



FINISHES & INTERIORS SECTOR

Delivering wellbeing through fit-out

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Acoustic Solutions since 1935
By Kingspan

Introduction – Joe Cilia, FIS Technical Director

Enhancing wellness: the impact of workplace design

Ana Rita Martins, Sustainability Lead, MCM

What do we mean by comfort in the workplace

Paige Hodsman, Ecophon

What we have learned about wellbeing and how we apply this to space

Purvi Parikh, Head of Design Management, Modus Workspace



Joe Cilia
Technical Director, FIS



Ana Rita Martins
Sustainability Lead, MCM

Enhancing wellness: the impact
of workplace design

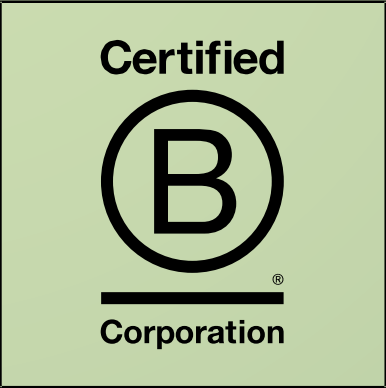
MCM.

Enhancing wellness in
Workplace design

Ana Rita Martins
Sustainability Lead



MCM - Architecture & Interiors.



7
BCO awards



48%
Female managers
(Associate level and
above)



79
Countries where
we can deliver
projects



77%
Repeat
business



36 %
International
work

Our Sectors.



Financial



Insurance



Professional Services



Law



FMCG



Media & Broadcast



Technology & Gaming



Leisure

MCM - Going beyond ESG.

