Welcome to our September WE:binar!

Kate North
Global Co-Chair, WE
Vice President, Workplace Innovation
Colliers International

Workplace Evolutionaries
A Community of IFMA™
WeRise: Oct 15-18

- **Tuesday**: Workplace Management – 5 hour session / Module 1
- **Wednesday-Friday**: Full WE Track – 15 innovative sessions!
- **Tuesday and Thursday**: WE Socialize & Tour
ARIZONA CENTRAL
LIVE. WORK. PLAY

TRANSFORMATION OF AN URBAN LANDMARK

120,000 SF
ORIGINALLY BUILT 1990
±5,000 VISITORS A DAY

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Today’s **WE:binar** Featuring...

**WE:binar Co-Leads:**
Emily M Dunn, Herman Miller
Megan Campbell, Unispace

**Presenter:**
Leigh Stringer, LEED AP
Managing Principal,
EYP Architecture & Engineering
The Stress-Free Workplace

IFMA Workplace Evolucionaries
Leigh Stringer, Managing Principal, EYP
Firstly, there is no such thing.
What we’ll cover:

• Why work isn’t working
• Stress management
• What you might not have thought of
Why Work Isn’t Working
Trends in the prevalence of sedentary, light and moderate intensity occupations from 1960 to 2008
Today’s stressful workplace is the **FIFTH LEADING CAUSE OF DEATH** in America.”
Women under age 45 most likely to suffer from stress and anxiety, and had lowest sleep levels
“Job control” and autonomy impact engagement
Humans are designed to be “free range.”
Stress management
“Nature holds the key to our aesthetic, intellectual, cognitive and even spiritual satisfaction.”

- E.O. Wilson, author of *Biophilia*
Forest bathing (shinrin-yoku)

1. **beneficial bacteria** support gut health
2. **phytoncides** or plant-derived essential oils fight off harmful microorganisms
3. **negatively-charged ions** (oxygen atoms charged with an extra electron) near forests and close to large bodies of water that positively boost our mental outlook, reduce anxiety, depression
Research Results

Since Moving To New Center

- Provide better care: 19.4% Disagree, 22.2% Agree, 27.8% Strongly Agree
- More effective in role: 19.4% Disagree, 5.6% Agree, 8.3% Strongly Agree
- Do job more efficiently: 19.4% Disagree, 8.3% Agree, 22.2% Strongly Agree
- Visitation to office has increased: 25.0% Disagree, 22.2% Agree, 5.6% Strongly Agree
The New Wellness Center

Research Results

- Better Staff Morale:
  - Disagree: 11.1%
  - Agree: 22.2%
  - Strongly Agree: 22.2%

- Increased Efficiency and Continuity of Care:
  - Disagree: 2.7%
  - Agree: 32.4%
  - Strongly Agree: 32.4%

- More Programming and Services:
  - Disagree: 5.4%
  - Agree: 29.7%
  - Strongly Agree: 40.5%

- Better Understanding of Other Units:
  - Disagree: 5.4%
  - Agree: 24.3%
  - Strongly Agree: 29.7%

- More Opportunities to Collaborate:
  - Disagree: 34.2%
  - Agree: 34.2%
  - Strongly Agree: 34.2%

- More Resources:
  - Disagree: 5.4%
  - Agree: 29.7%
  - Strongly Agree: 29.7%

- Better Aesthetics:
  - Disagree: 5.3%
  - Agree: 18.4%
  - Strongly Agree: 55.3%

- Wider Variety of Spaces to Work:
  - Disagree: 8.1%
  - Agree: 24.3%
  - Strongly Agree: 40.5%
Research Results

How likely are you to recommend?

- Yes: 40.4% Probably, 49.8% Definitely
- No: 7.4% Probably, 2.4% Definitely
What you might not have thought of
Chances of being in an active shooter incident at work in the U.S.

1 : 1,000,000

Chances you will experience sexual harassment at work

1 : 4
“Getting away from an offending person might also affect when and where the victim works. She might be looking for ways to not be there at the same time, or ways to work in a location far away from a predator, even choosing to work from home or call in sick.”

- Laura Zam, Sexual Healing Coach
“Exercise is an important treatment not only those who suffer from PTSD, but also those who suffer chronically from depression, anxiety, and stress.”

- Laura Zam, Sexual Healing Coach
BUILD A COMPANY THAT WOULD MAKE YOUR MOTHER & FATHER PROUD
This is a design problem.
Thank you!
Up Next!

Designed for Learning: Applying Best Practices from Educational Settings

Thursday, October 10, 2019
11:00AM EDT

Presenter:
Dr. Caitlin Lindquist