



# 7 POWERFUL OUTCOMES

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## ENERGISE MOOD

Artificial light that adjusts for intensity and colour spectrum, mimicking solar light and darkness levels at different times of the day and night, is proven to support a healthy circadian rhythm - which helps to boost our energy levels and improve our overall mood.

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## INSPIRE CREATIVITY

The design of our working environment can directly affect our levels of creativity and our happiness in the workplace, which is why wellbeing measures - such as human-centric lighting, can be so important for businesses.

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## ENHANCE PERFORMANCE

A recent and comprehensive Government study concluded that improvement in wellbeing results in improved workplace performance: in profitability, labour productivity and the quality of outputs or services.



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## IMPROVE HEALTH & REDUCE ABSENTEEISM

Companies that invest in wellbeing measures across their estates typically report fewer building-related sick days - plus increased employee comfort and satisfaction; it's a win-win scenario.

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## IMPROVE COGNITION

Harvard School of Public Health has discovered that employees working in certified 'green', healthy buildings are likely to have better cognitive abilities than those working in non-certified buildings.

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## CONTRIBUTE TO REDUCED STRESS

The British Council of Offices tells us that one in six workers believes their workplace is having a negative impact on their physical and mental health - so a carefully considered wellbeing strategy plays a very important part in reducing workplace stress.



# 7

## BOOST PRODUCTIVITY

Recent research by the World Green Building Council has linked improved lighting design with up to a 23% gain in productivity. The business case is both proven and compelling.



## NEXT STEPS

We work closely with architects, consultants, designers and specifiers to deliver positive change through perfectly lit workspaces. Contact us on 01527 517 777 to find out how our lighting for wellbeing expertise can support your project and your client.