



WHAT'S INSIDE

This course offers a compelling look at the link between workplace design and employee well-being, framed through the lens of Active Design. From the rise of sedentary lifestyles to the staggering costs of absenteeism and disengagement, the presentation outlines why health-conscious environments are no longer a luxury—they're a necessity. Grounded in research and real-world examples, the course shows how smart design fosters satisfaction, retention, and performance, offering practical insights for creating spaces where people and businesses thrive. Participants will explore actionable ways to design spaces that support physical movement, mental clarity, and overall vitality. Through eight foundational principles—ranging from biophilic elements and access to natural light to multipurpose work areas and on-site fitness amenities—designers will gain a toolkit for shaping healthier, more engaging workplaces.



CONTENT OUTLINE

The Need For Workplace Wellness - A look at the drivers behind the wellness movement and why workplace health is more important than ever. (15 min)

The Cost of an Unhealthy Workforce - Absenteeism, poor performance and several other factors contribute to a staggering loss of revenue for companies. (10 min)

Active Design Principals - A breakdown of key strategies to foster healthier work environments—encouraging movement, connection and daylight exposure. (15 min)

Creating a Wellness Focused Environment - From layout and lighting to collaborative zones, we examine how organizations are fostering healthier workplaces by integrating Active Design principles into every layer of the built environment. (15 min)

Summary and Q&A (10 min)