What Science tells us about Workplace Design & Human Performance

Integration: Show respect by giving people the flexibility to curate their own work experiences.

Choice: Some is good, but too much creates tension. Four to six options are "just right."

Stress: Address noise, thermal, odor, and other subtleties that can compound stress.

Thinking: Greens enhance creativity. Reds stifle analytical reasoning.

Age: Design for the work, not the age of the person doing it.

Positivity: Positive moods have been linked to enhanced creativity.

Control: Individuals and groups perform better in spaces they can control.

Calm: Too much visual complexity is draining. Keep clutter in check.

Memory: Our memory functions best when we work on an entire project in one space.

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Concentration: Light, but not very saturated colors, enhance it.

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