



WELL DESIGNED

AMERICAN
SOCIETY OF
INTERIOR
DESIGNERS



Case Study: ASID Corporate Headquarters





ENVISIONING
THE WORKPLACE
OF THE FUTURE

Visioning: **Goals**

Workplace of the Future • Establish Project Goals • Set Priorities



HEALTH & WELLNESS

protocol // material selection //
quiet rooms // biophilia



WORKSTYLES

hospitality + residential hybrid // private meeting
spaces // impromptu meeting areas //
designated pin-up space // open seating



FLEXIBILITY

private zones // quiet // active // open // design for
ten years from now // add personal employee identity



TECHNOLOGY

webinar room // projection screen //
standardization of technology



SUSTAINABILITY

thermal comfort of rooms //
marquee offices for sustainable protocols



RESILIENCY

create multi-functional amenities for staging site //
refuge place // operations to accommodate employees //
create assurances



SOCIAL RESPONSIBILITY

materials that support other communities //
messaging that demonstrates community outreach



ADVOCACY

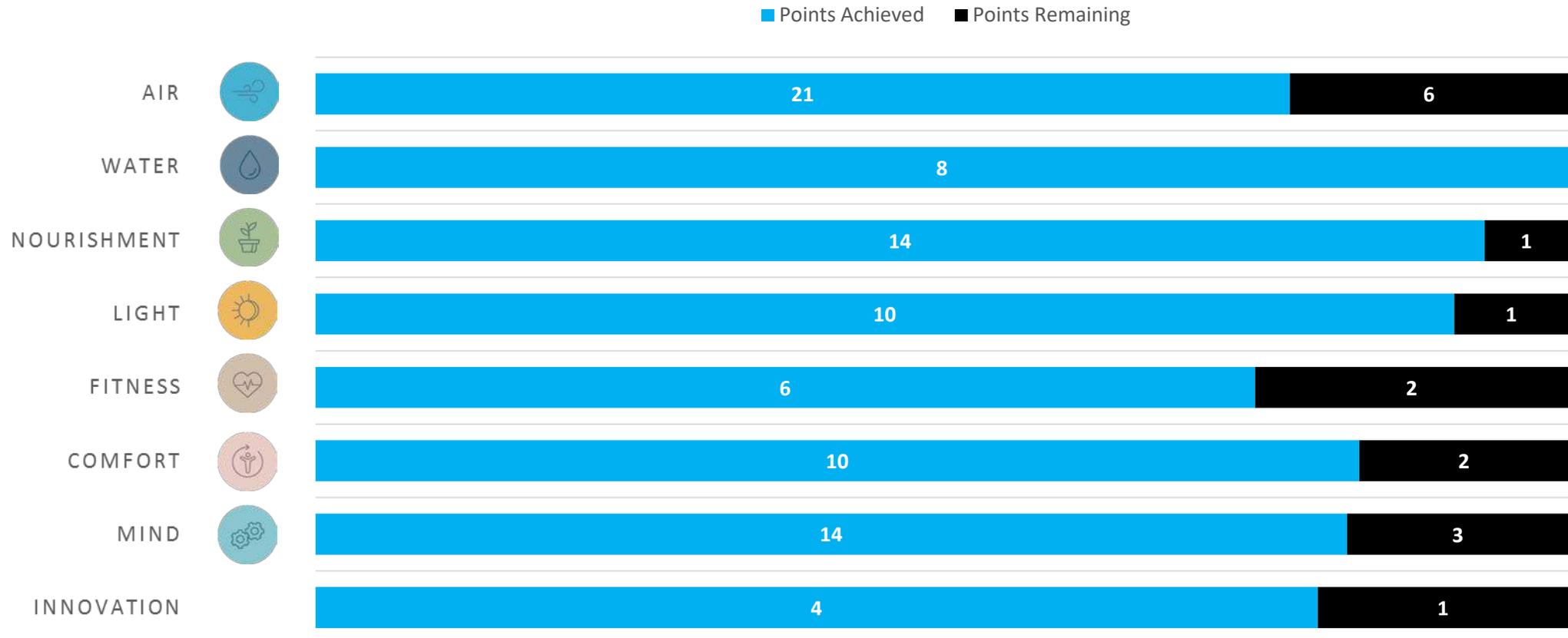
encourage the right to practice in different platforms //
communicate mission statement // engage the public // educate