Certified



Corporation

USING
BUSINESS
..... AS A
FORCE  GOOD

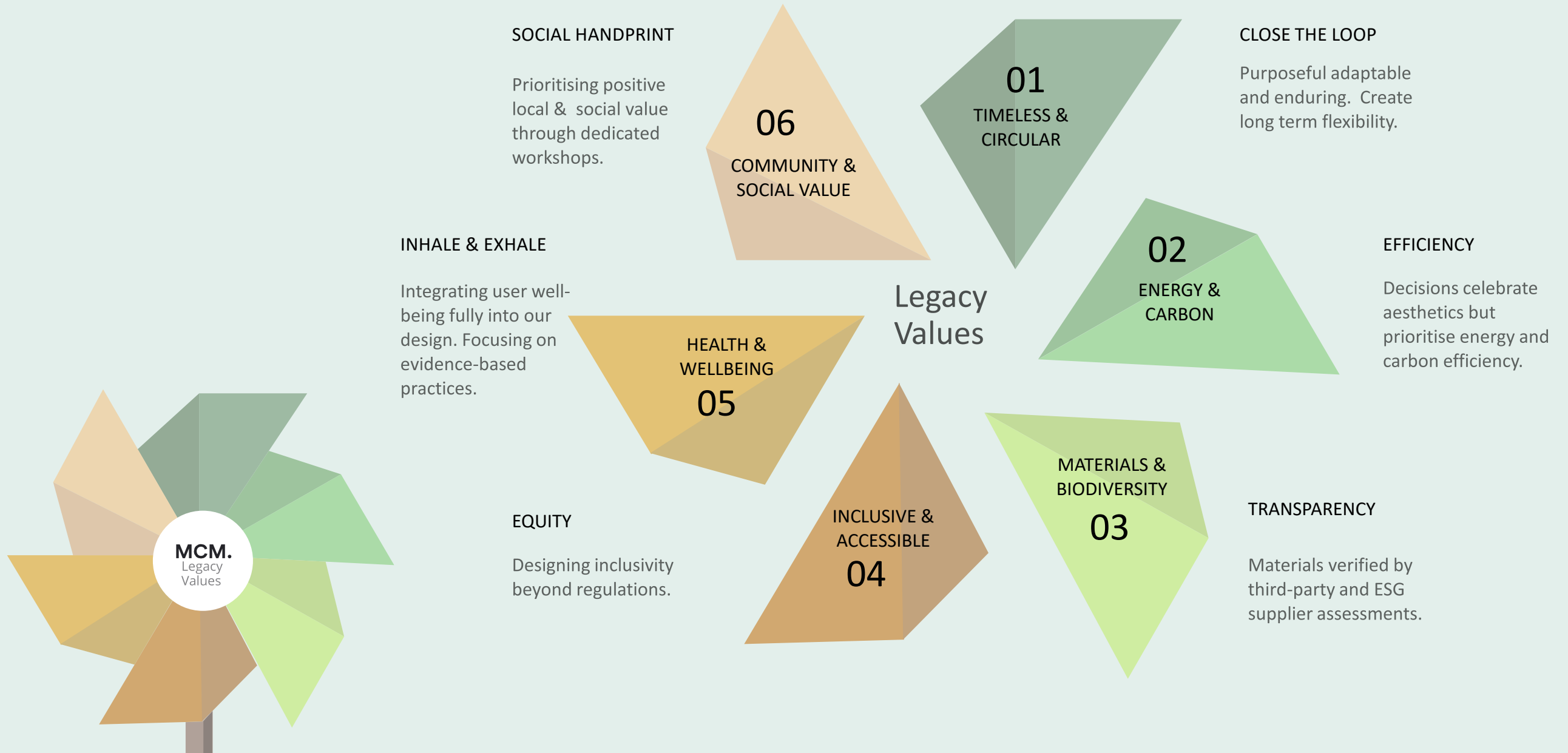


SCIENCE
BASED
TARGETS

DRIVING AMBITIOUS CORPORATE CLIMATE ACTION

better business
act

MCM - Legacy Values



Sick Building Syndrome



Headaches

Runny nose

Itchy skin

Sore eyes

Cough

Tiredness

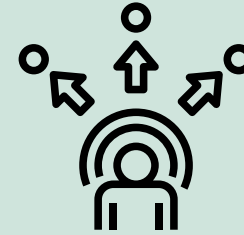
Hard to concentrate



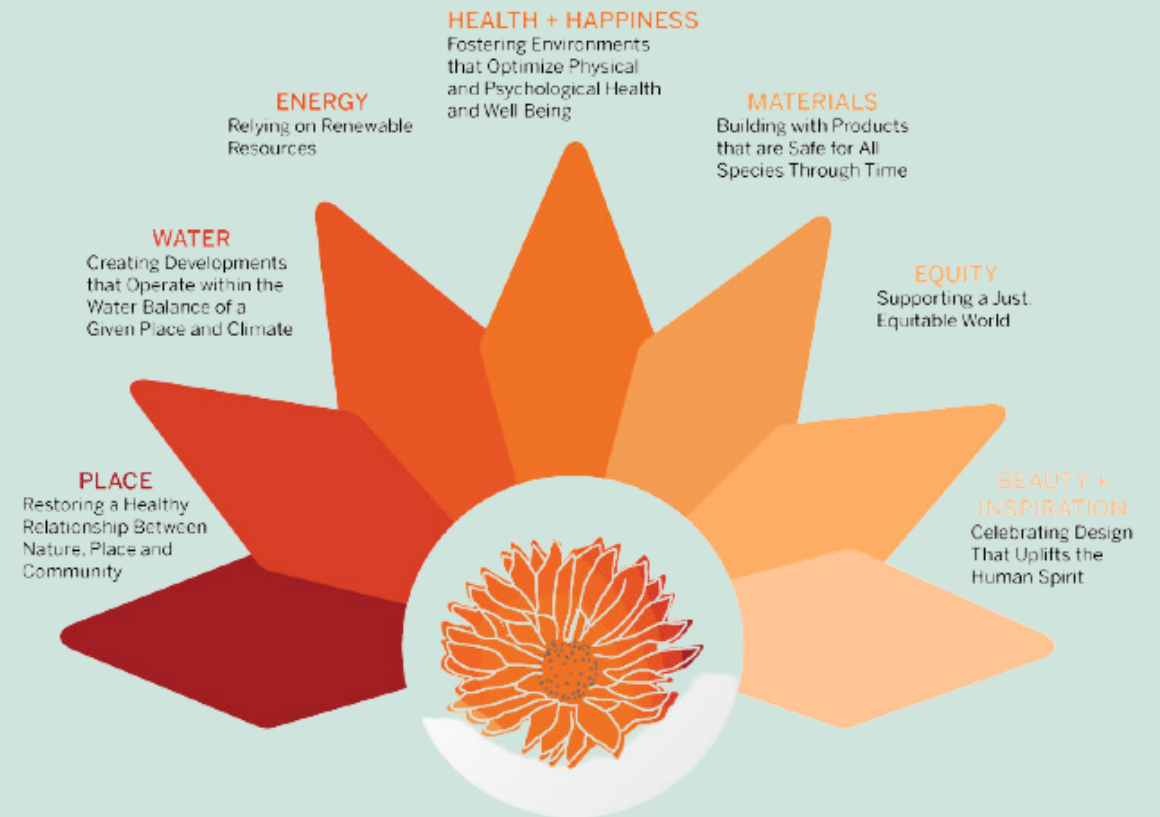
Healthy environment dimensions



Metrics



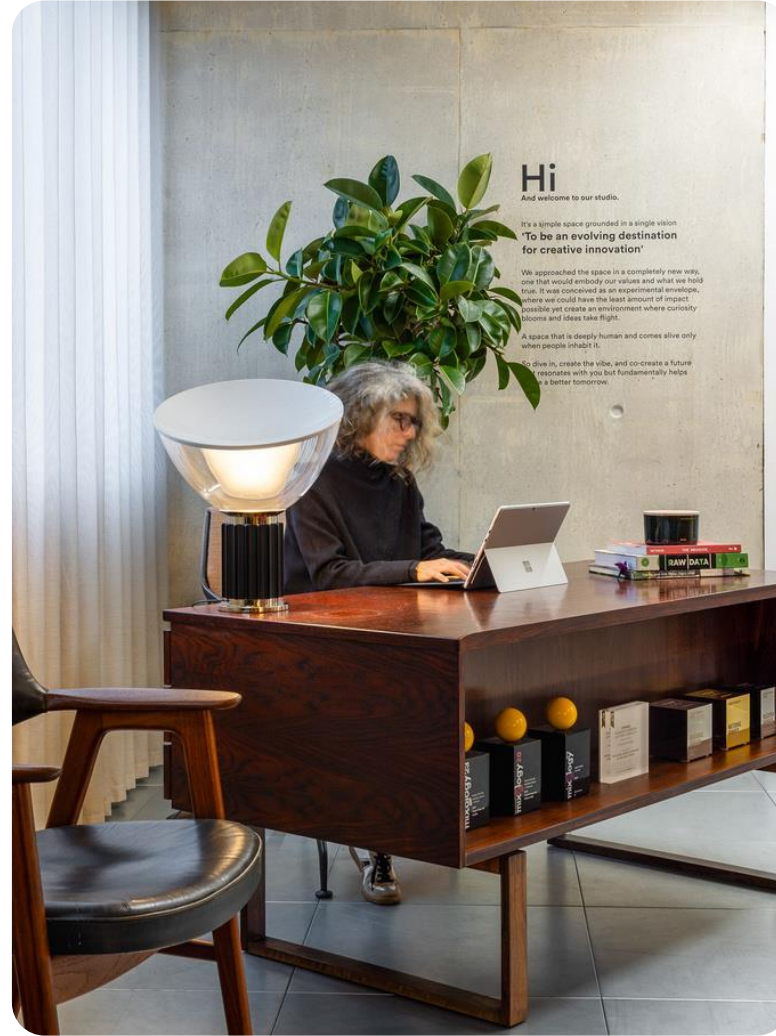
Sensorial



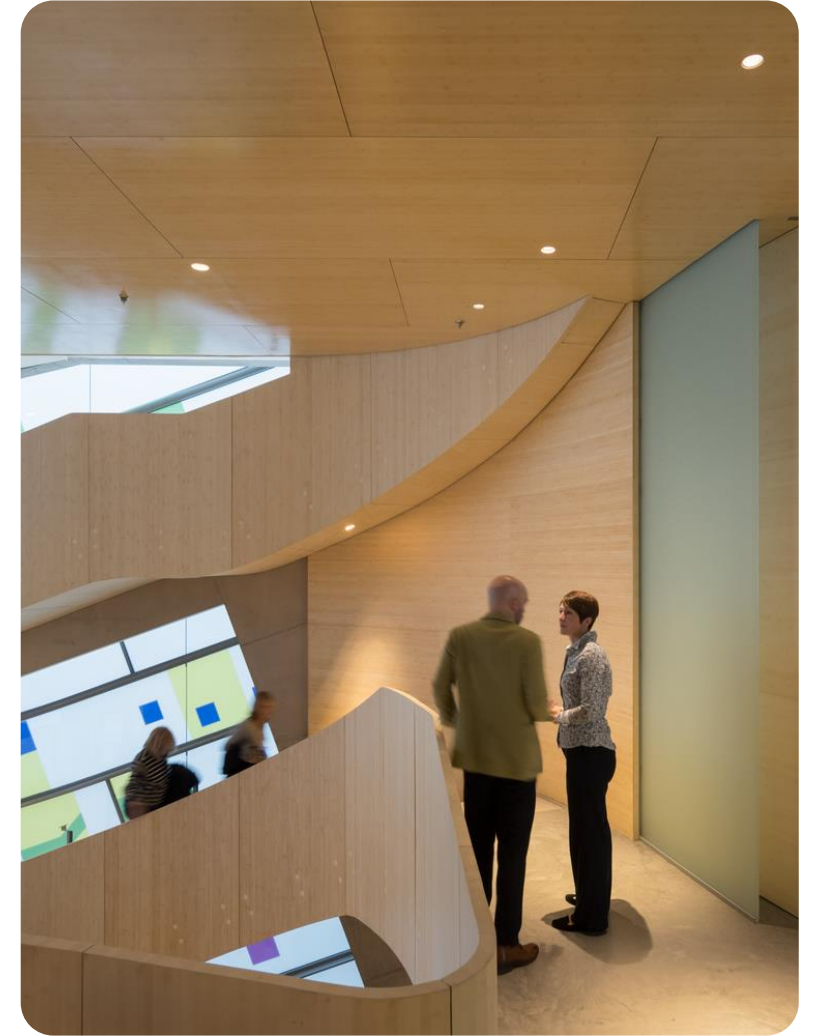
Case studies



Diagio Global HQ



Great Suffolk Street



Maggie's

DIAGEO.



Measuring use & Health

DIAGEO.

Measuring use & Health



DIAGEO.



Measuring use & Health

GREAT SUFFOLK STREET



Mindful supply chain

GREAT SUFFOLK STREET



