

People-Centric Pillars of Wellbeing



INTELLECTUAL | Does the workplace allow me to do my best work, foster innovation, and challenge my thinking?

Concept: Varied work setting choices foster productivity, and brainstorming and innovation can be supported with informal/formal spaces that fosters creativity.



PHYSICAL | What elements of the workplace foster movement at the desk, in the office, and nearby?

Concept: Sit-to-stand desks, under-desk exercise equipment, indoor and outdoor walking paths, modernized stairs to encourage use, fitness center access, etc.



SPIRITUAL | Is there a place where I can be quiet with my thoughts, meditate, or worship if I choose?

Concept: Privacy rooms, prayer rooms, and meditation spaces are dedicated to support spirituality.



EMOTIONAL | Do I feel safe at work, are there places to de-stress, and are company values displayed?

Concept: Lighting in the parking lot, secure building entry, visitor guidelines, privacy rooms for personal calls, and safe workplace guidelines increase emotional wellbeing.



SOCIAL | Does the workplace support places for people to gather socially, to have chance encounters, and is fun incorporated in the workplace?

Concept: Café spaces with a mixture of seating, designated neighborhood community areas for gaming i.e. puzzles, board games, life-sized Jenga, graffiti chalk-walls, etc.



NOURISH | What role can healthy choices have on productivity?

Concept: Healthy food choices with clearly marked nutritional info help productivity and healthy hydrating options increase energy and ability to focus.



ENVIRONMENTAL | How can indoor air quality, clean desk policies, and the incorporation of nature support my wellbeing?

Concept: Living walls, UV lighting to filter air, more outdoor fresh air intake, views to outdoors, and clean desks result in less dust-creating paper and easier daily cleaning.