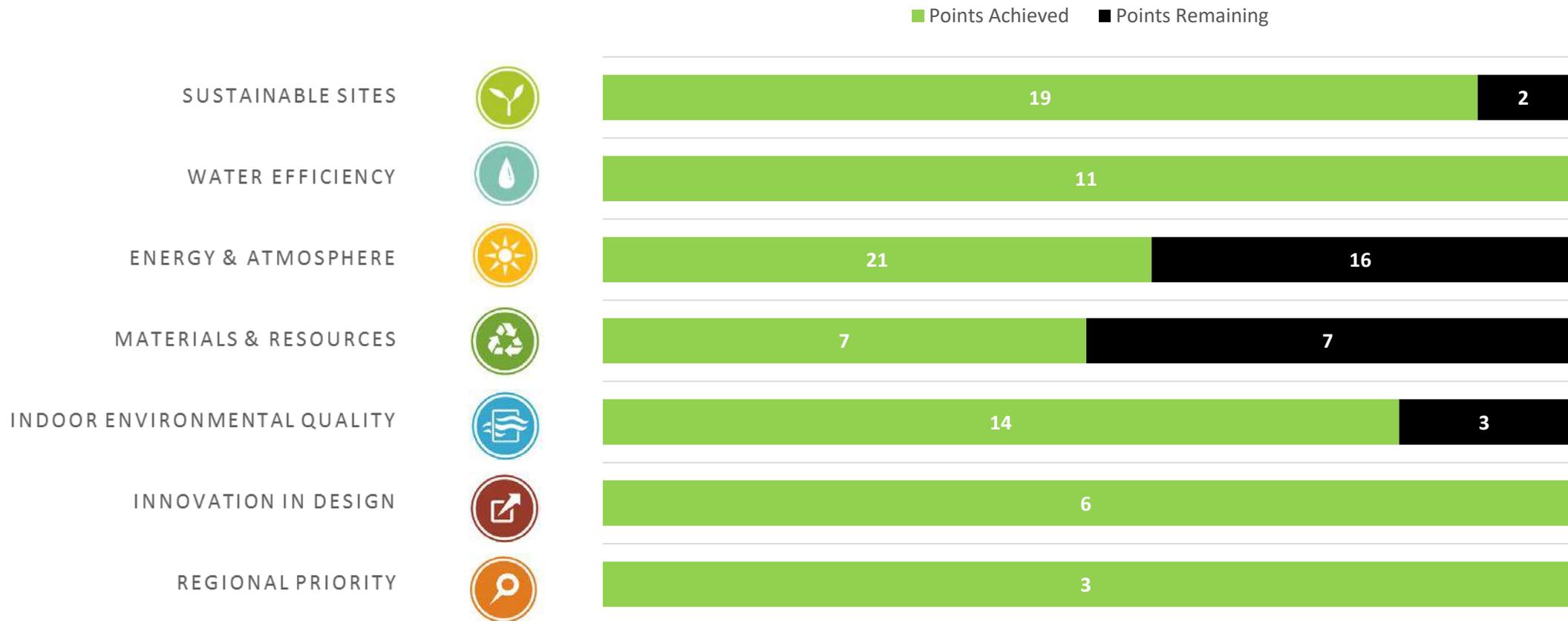
MISCELLANEOUS

nod to the past // representation of industry milestones

Occupant Health: **WELL Platinum** Certification v1.0



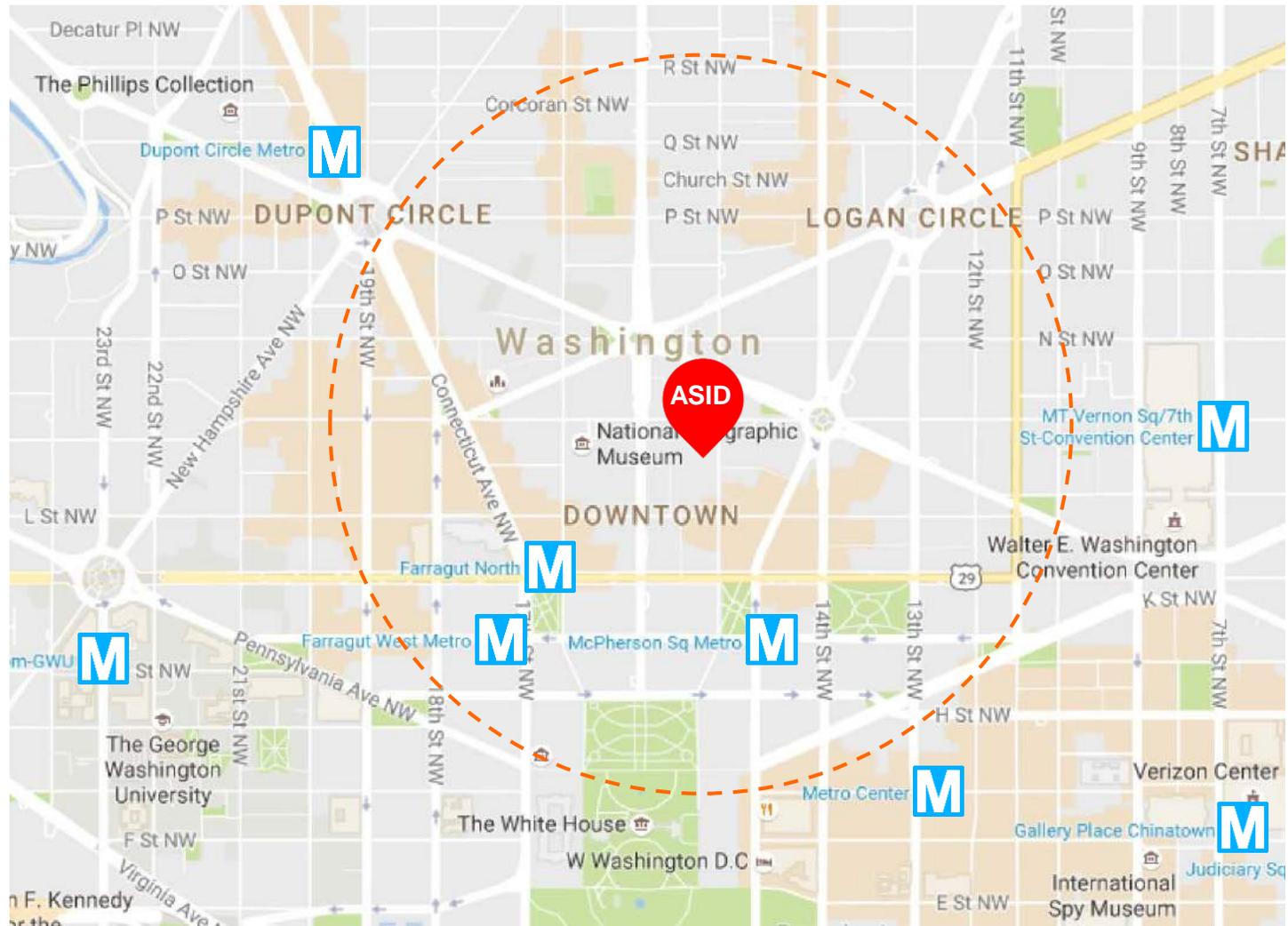
Occupant Health: LEED Platinum Certification v2009



