



Intelligent workplaces for wellbeing

# **Sensitive Responsive Workplaces**

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# Technology is changing the workplace.

Technology has massively re-shaped the places, spaces and ways we work.

## Connected workers.

Distance matters less as work becomes more technology mediated.

## Environmental monitoring.

Data-rich office buildings monitor CO<sub>2</sub>, temperature and light.

## Remote (home) work.

Blending the office space with the domestic sphere; flexibility, comfort.

## Hot desking.

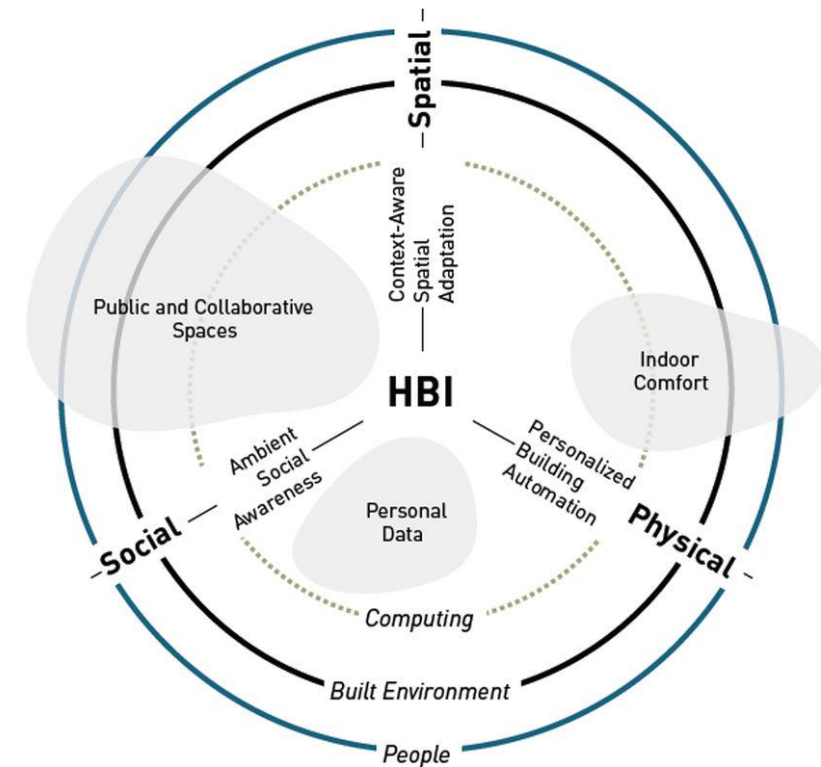
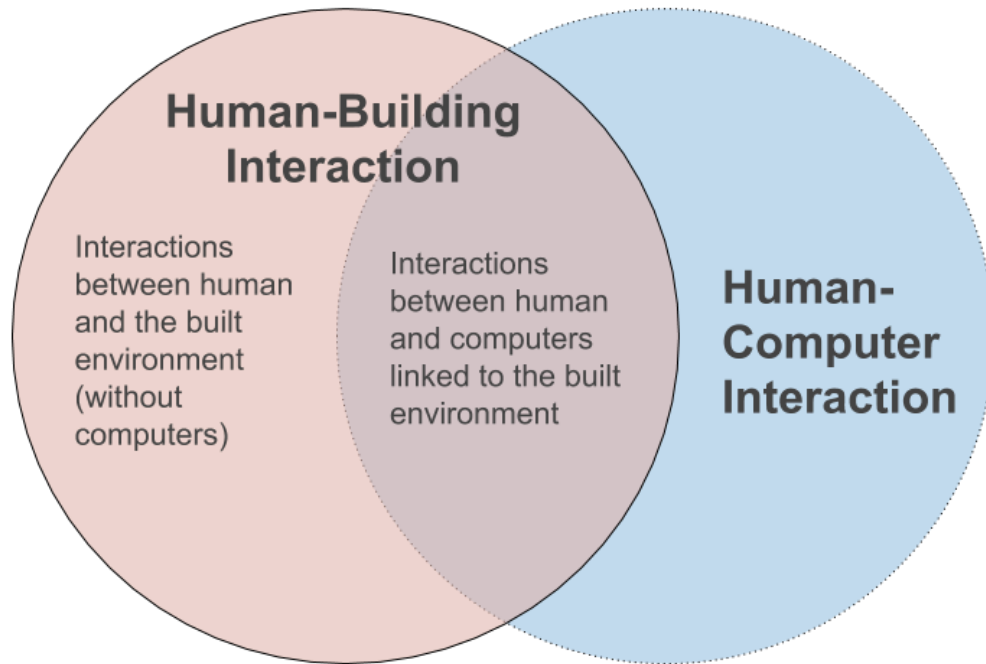
Adaptive open plan work areas to maximize space-use efficiency and enhance collaboration.

