'll get to go surfing with my family and have lunch at Top Shop in Byron Bay afterwards. Let's hope the weather gods are listening.

What does motherhood mean to you?

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Do you have any family traditions you hope to pass along to your children?

We don't have any traditions in relation to Mother's Day. But we have little rituals as a family. Every day we eat breakfast and dinner together as a family. Everyone sits at the table together and we talk about the coming day or the one that has just passed. Conversation and connection is a huge part of our family life.



What is one of your favourite activities to do as a family?

Surfing on a Sunday. Generally Saturday are for chores and Sunday is for spending time together in a family activity, usually surfing.

What is one tip for balancing work and family life?

Separating work and family life. When I'm working during the daytime, I'm completely focussed on that. However, when I'm with my family they get all of my attention - no checking my phone or emails. I'm completely present - and it means that I can enjoy and get the most out of both equally.

Did having children impact your outlook on work/life balance?

Motherhood had a huge impact on how I transitioned during my working life. Before children I worked for a range of magazines. However, a couple of years into motherhood I realised that I wanted to have more flexibility with my time and responsibilities. It was one of the best decisions I ever made.



Where do you find ideas and inspiration? (Could be a physical place where you go to think or something more general which inspires you)

Nothing surpasses travel when it comes to inspiration – but not always in ways that you might think. It's not just about seeing and experiencing new things. But the very act of getting out of your daily routine allows ideas to form and an awakening of different parts of your soul.

What qualities do you admire in other people?

Authenticity, integrity and kindness.

Are there any designers or persons of significance who you admire or inspire you personally?

I've always been a huge fan of Ilse Crawford and the books and spaces that she creates through Studio Ilse. Also, artist Georgia O'Keeffe for staying true to herself.

Do you use your platform and voice to inspire those around you? If so, how?

After writing my book 'This is Home: The Art of Simple Living' I had a whole new respect for how important our homes are in our lives. I spend hours upon hours researching the role that they play in our lives, and ever since I want to encourage whoever I can to see the value in them. Similarly, after researching about the impact our homes have on the environment while writing 'Still: The Slow Home', I wanted to encourage others to consider the materials we choose in building and designing our most personal spaces. We can't always control governments or big business, but we can make a difference with the decisions we make every day.

What are three words that describe you and why?

Whole-hearted, generous and kind – or, at least, that's my hope.

Register for Natalie's free mini styling course [The Styling Masterclass](#) to learn how to create interiors and visual stories that connect and create impact.