Mindful supply chain

A close-up shot of a person's hand with red nail polish holding a small, rectangular object with a colorful, abstract pattern. The hand is positioned over a table covered with various materials, including a piece of burlap, a green plant, and a small container of blue beads. In the background, there are stacks of dark, textured materials.

GREAT SUFFOLK STREET

A photograph of a minimalist workspace. A wooden desk is set against a wall made of light-colored wood panels. A black adjustable desk lamp is on the desk. A black office chair with a mesh back is positioned in front of the desk. The scene is well-lit, highlighting the natural wood grain.

Mindful supply chain

MAGGIE'S

Healing spaces

© Nigel Young / Foster + Partners

MAGGIE'S

Healing spaces

© Iwan Baan / Steven Holl Architects

MAGGIE'S

Healing spaces

© Hufton+Crow / Heatherwick Studio

MCM.

Thank you.

Ana Rita Martins
Sustainability Lead





Paige Hodsman

Concept Developer and
Workplace Specialist, Ecophon

What do we mean by comfort
in the workplace



COMFORT IN THE WORKPLACE

Paige Hodsman, AAPA, GMBPS
Concept Developer
Workplace and Acoustic Specialist
UK and IE

WELL-BEING

**“The attitude
we express
toward our life
in general”**

**Genetic
Physical
Mental
Financial
Social**

**Safe
Optimistic
Motivated
Interested
Satisfied
Comfort/able
Connected
Active
In control**

MEANINGS OF COMFORT:

Comfort n. A pleasant feeling of being relaxed and free from pain

Comfortable adj. Producing a relaxing feeling of physical comfort esp. because of shape or materials