Site Selection: Urban Context

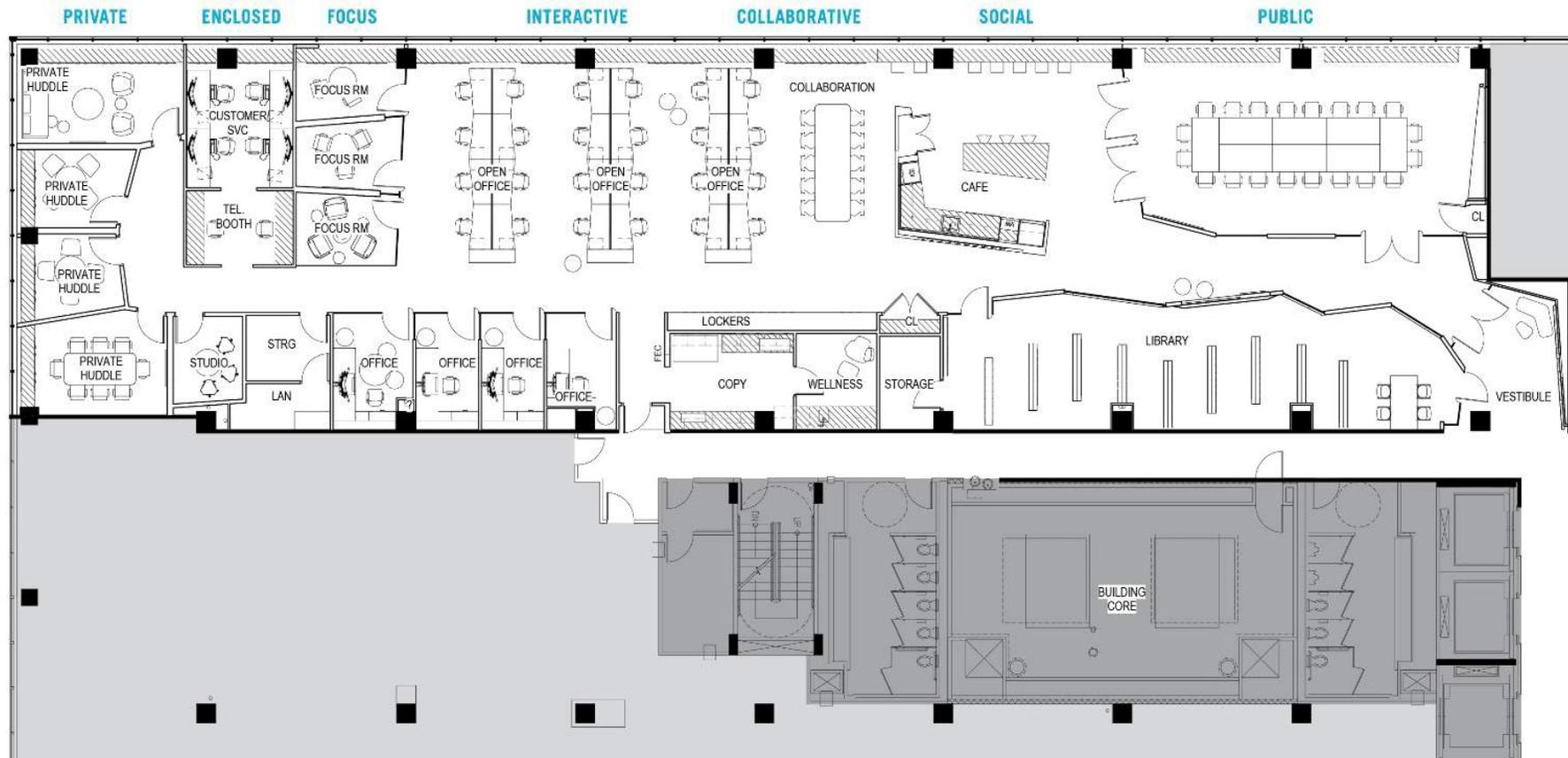
1152 15TH STREET, NW
WASHINGTON, DC

- Downtown
- Metro Accessible
- Amenities
- Walkable



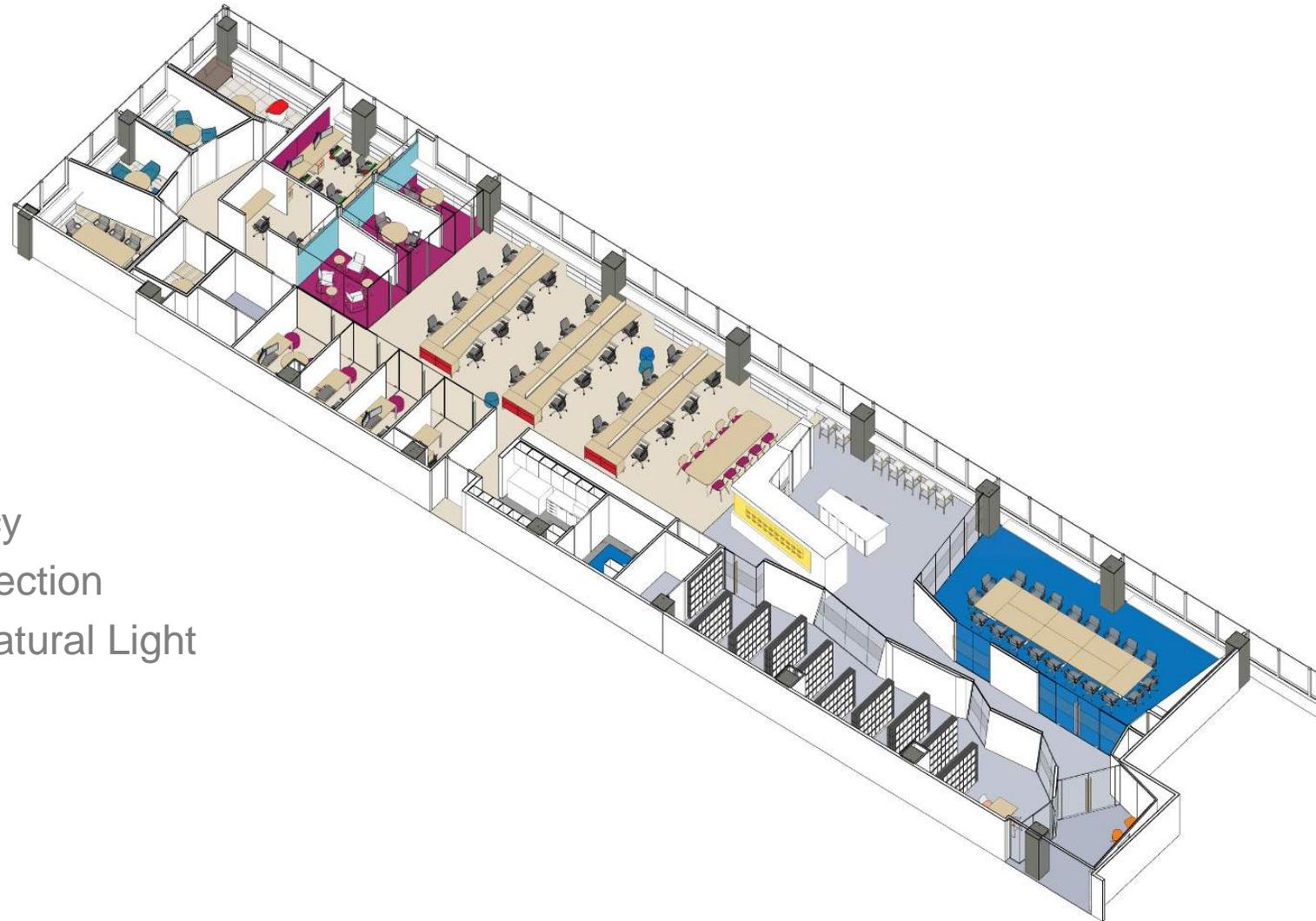
ASID Office: Organization

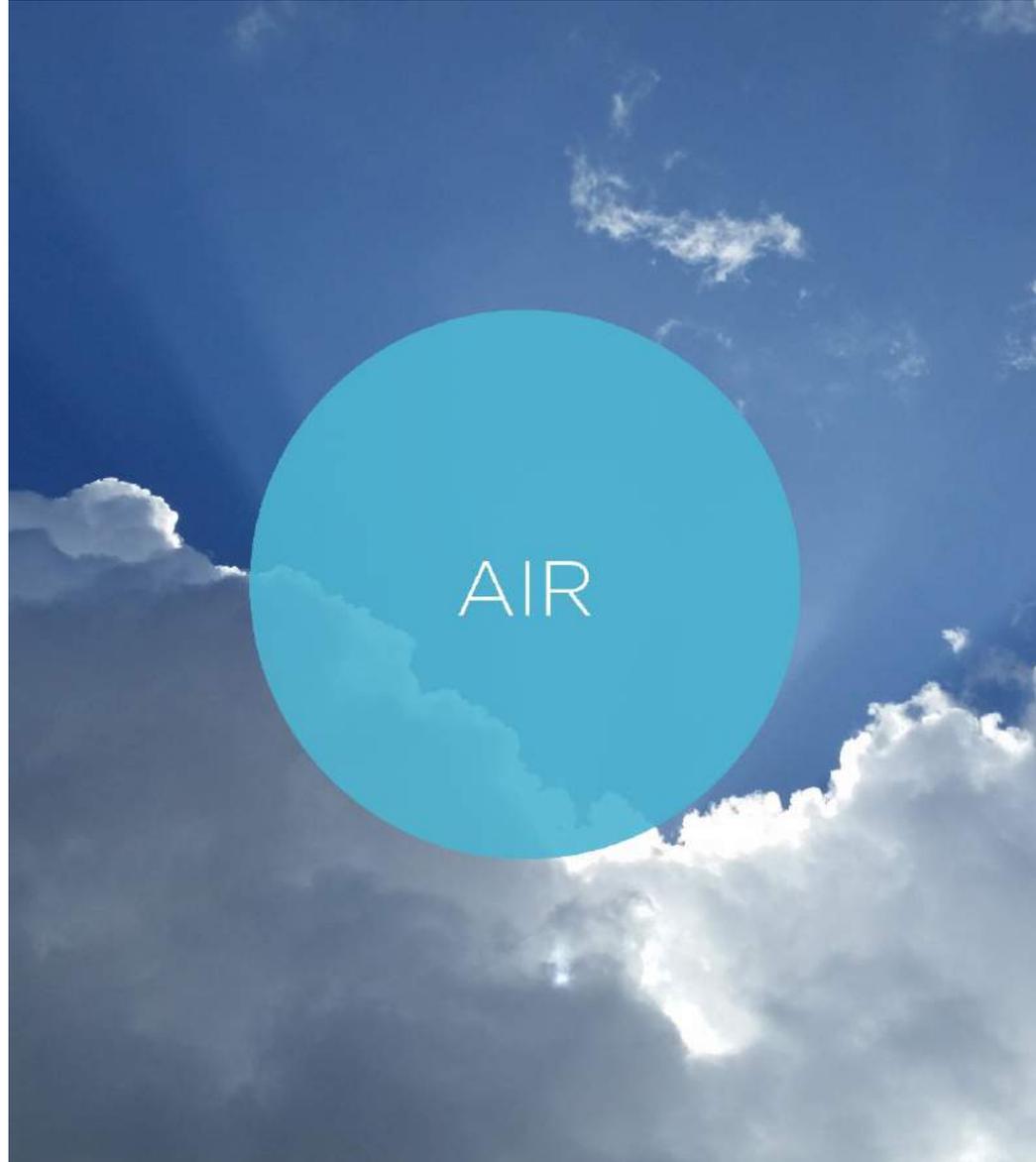
- Public to Private
- Various Workstyles
- Acoustic Comfort
- Unassigned Seats



ASID Office: Organization

- Transparency
- Visual Connection
- Access to Natural Light





Create optimal indoor air quality to support the health and well-being of building occupants.

