

Nature, wellbeing & productivity in the workplace



The Connective
- Biophilic Design -



We can all find ways to bring more natural experiences into our lives and reap the health benefits of doing so. Regular connections with nature can transform the way we learn, work and live.

Research shows that positive nature-based experiences¹ have direct benefit on our health, wellbeing and workplace productivity. Where experiences with nature within the workplace can significantly improve sustained attention, cognitive and motor functions, self-esteem, physical and mental health.

In Australia, it is estimated that \$12 billion a year in lost productivity and job turnover has been linked to mental health issues.²

The importance of wellness within the workplace is being increasingly recognised where workplace designs that incorporate natural elements and support opportunities for social interactions can have a significant influence on employee wellbeing, social cohesion and productivity. Research demonstrates that nature with the workplace provides far reaching benefits, improving:

1. Creativity and initiation of new ideas
2. Decision-making and problem solving
3. Reduced stress and mental fatigue
4. Critical thinking
5. Motor and cognitive function
6. Social and workplace cohesion
7. Mood improvements and enhanced coping skills
8. Workplace health and safety



¹ Beyond Blue to Green: The benefits of contact with nature for mental health and well-being: <https://www.beyondblue.org.au/about-us/research-projects/research-projects/beyond-blue-to-green-the-health-benefits-of-contact-with-nature-in-a-park-context-literature-review>

² National Mental Health Commission (2014) The National Review of Mental Health Programmes and Services

What we Offer

The Connective is a group of professionals from the health, environment and evidence specialist sectors that research, understand and tailor make nature-based programs to improve workplace wellbeing and productivity. The Connective is creating programs and conversations, sharing knowledge, information, challenges, new ideas and resources to companies to connect better with nature and it's health and workplace benefits.

Our unique nature-based workshop programs, customised office space designs and sustainability strategies focus on improving organisational productivity, employee wellbeing and business sustainability. Our services are based on the best available evidence and are tailored to your organisation's budget and needs, including:

- ✓ Office and residential layouts that incorporate biophilic design using natural elements and systems
- ✓ Place making attributes to create work spaces that enhances productivity, creativity and social cohesion, while improving employee wellbeing
- ✓ Practical training on the personal health and productivity benefits of plants and their configuration within the workplace, supporting caring and nurturing behaviours
- ✓ Self-reflection and mindfulness exercises to improve mental wellbeing - exploring sensory systems to enhance individual observational learning and listening skills
- ✓ Team bonding, facilitating office cohesion and team building
- ✓ Integrated sustainability business solutions with practical applications

Benefits of Plants in the Workplace *

- Australians spend 90% or more of their time indoors, whether this be in their homes, offices, schools, public buildings or inside their cars.
- Studies have shown that indoor air is generally more polluted than outdoor air. This is in part due to the presence of a variety of Volatile Organic Compounds (VOCs) such as include formaldehyde, benzene, xylene, and toluene that occur within indoor environments.
- Many of these compounds are found in the products and materials used to build and furnish our offices, contributing to what is known as the "sick building syndrome."
- Indoor plants and soil microbes can significantly reduce both VOCs and carbon dioxide from the air.
- Plants within our workplace ultimately provide a cleaner, greener, happier and more productive working environment.

Micro-breaks that view a city scene with a flowering green roof boosts sustained attention and significantly reduces omission errors, and improves consistent responses to tasks.³

Our team of experts specialise in designing short and long term programs tailored to your timelines and management needs, delivered both within your workplace and within local natural places off-site.

To arrange your non-obligation customised service package contact Waminda Parker on wamindaparker@gmail.com or 0418 467 068.

* Brown, S.K. (1998) *Beating the \$12 Billion Cost of Polluted Air*. CSIRO Press Release, Ref 98/55. US EPA (1993) 'EPA's Approach & Progress' in *Targeting Indoor Air Pollution*.

³ K. Lee et al 40-second green roof views sustain attention: The role of micro-breaks in attention restoration. *Journal of Environmental Psychology* Volume 42, June 2015, Pages 182-189