

Rise of the Human Factor

Teknion



What percentage of people are sleepwalking through the day?



Case for Mobility

70%

Case for Rethinking Work

NEWEST SURVEY REVEALS 70% OF EMPLOYEES ARE DISENGAGED

June 11, 2013 · by iteam212 · in *Corporate Strategy, Professional Development, Real Estate Strategy*

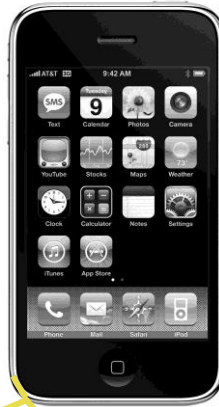
The latest numbers from Gallup's survey of 150,000 workers are in:

Fewer than 1 in 3 (30%) American workers are committed to the success of their organization and are engaged in their work. Over half (52%) are 'disengaged' – defined as 'less emotionally connected' and not willing to do any more than necessary to keep their job. Most alarming of all, nearly 1 in 5 workers are 'actively disengaged' – actually against their organization, their boss, or both. If you only had five people working for you, this would make for a bleak support team!

**Game time...Are we running technology
or is it running us?**



The “Ping” Factor



On average, how often do people check their phones?

Every 7 minutes



Distractions



/ Brave New Word /

NO • MO • PHO • BIA

(*noun*): Fear of being without one's phone. See also *walking dread*: fear of being stuck behind a distracted, weaving sidewalk texter.



TRAIN YOUR BRAIN ENGAGE YOUR HEART TRANSFORM YOUR LIFE

**A Two Step Program to Enhance Attention;
Decrease Stress; Cultivate Peace, Joy and
Resilience; and Practice Presence with Love**

**A Course in Attention &
Interpretation Therapy (AIT)**

AMIT SOOD, MD MSc

Director of Research & Practice
Complementary and Integrative Medicine Program
Chair, Mayo Mind Body Initiative
Associate Professor of Medicine
Mayo Clinic Rochester, MN

Tech DeTox



<http://www.cnn.com/2013/05/01/tech/mobile/digital-detox-camp/index.html?c=tech>

Stress

Some **70%** of those surveyed said at some point during the workday, they feel their stomach tightens, their heart races, their palms grow damp, and/or breathing becomes shallow.

Relax! You'll Be More Productive



Tech Insanity to Tech Serenity



Slow tech websites like do-nothing-for-2-minutes.com aim 'to turn the agents of distraction into agents of serenity'

gamification

countdowns
reinforcement

badges

mechanics

points
status achievement

levels

accountability

ownership

pride

rewards

leaderboards

association
game



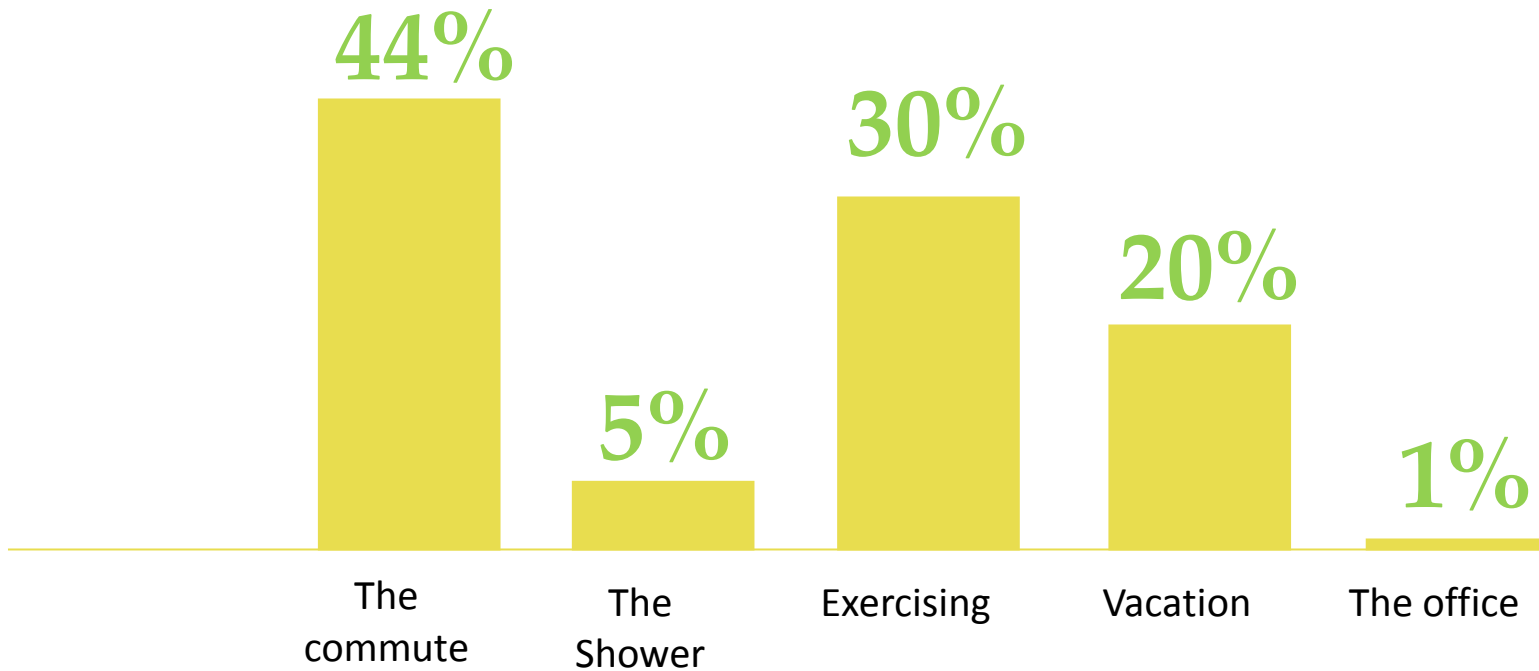
We find our younger employees respond better to **'you need to beat your high score'** then **'we need to increase profits.'**



