# **Contents**

Acknowledgments

iii

Preface

vi

Introduction

General approach of the book

VIII

What to expect in each part

Defining wellbeing

XII

### Part 1 Philosophy: prerequisites and outputs of wellbeing

## Chapter 1

Prerequisites of wellbeing

Beauty

Comfort

### Chapter 2

Outputs of wellbeing

Relationship of comfort and

performance

10

Occupant performance affected by

Wellbeing and productivity link

Harmony

13

### Part 2 Design in practice: delivering a design for wellbeing

Chapter 3

Knowing the users

The User Profile

Empathy

Environmental psychologists

A specialist explaining things in their

own words...

CASE STUDY: Huckletree

co-working workplace

36

Chapter 4

Existing buildings and priorities

Selecting and working with existing

buildings

40

Prioritising issues

41

### Chapter 5

Designing user experience

User experience through spaces

Entering into a building

Multi-sensory design

47

Biophilia

48

Chapter 6

Design characteristics and issues

affecting wellbeing

## Part 3

### Design in practice: aesthetic issues affecting wellbeing

## Chapter 7

Elegance/Elegant

#### Chapter 8

Balanced or symmetrical

The relationship of nature, proportion and symmetry

65

### Chapter 9

### Colour and the psychology behind it

Introduction to colour psychology

68

The impact of colour

Use of colour in interiors

The psychological properties of

the main hues

70

Process of colour selection

The four colour groups

The interdependence of shape, size and colour

75

Chapter 10

Repetition and patterns

77

Chapter 11

Shapes, volumes and proportions

80

Shapes

81

Contours and angles

81

Symbolism of shapes

04

Proportion of shapes and patterns

Fibonacci sequence and the golden

ratio

89

Volumes of space

91

Ceiling height

92

Chapter 12

Symbolism

94

Chapter 13

The use of artwork in interiors

97

A specialist explaining things in their

100

Chapter 14

Materials and textures

108

Materials

109

Toyturos

110

Measuring the effect and amount of

texture

115

Part 4
Design in practice: physical issues affecting wellbeing

117

Chapter 15

Interior atmosphere

120

Air quality overview

121

Thermal comfort

121

Humidity

127

Fuel for the mind

128

Air health

129

Specifying products and materials

131

Study highlights of indoor air quality testing outcomes in occupied spaces

Chapter 16

Illumination and light design

135

Visual and non-visual impacts

on humans

137

Lighting for meaning and emotional

expression

138

Working with daylight

139

Strategies to integrate in design

139

Artificial light

142

Light source types

142

Impacts to colour and texture

1//

Task and ambient lighting

145

Chapter 17

Space planning

147

Contemplation and communal spaces

150

Furniture

152

Views out and lines of sight

154

Harmonising interior layout with

occupier culture or needs

155

Security and interiors

157

Chapter 18

Acoustic design

159

Designing for good acoustics

160

Sound treatment and design thinking

163

Chapter 19

Operational issues

166

Controllability

167

'SoftLandings' process

168

The landlord, facilities manager and

tenant opportunities

168

Occupancy surveys

169

Part 5 Value in practice: measuring wellbeing

173

Chapter 20

Identifying and managing value

1/4

Measuring wealth

176

A better place

177

Defining project KPIs and UPAs

178

Performance of space

184

Strategy, clarity and measurement

of value

Chapter 21

Measuring value

186

Measuring wellbeing

107

CASE STUDY: Measuring wellbeing in

a call centre

197

Measuring productivity and SROI

100

Conclusion

192

Refereneces

196

Index 201

Image credits

206