*material selection · ventilation · filtration
· moisture control · maintenance
& operations · source of concern
protection · construction processes*

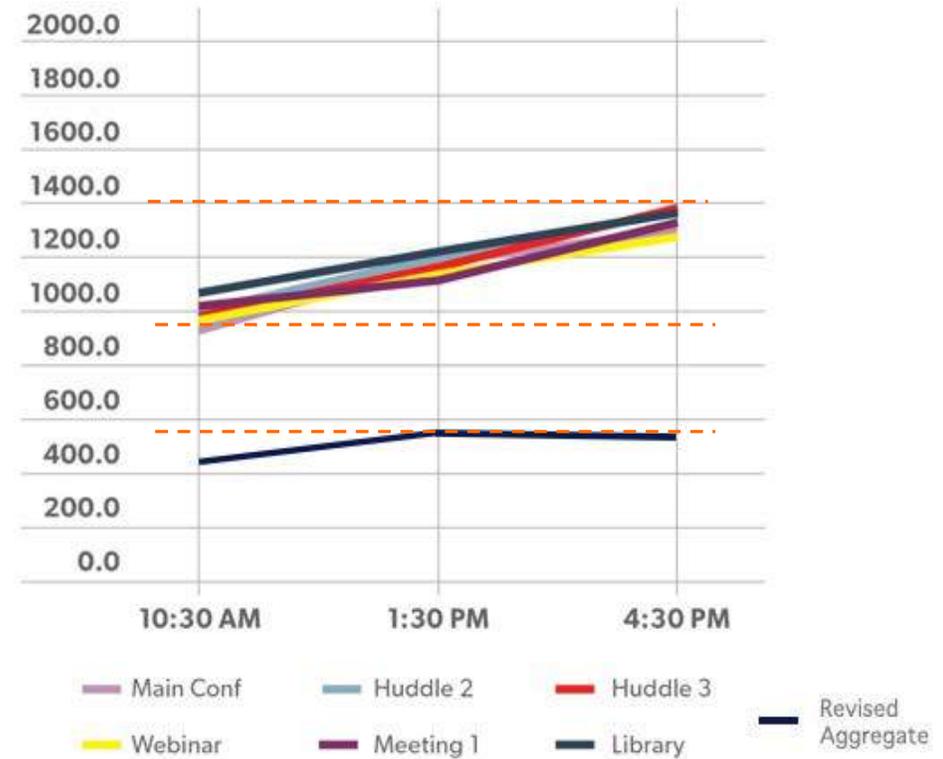
Healthy Space: CO₂ Levels

Post-Occupancy Study

CO₂ BY TIME



CO₂, O₃ Sensors





Promote safe and clean water through proper filtration and other methods, and require the appropriate quality of water for various uses.

*performance testing · treatment ·
maintenance & operations · hydration
promotion*





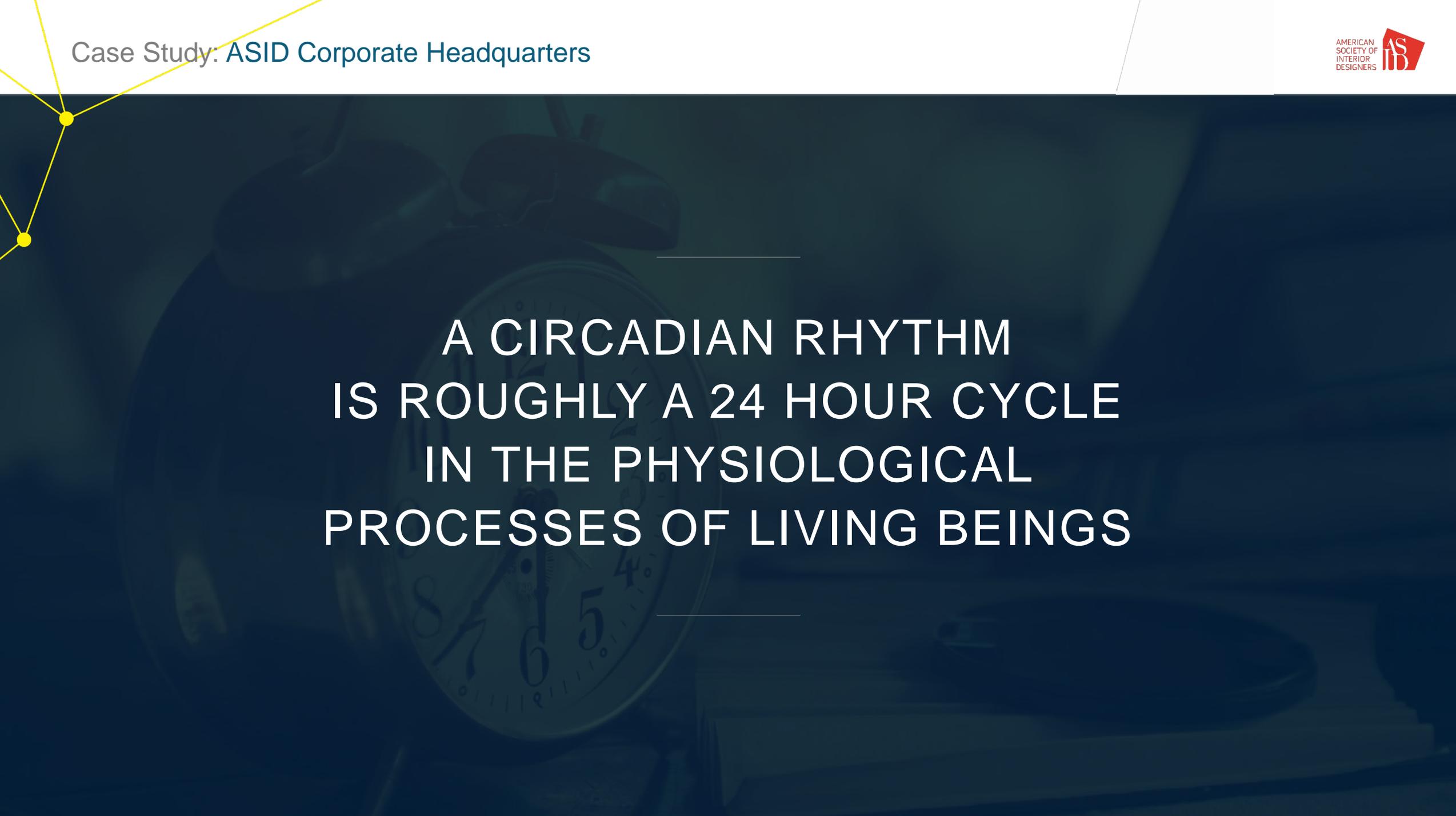
Require the availability of fresh, wholesome foods, limit unhealthy ingredients and encourage better eating habits and food culture.