**Game time... Is the office where we do
our best thinking?**



Where Did You Get Your Last “BIG “ Idea?



Source :Teknion Cre8 facebook survey

How do we Really Collaboration?



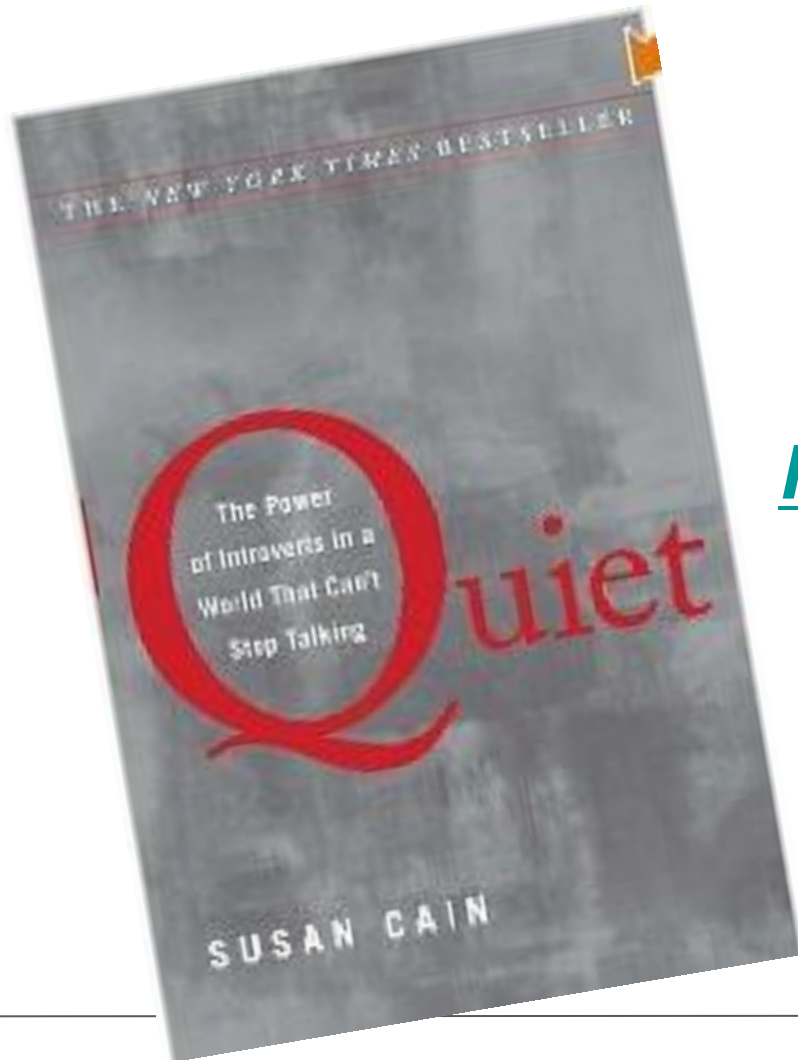
Collaboration

There are different types of collaboration,
and
open space **doesn't** always equate to
collaboration.