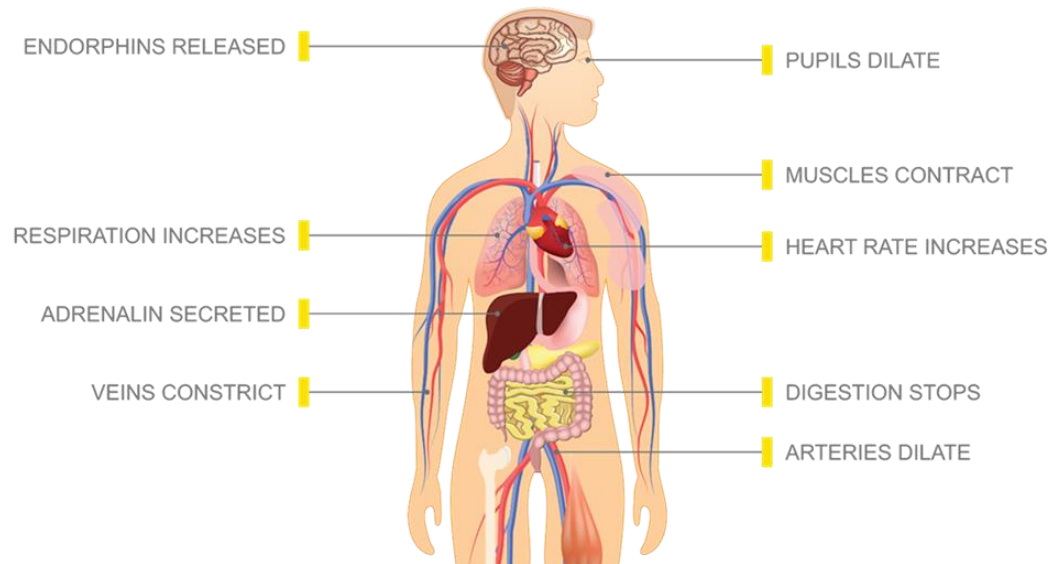
Lighting

Air temperature

Acoustics

Air Quality

Ergonomics



Frontal Lobe

- Movement
- Thinking initiation
- Reasoning (judgement)
- Behaviour (emotions)
- Memory
- Speaking

Temporal Lobe

- Understanding language
- Behaviour
- Memory
- Hearing

Brain Stem

- Breathing
- Blood pressure
- Heartbeat
- Swallowing
- Alertness/sleep
- Body temperature
- Digestion

Parietal Lobe

- Knowing right from left
- Sensation
- Reading
- Understanding spatial relationships

Occipital Lobe

- Vision
- Colour blindness

Cerebellum

- Balance
- Coordination
- Fine muscle control

Psychological and Physiological Perceptions

Different Sensitivities



■ Vision



■ Olfaction



■ Gustation



■ Audition



■ Somatosensory



■ Vestibular



■ Proprioception

EVOLUTION, BIOPHILIA, SUSTAINABILITY (SURVIVAL)



APPROACH TO COMFORTABLE INDOOR ENVIRONMENTS

**THE
PEOPLE**

**THE
ACTIVITY**

**THE
ROOM**



HUMAN FACTORS

Age
Personality
Culture
Associations
Illness
Mental health
Medication
Neurodiversity
Perceived control

DESIGN FACTORS

Choice
Activity and Task
Place
Materials
Aesthetic (Colours,
shapes, sizes, textures)

THOUGHTS ON IMPLEMENTATION

**Increase
Awareness
and
Knowledge**

**Impressions
of Cost and
Privilege**

**Which
Assessment
Tools to Use**

**Continual
Learning and
Improvement**



Thank you.

@Paigehodsman or Paige.Hodsman@ecophon.co.uk



Purvi Parikh

Head of Design Management
Modus Workspace

What we have learned about
wellbeing and how we apply
this to space

WELCOME

TO

WELLBEING



IN



DESIGN

PURVI PARKIH
MODUS: WORKSPACE



WELLBEING *STRATEGY*

ONE



WORKSHOPS & ENGAGEMENT

TWO



COMMUNITY & CONNECTION

THREE



NEURO-INCLUSION

MODUS:

SECTION

ONE

WORKSHOPS



AND



ENGAGEMENT

MODUS:

greenery throughout

flexible work setting

socialising centrally

supportive

client sessions

your space

clear purpose

a destination to inspire

inspiring

collaboration vs privacy

in house entertaining

facilitate the culture

support the extroverts

client engagement

space that supports our future

work-life balance

multi-purpose spaces

sense of structure

coffee - bar

smart, seamless technology

learning and inspiration spaces

"

*With You, We Are Redefining
What Community Means.*

"

PUBLICIS SAPIENT EMPLOYEE

MODUS:



WHAT WE *LEARN'T*

- The workforce at Sapient is young and neuro-diverse.
- Office space was isolating and unwelcoming with little non-working communal space.
- Most younger employees live in flat shares and have missed spaces to come together, share and connect. This was particularly exaggerated due to lockdowns and the rise of working from home.
- Many individuals had migrated from India or China and were understandably undergoing a huge cultural shift.

