

Do Pretty Offices Create a Productive Workforce?

The View Matters

Residents in more scenic areas are happier and healthier than those in urban or less 'eye-catching' locations. Research has shown that exposure to nature reduces stress, and promotes positive behavioral traits, such as a desire to get outside and exercise.



If pleasant scenery makes people feel better, there's a good case that the scenicness of their work environment will have a similar effect.

The Benefits of 'Green' Workspaces

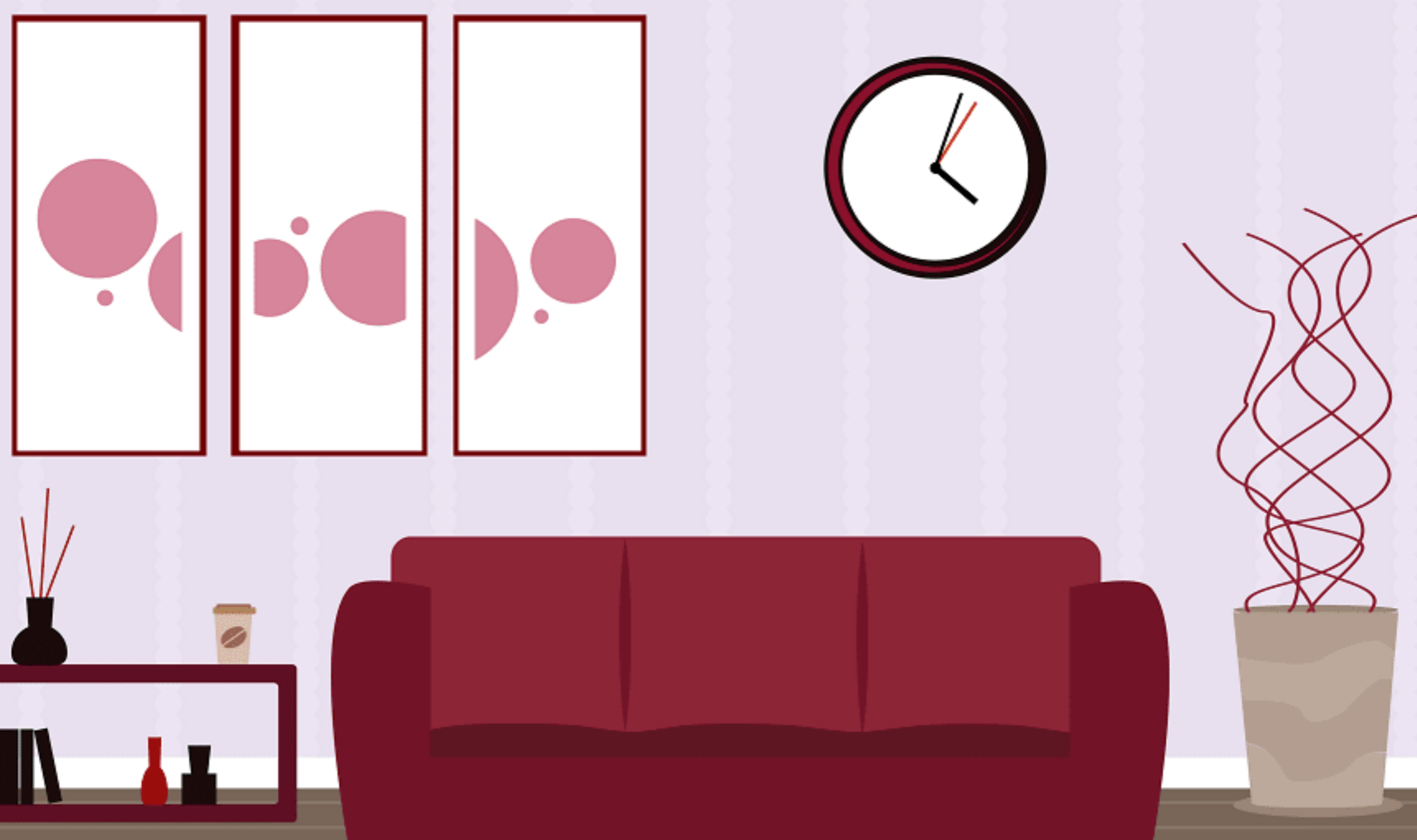
Plants and flowers have also been shown to have a positive effect on work experience. If a green or scenic view isn't available, they can be created using crafted internal areas, potted plants or even a roof garden or terrace in a place where it can be seen by workers.