Focus

Susan Cain

*Quiet: The Power of
Introverts in a World That
Can't Stop Talking*



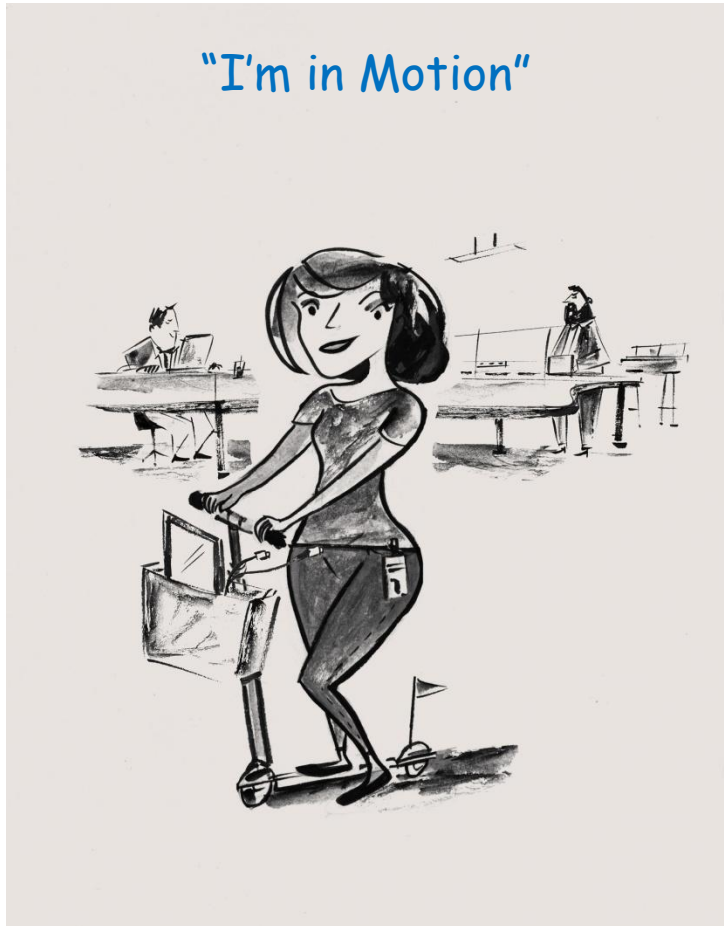
What generation is working remotely the most?



On the Go

*The Xers and Baby Boomers are the prime **Distributed Workers.***

They have kids, aging parents, live in the suburbs and are going to be working longer so they are looking for a soft retirement.



Game time... What % of people that CAN telework DO?



Telework?

*But studies show that even when given
the option to work remotely*

*less than **10%** of employees
are electing to do so.*

They still tend to come to the office.

(Akyeampong 2007; Jones 2005; U.S. Census
Bureau, 2004; Welz & Wolf,
2010,

Paradigm Shift 4

We are human.

We are territorial.