MODUS:



SECTION

TWO

COMMUNITY

AND



CONNECTION

MODUS:

COMMUNITY & CONNECTION

- Employees report a 40% increase in workplace satisfaction and job engagement if they have a friend in the office. (A friend is defined as someone you share personal information with).
- Having a friend also reduces the likelihood of burnout by 56%.
- Positive workplace relationships boost retention, productivity and wellbeing.

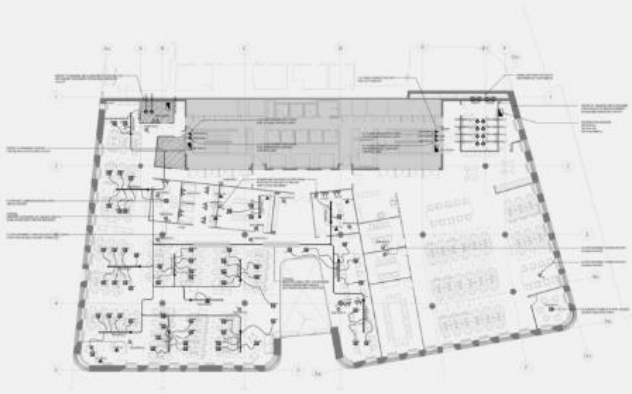
Workplace Survey by Gallup, 2022



OUTCOMES

NAVIGATING THE SPACE

RESTACK



MODUS:

OUTCOMES

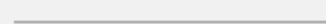
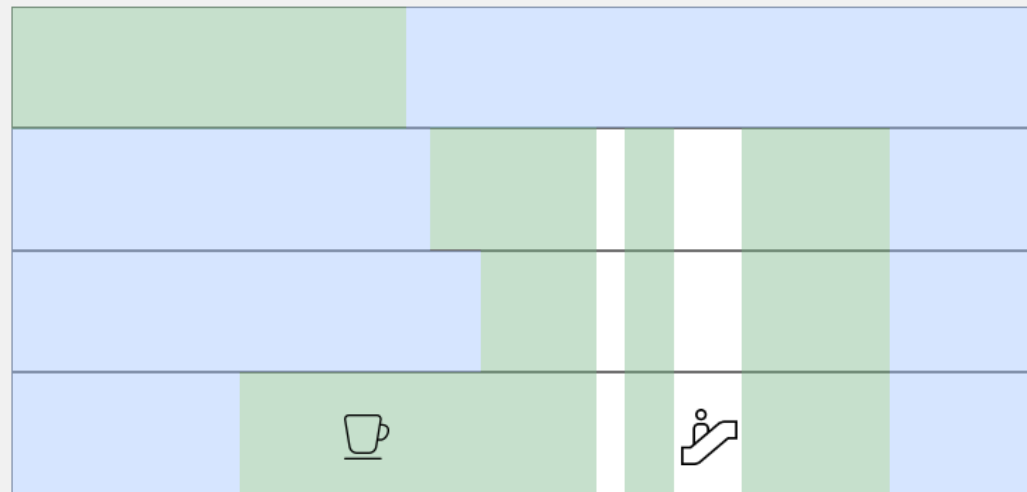
NAVIGATING THE SPACE



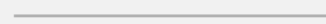
AMMENITIES



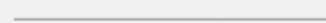
WORK



TRAINING & MEETING



SOCIAL + COLLAB + WELLBEING



CAFE LOBBY + LOUNGE + WAR ROOM



SOCIAL + COLLAB + WELLBEING

STREET ACCESS



MODUS:

OUTCOMES

DESTINATION SPACES



→ BAR



→ LIBRARY



→ TEAPOINT

MODUS:

OUTCOMES

OPENING THE SPACE



→ LOUNGE



→ COMMUNAL TEAPOINT



→ SOFT COLLABORATION

MODUS:

SECTION

THREE

NEURO



INCLUSION

MODUS:

NEURO *INCLUSION*

- Creating an environment that accommodates neurodivergent individuals is beneficial to the wellbeing of the whole team.
- Designing spaces for neurodivergence has productivity and retention benefits, as employees are more likely to stay longer and perform better in a space where they are comfortable.