*healthy portions · mindful eating ·
food production access to healthy
foods · food preparation allergies
& alternatives · transparency
environmental cues & influencers*



Provide illumination guidelines to minimize disruption to the body's circadian system, enhance productivity and provide appropriate visual acuity. Require specialized lighting systems designed to increase alertness, enhance occupant experience and promote sleep.

circadian design · daylighting · glare control · color quality · activity-based lighting levels · visual acuity

A dark, moody background image of an alarm clock with its bells, overlaid with a faint, glowing yellow geometric pattern of lines and dots in the top left corner.

A CIRCADIAN RHYTHM
IS ROUGHLY A 24 HOUR CYCLE
IN THE PHYSIOLOGICAL
PROCESSES OF LIVING BEINGS





Ambient Environment: Automation





Allow for the seamless integration of exercise and fitness into everyday life by providing the physical features and components to support an active and healthy lifestyle.

exterior active design · interior active design · activity-based working · physical activity spaces · awareness and habits · physical activity programs

RESIDENTIAL
OFFICE
HOSPITALITY
HEALTHCARE
RETAIL



Case Study: ASID Corporate Headquarters





Establish requirements to create a distraction-free, productive and comfortable indoor environment.

*ergonomic · acoustics · thermal
olfactory · accessibility*





Require design, technology and treatment strategies to provide a physical environment that optimizes cognitive and emotional health.

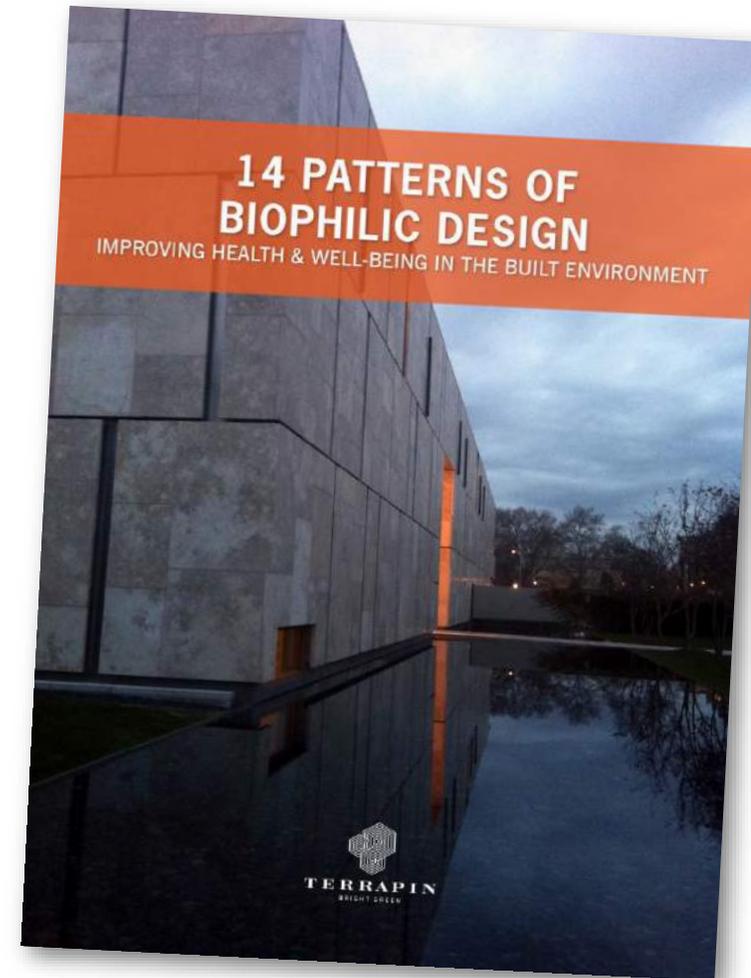
*stakeholder engagement ·
transparency · wellness awareness
& protocols · connection to nature ·
adaptable spaces · altruism*



BIOPHILIA IS
HUMANKIND'S INNATE
BIOLOGICAL CONNECTION
TO NATURE.

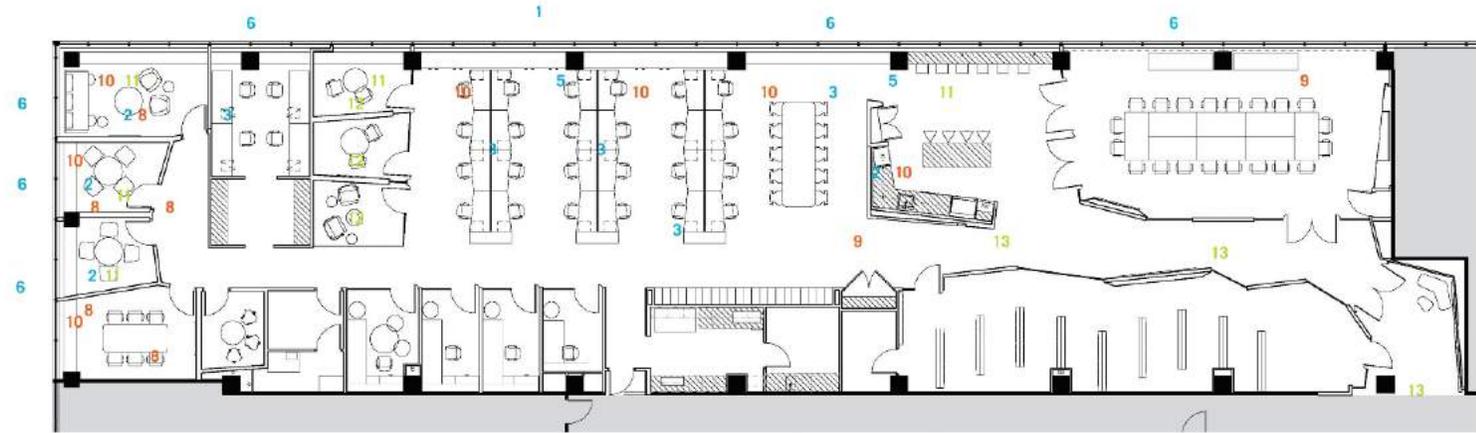
Wellness: **Biophilia**

- 14 Patterns of Biophilic Design
 - Terrapin Bright Green
- Human Resources Equal 90% of Operating Cost
- Biophilic Design:
 - Reduce Absenteeism
 - Improve Productivity
 - Higher Rent