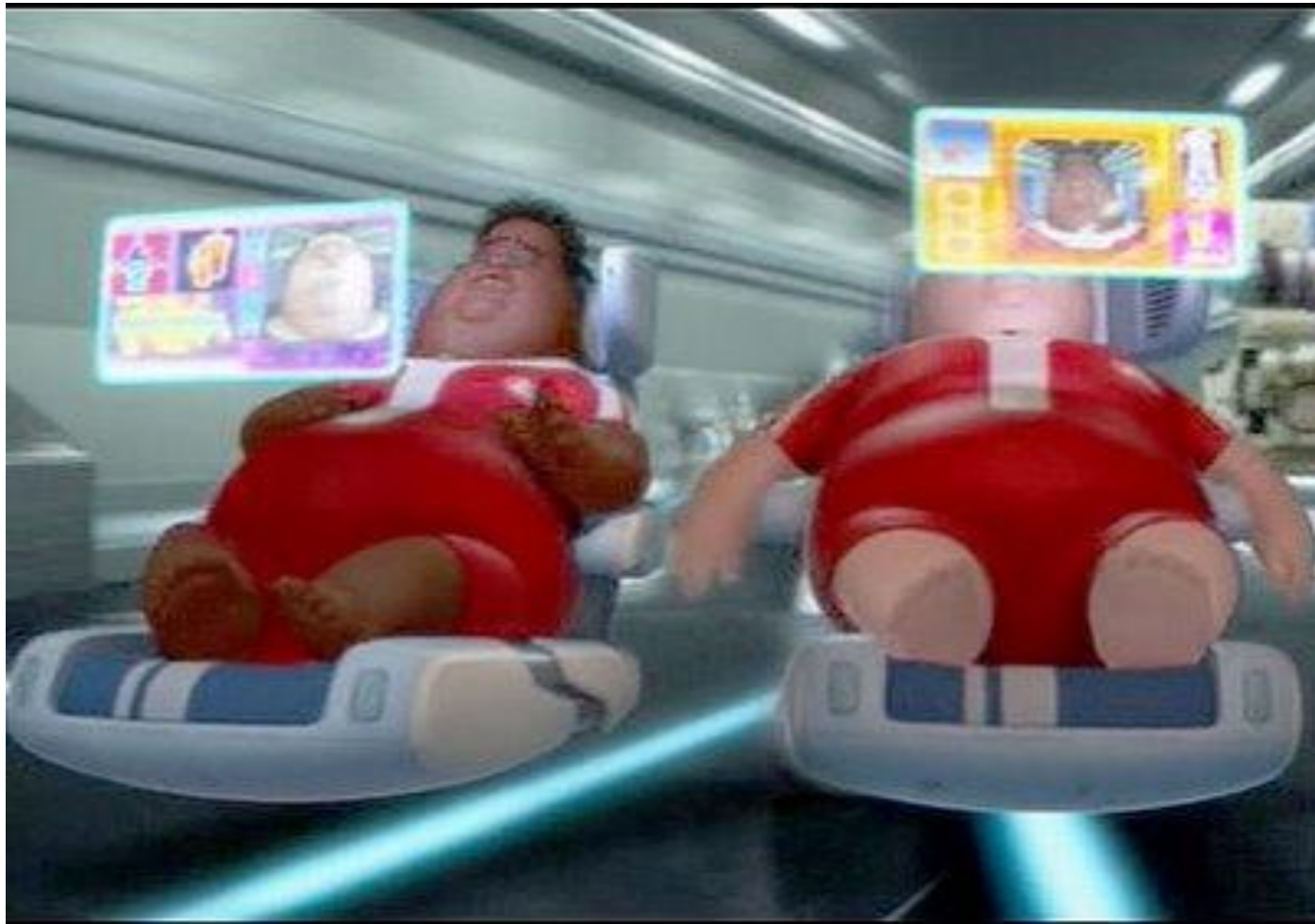
*We are creatures of habits,
and we are social.*



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What happens to the people in the movie Wall-E?