Intelligent workplaces for wellbeing

# Workplaces as data-rich ecosystems.



# Addressing **users** in intelligent buildings.



Human Building Interaction (HBI) research agenda



# Assessing wellbeing in the workplace.

The places that we work have a great impact on our **wellbeing**.



AIR



WATER



NOURISHMENT



LIGHT



FITNESS



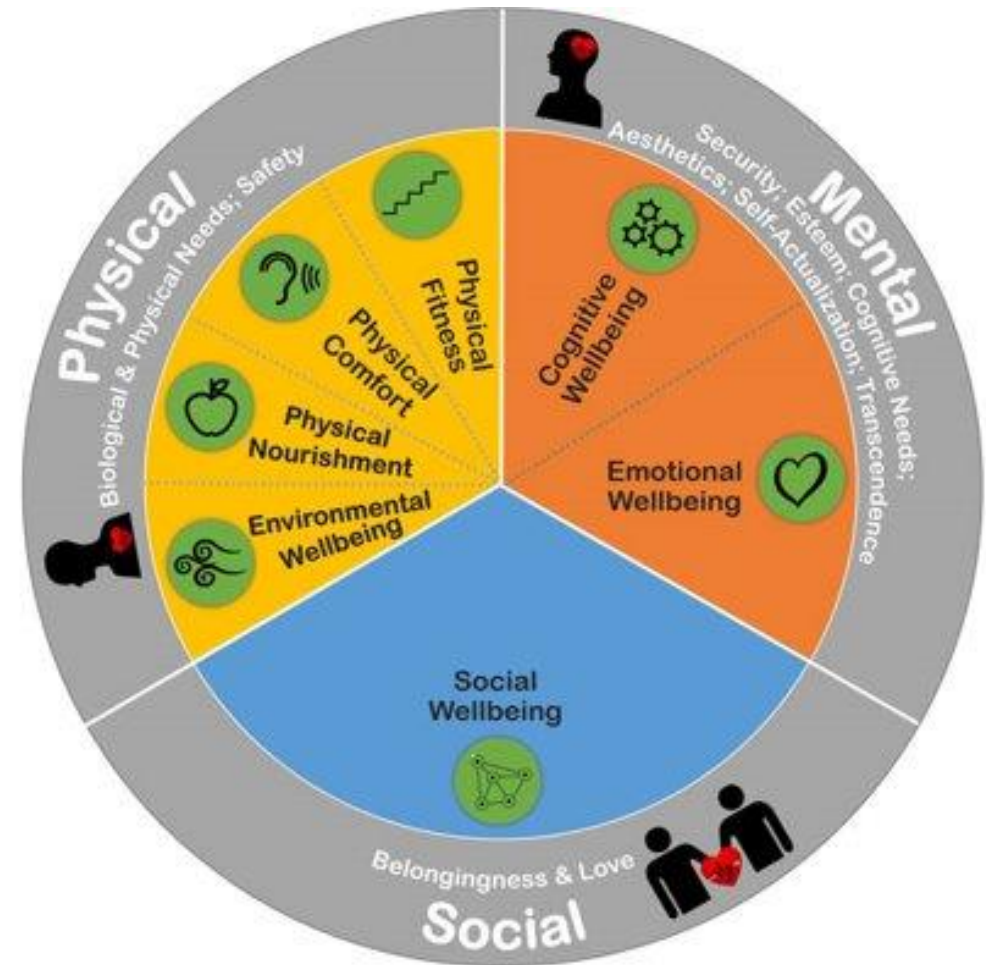
COMFORT



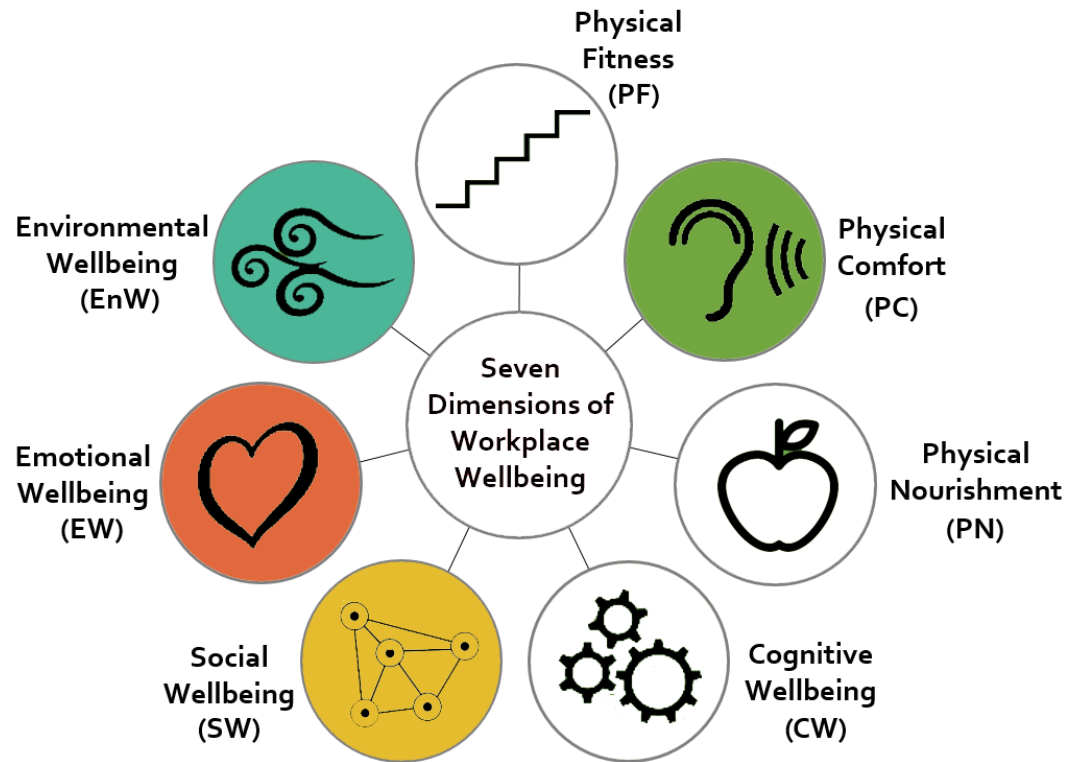
MIND



INNOVATION



# Wellbeing Aspects



## Environmental Wellbeing

Air Quality Awareness

Contact with Nature

## Emotional Wellbeing

Mood awareness

Work – life transitions

## Social Wellbeing

Social Awareness

Collective synchrony

## Physical Comfort

Posture alternation

Active Working

# Designing **data-ecosystems** for hybrid workplace wellbeing.

## Connected workplaces

Enhancing social presence in remote through ambient interactions.

## Environmentally aware office.

Environmental monitoring and calm eco-feedback to surface latent aspects.

## Anywhere office.

Any place can become a workplace and adapt to different needs and tasks.

## On / Off workplace.

Ambient interactions for transitioning between online and offline work, and domestic life.

# Workplace wellbeing design futures

## Connected / Disconnected

Adaptive spaces to accommodate changing needs in hybrid and remote work;

Connected workplaces and people;

Privacy – friendly workplaces.

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## Passive & Eco

Passive adaptation based on environmental monitoring; biophilic environments;

Workplaces that enhance climate awareness (eco-feedback);

Enhance the physical and the tangible in the workplace.

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## Aware & Happy

Surfacing data for wellbeing & engaging the occupants.

Workplaces that enhance self-awareness, social awareness and collaboration.

Shift from performance to wellbeing; work – life inclusion; happiness is productive.

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# Thank you

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