Wellness: Biophilia

- Biophilia Plan
- Diversity of Design Strategies
- Identifying Desired Responses



NATURE IN THE SPACE

Addresses the direct, physical and ephemeral presence of nature in a space or place. This includes plant life, water, sounds, scents and other natural elements.

NATURAL ANALOGUES

Addresses organic, non-living and indirect evocations of nature. This includes objects, shapes, sequences and patterns analogous to those found in nature.

NATURE OF THE SPACE

Addresses spatial configurations in nature. This includes our innate desire to be able to see beyond our immediate surroundings and fascination with obscured views and revelatory moments.









A dark blue-tinted photograph of an office interior. In the foreground, a woman in a purple top sits at a long wooden conference table. In the background, a woman in a dark dress stands near a whiteboard with a flowchart, pointing at it. Other people are visible working at desks with computers. The overall atmosphere is professional and collaborative.

RESEARCH

ASSESSMENT: Innovative Workplace

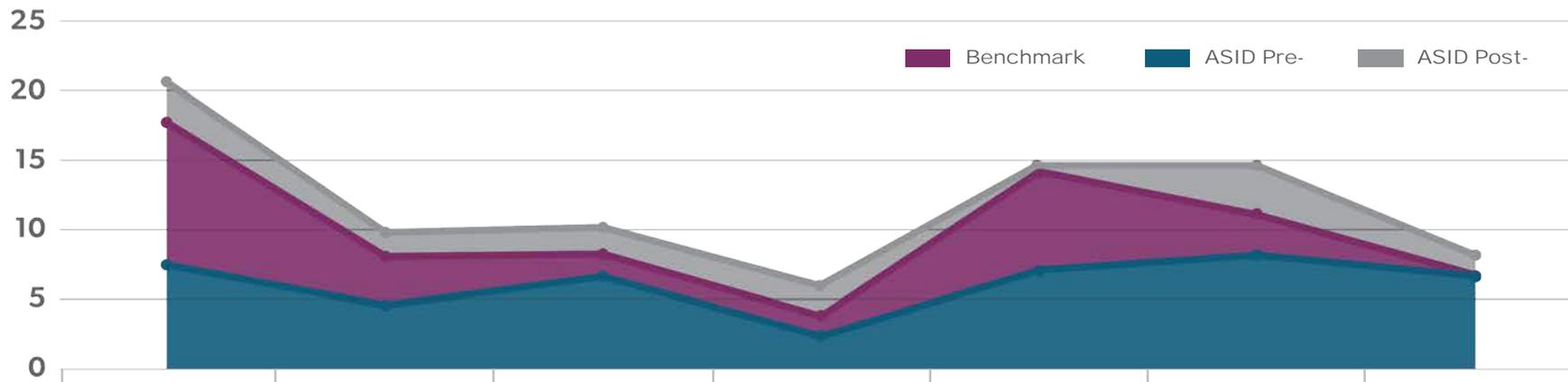


Key Performance Indicators of Knowledge
Workplace Design Promoting Knowledge Worker
Performance and Economic Competitiveness



Seven Key Indicators of Physical Environment Scores

PI: Product Innovation: 571.43 (Pre-) ⇨ 727.27 (Post-)



	ST: Space Type	SFL: Space & Furniture Layout	SAA: Space Size & Access	NPSR: Neutral & Psychological Stimulation & Relaxation	FET: Furniture Ergonomics & Technology	AC: Ambient Conditions	H: Healthfulness
Current Project	20.63	9.72	10.20	5.94	14.63	14.64	8.10