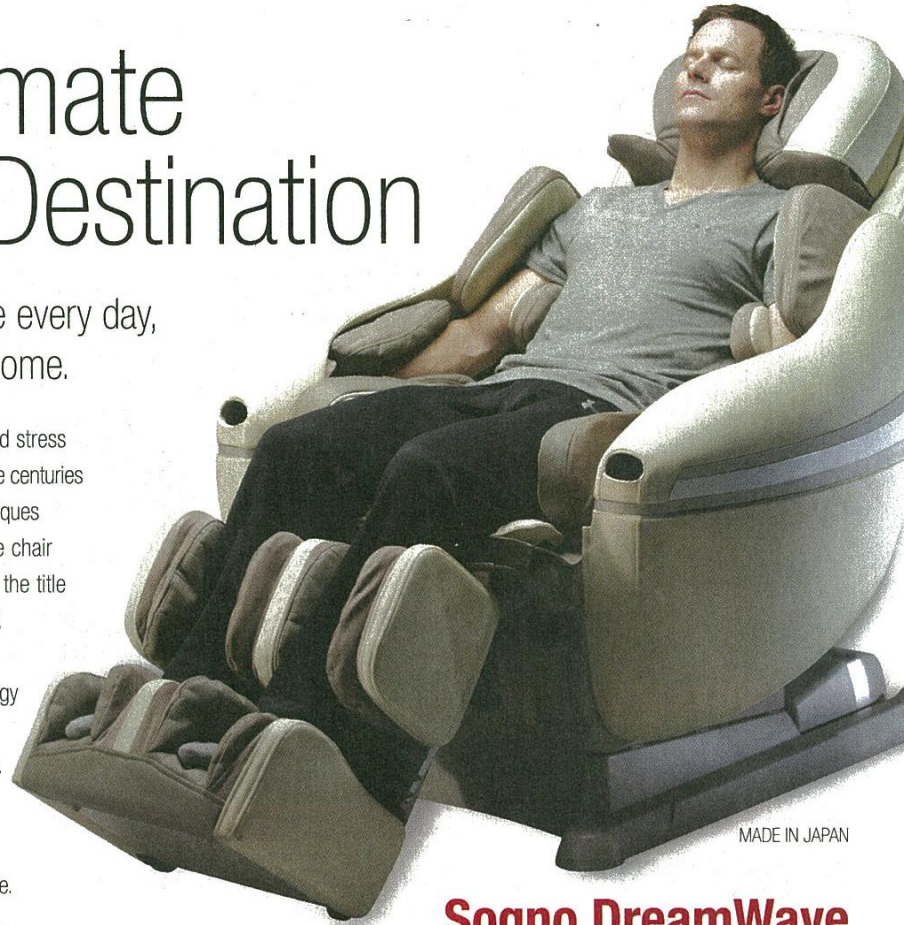
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anytime, in your own home.

Unequaled in therapeutic benefits and stress reduction, Inada massage chairs combine centuries of life-enhancing shiatsu healing techniques with decades of innovation in massage chair technology. That's why it has earned the title of The World's Best Massage Chair™.

- ◆ Patented DreamWave™ technology provides undulating, totally transporting, side-to-side motion.
- ◆ More than 1,200 square inches of body coverage: the most comprehensive massage possible.
- ◆ Auto-adaptive design conforms to users between 5' and 6' 5" for the broadest height range of any chair.



MADE IN JAPAN

Sogno DreamWave

by Inada HCP-10001D

\$7,999*

Is this a real issue?




**“Sitting has
become the
smoking of
our generation.”**





– NILOFER MERCHANT

HOW SITTING WRECKS YOUR BODY

As Soon As You Sit:

 Electrical activity in the leg muscles **shuts off**

 Calorie burning drops to **1 per minute**

 Enzymes that help break down fat drop **90%**

After 2 Hours:

 Good cholesterol drops **20%**

People with **sitting jobs** have **twice the rate** of cardiovascular disease as people with standing jobs.

x2

Benefits of Sit-Stand

Adjustable Desks and Tables Have Great Health Benefits

- **Reduce Cancer Risks by 18-37%!**
- **Reduce Heart Disease Risks by 46%!**
- **Increase – Energy, productivity, and stamina!**
- **Stand Up for Your Health with MultiTable!**



How do we Get Moving?