MODUS:



"

*When You Design For The
Extreme, You Benefit The Mean.*

"

KAY SARGENT
DIRECTOR OF HOK'S GLOBAL WORKPLACE PRACTICE

MODUS:



OUTCOMES

DESTINATION SPACES



➔ HYPERSENSITIVITY



➔ HYPOSENSITIVITY

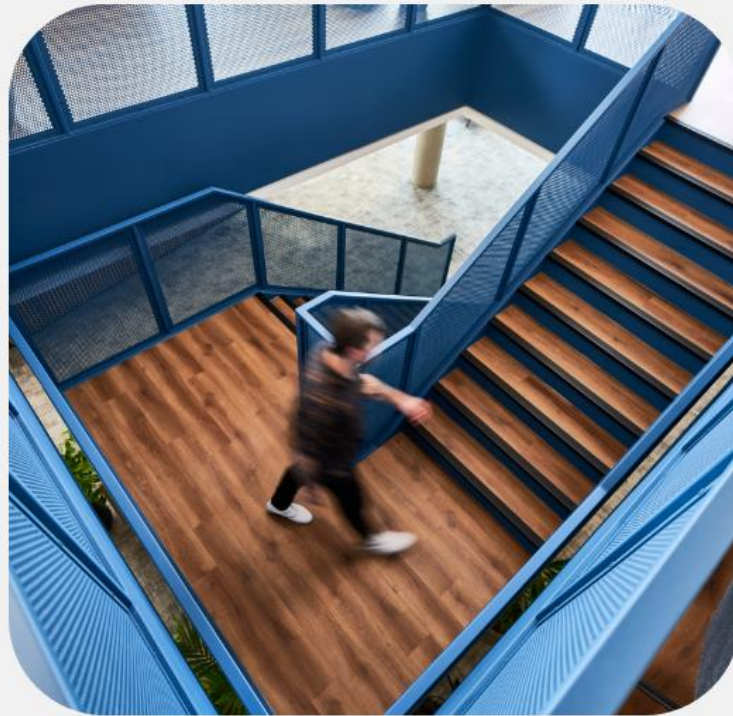


➔ ELEMENTS OF BOTH

MODUS:

OUTCOMES

SIMPLIFYING NAVIGATION



MODUS:

OUTCOMES

ACOUSTICS



MODUS:

CONCLUSION

➔ *DATA-DRIVEN DESIGN*

Leveraging research and workplace data ensures our design choices are informed and impactful, directly contributing to improved cognitive function, satisfaction, and overall employee wellbeing.

➔ *COMMUNITY & CONNECTION*

Creating spaces that foster social interactions and build community, recognising the critical role relationships play in workplace satisfaction.

MODUS:

➔ *INCLUSIVITY*

Our strategies must prioritise inclusivity, accommodating a diverse range of needs—from cultural backgrounds to neurodiversity—ensuring every individual can thrive.

➔ *CONNECTION TO NATURE*

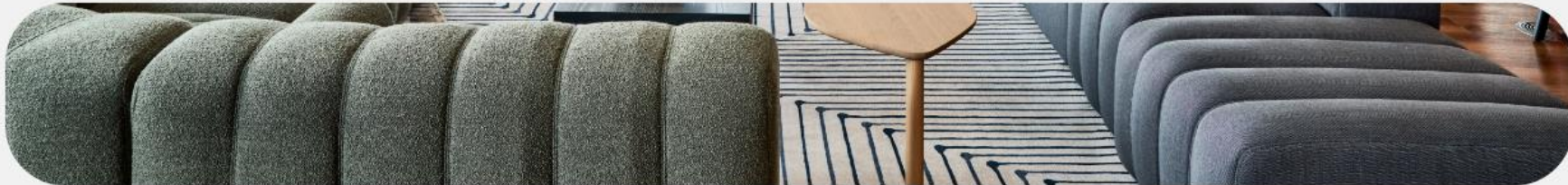
Integrating biophilic design elements boosts wellbeing and productivity, making a compelling case for natural light, plants, and organic references in design.



SECTION

THREE

THANK



YOU

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MODUS: WORKSPACE
www.modus.space

FIS

FINISHES & INTERIORS SECTOR

Panel Debate

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