Assessment: Workplace Dynamics

3C Design

Tools For Designing Connected, Collaborative, and Creative Workplaces



Social Sensing Technology



ACCELEROMETER

body movement & posture



INFRARED

face-to-face interaction



BLUETOOTH

proximity



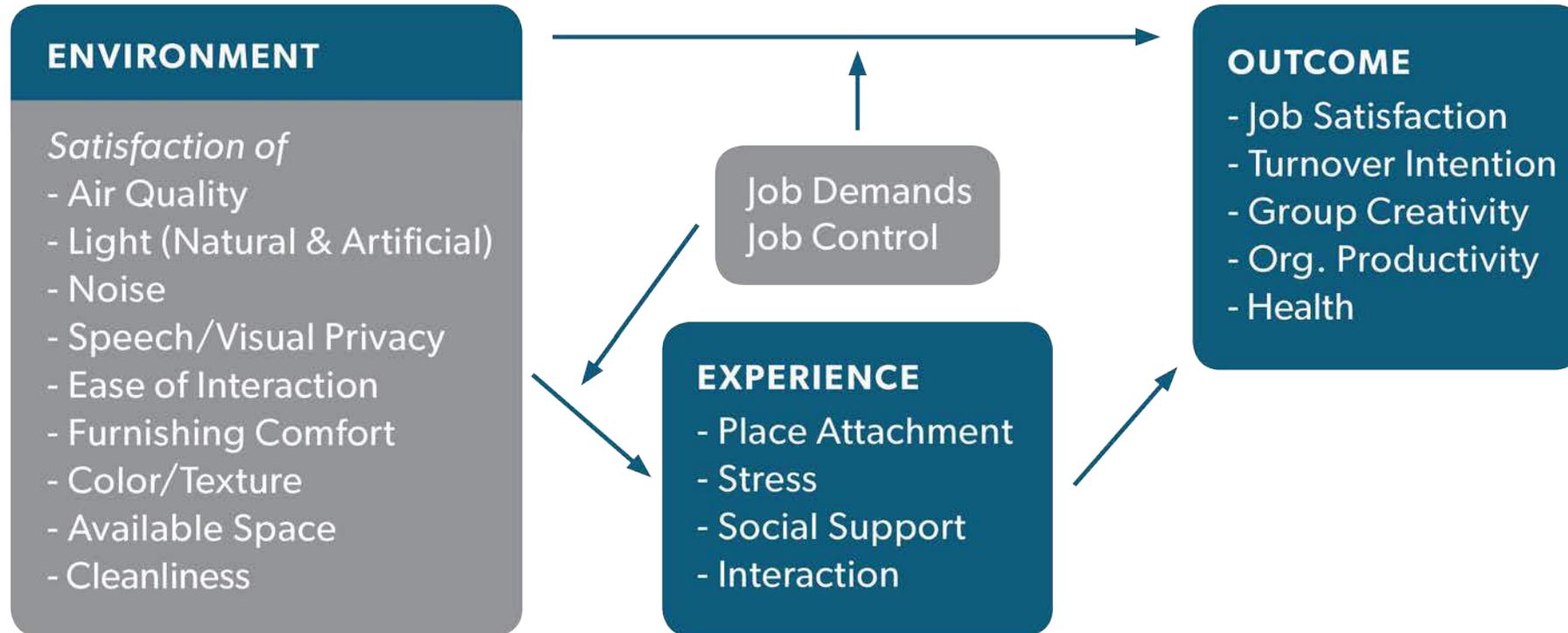
Cornell University

AMERICAN SOCIETY OF INTERIOR DESIGNERS



sociometric solutions

Impact of Design: Proposed 3C Design Model



Healthy Space: **Healthy Workplace**

Delos Applied Research Pilot Program

- WELL Building Survey
- Pre and Post-Occupancy Evaluation Longitudinal
- Onsite Performance Verification
- Focus on perceptions of workplace well-being and mental and physical health
- Psychometrically valid



Impact of Design: Performance & Health

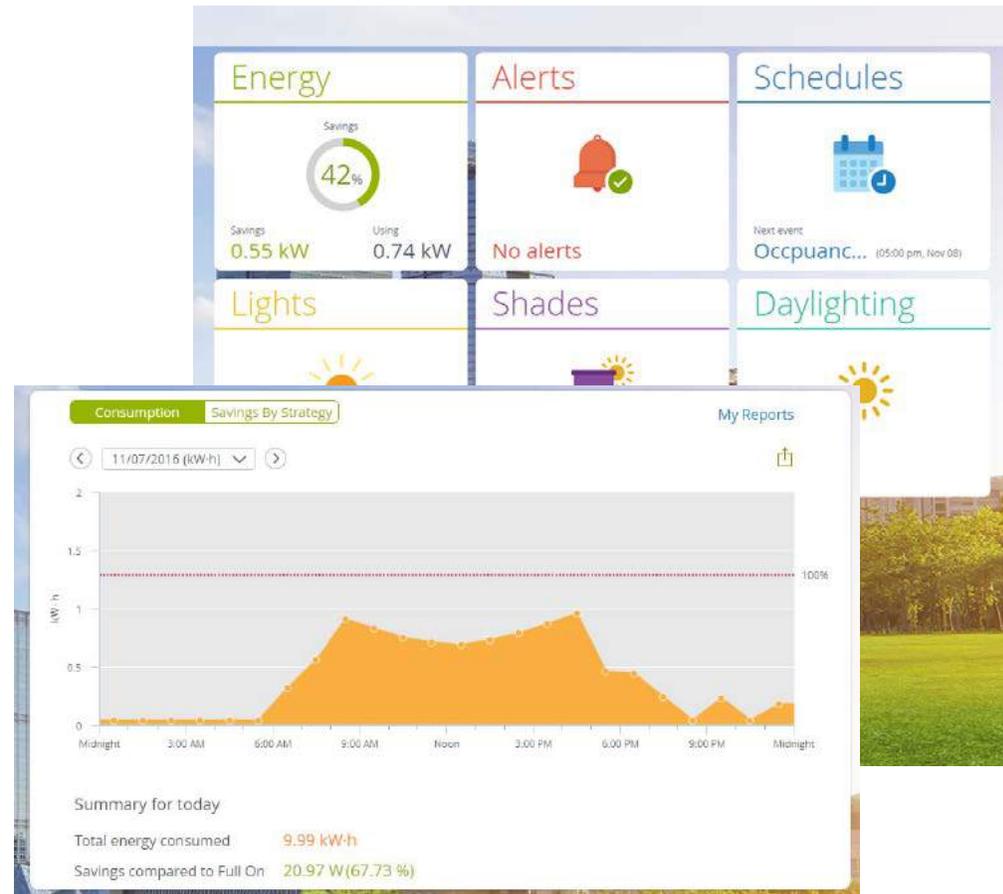


Improvements

- Environmental satisfaction
 - Air, Physical comfort, Thermal comfort, Light, Acoustics,
 - Access to nature, Fitness, Water, Nourishment
 - Safety, Security
 - Sleep
 - Cleanliness, Maintenance
 - Workplace wellness policy
- Workplace Well-being scores
- Absenteeism scores (less absenteeism)
- Presenteeism
- Physical health
- Mental Health

Metrics: **Data** Gathering

- Obtain Real-Time Metrics:
 - Indoor Quality
 - Occupant Behavior
- Tracking:
 - Electrical Loads
 - Air Quality
 - Sound Levels
 - Quarterly Water Testing
 - Space Utilization
- Occupant Engagement



WELL DESIGNED

**Thank You!
Questions?**

AMERICAN
SOCIETY OF
INTERIOR
DESIGNERS



Susan Chung, PhD
Senior Research Associate,
ASID

schung@asid.org