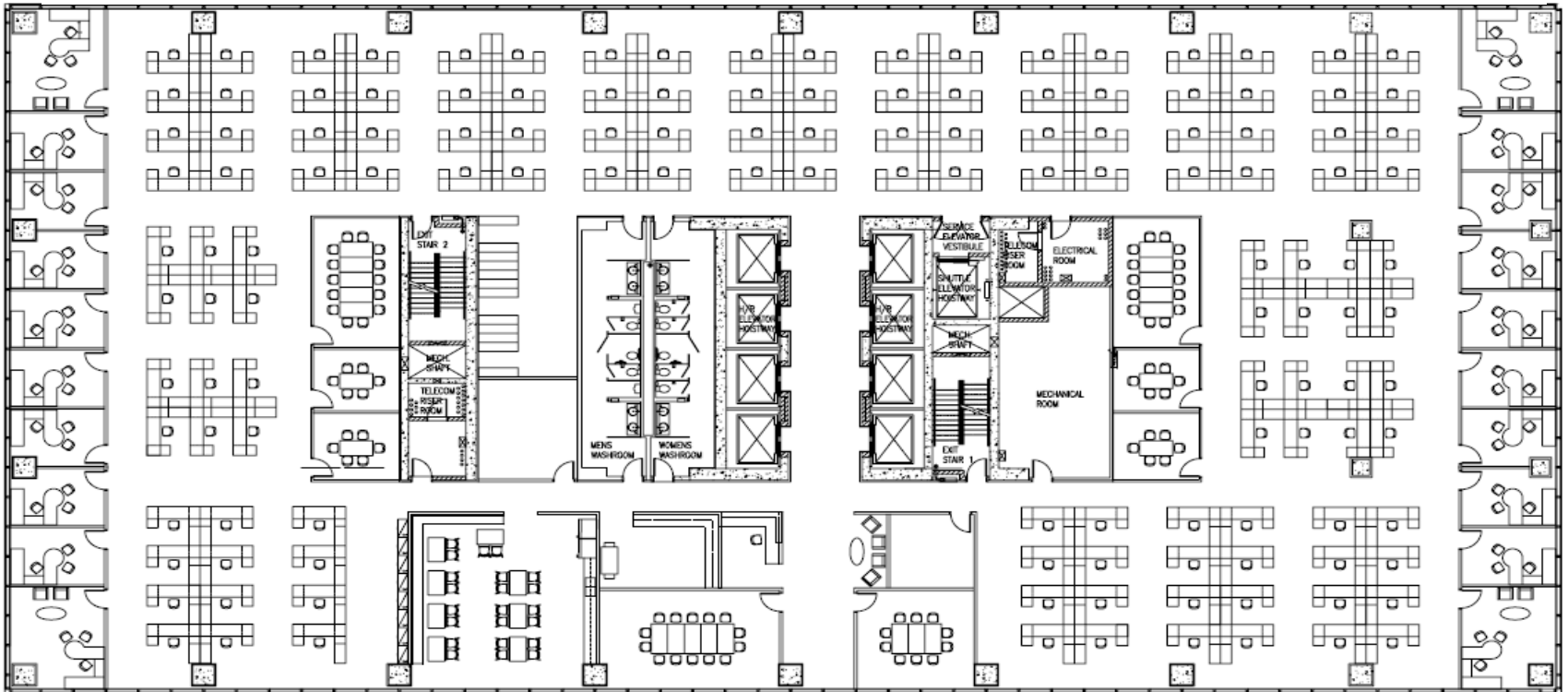
Shift in work

*As workers are able to work
anytime from anywhere,
the significance of the office will shift
from a place to do work to a place to
collaborate and engage others.*

Shift to Focus on People

*If we come to the office
to engage others,
then the space needs to enable that
interaction and be....
engaging.*

New Formula for Work



“ *Providing a
variety of work settings
and areas for
information sharing
are key elements for fostering
innovative work.* ”

Blue Zones

Read the Stories

ORIGINAL

BLUE ZONES® AREAS

Certain places around the world have high concentrations of centenarians, or people living 100 years or more. Their stories are the foundation of the Blue Zones Project.



<http://www.bluezonesproject.com/bluezones>

Blue Zones Commonalities

— Discover the Habits —

POWER 9[®]

PRINCIPLES

Many residents living in the original Blue Zones[®] areas share nine healthy lifestyle habits that help them live longer, healthier, happier lives. Click the buttons below to learn more!



No. 1
MOVE
NATURALLY

No. 2
KNOW
YOUR PURPOSE

No. 3
DOWN
SHIFT

No. 4
80%
RULE

No. 5
PLANT
SLANT

No. 6
WINE
@ FIVE

No. 7
RIGHT
TRIBE

No. 8
COMMUNITY

No. 9
LOVED
ONES FIRST

<http://www.bluezonesproject.com/bluezones>

“

***Fitness is not a destination,
its a way of life and work.***

”

stand-up workstations;
cognitive, ergonomically designed spaces;
stairwells designed as destinations not alternatives;
collaborative areas intermixed to give people refresh breaks;
rest areas;
quiet zones;
play areas;
access to outdoor spaces;
inclusive areas for people of all levels to interact; and
areas for random acts of fitness.

Going Forward

Rise of the “Human Factor”

1. Focus on employment engagement to increase productivity
2. Getting technology in check
3. Creating balance between concentrative and collaborative space
4. Provide a variety of spaces to work in and giving people more choices
5. Have a higher degree of customization
6. Encourage movement to improve well-being
7. Enable to engage each other and the work

“ *We are no longer simply
designing environments,
we are designing
the experience.* ”