Benefits of 'green' spaces include:

- Increased brain activity
- Lowered stress hormones
- Cognitive performance double that of those working in conventional environments



The Impact of Art in the Office

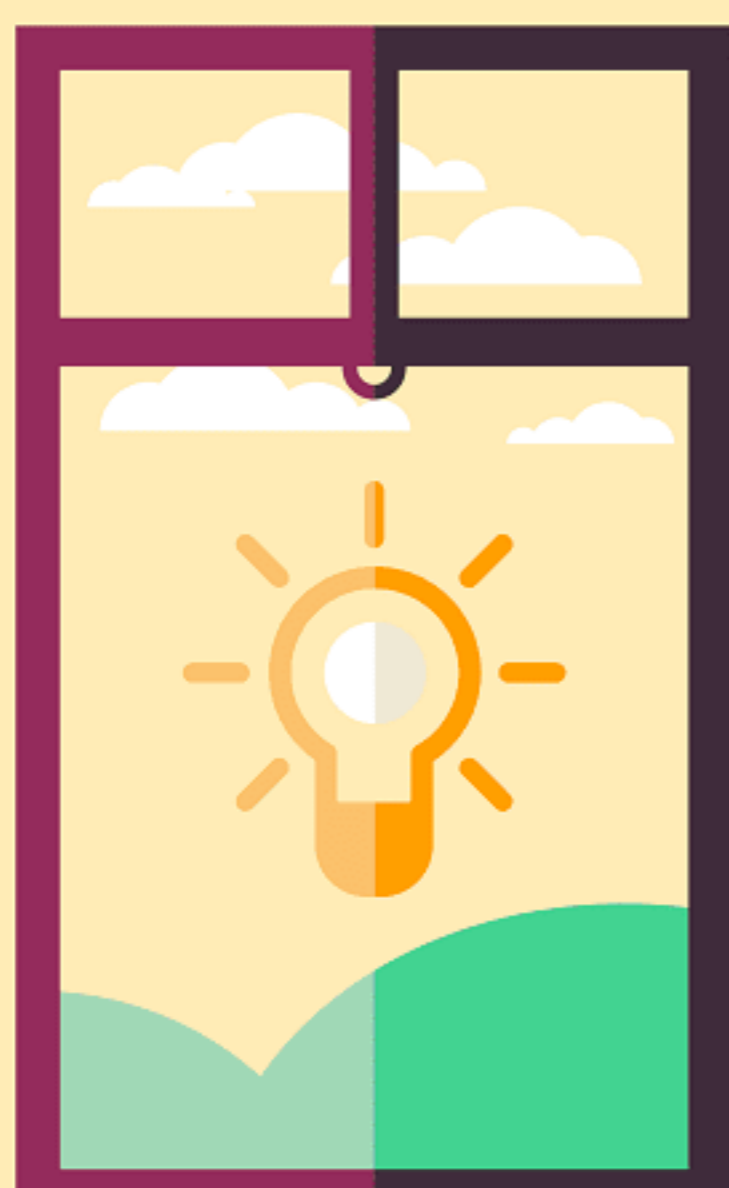


Artwork displayed in the work environment has been shown to have a number of benefits over and above just impressing clients and visitors - it can also actually increase employee efficiency, productivity and creativity. Art is thought to help unlock creative potential, help businesses connect with clients and improve employee experience.

64% of staff believe art can increase productivity

78% of staff believe art can reduce office stress

The Positive Impact of Natural Light



Natural light in the workplace has been shown to have a major positive impact on the workforce.

Occupants in daily office buildings report an increase in general well-being, with specific benefits including better health, increased productivity, reduced absenteeism and financial savings.

In offices where natural daylight cannot be integrated, the use of full-spectrum bright lights have been shown to deliver similar benefits, including a decrease in accidents and an increased level of mental performance.

Night shift workers have also been shown to benefit from an increase in morale from full-spectrum lights.

