HAWORTH

Stress & Resilience in the Workplace

Course Numbers
AIA Course #: HAW850
Project Planning & Design/Building Design
IDCEC Course #: CEU-116323
Subject Code: 3. Interior Design Education/1. Instruction

Course Description
Stress in the workplace takes a toll on employee health, well-being, and performance—and it's a leading reason people leave an employer. Workspaces designed to give people—in the office and working from home—the specific resilience resources they need can reduce stress, improve performance, and attract and retain top talent.

This 1-hour course will explain stress and how it impacts employees' physical and emotional well-being, as well as performance. Discover several types of workplace resources and explore designs that incorporate them to help buffer employees against stress—whether they're working in the office, from home, or in a hybrid environment.

Learning Objectives
- Understand what stress is, how we respond to it, and its impact on well-being and performance
- Recognize the frequency of sensory processing sensitivity (SPS), and understand its effects on people and their stress levels
- Understand how resources are connected to stress levels and what causes resource strain in the workplace
- Identify resources with the largest impact on performance, as well as strategies to support those resources for people in remote, hybrid, and on-site workplaces

Course Outline
1. Introduction stress, what it is, and how it affects people at work
2. Explanation of resources for resilience to stress
3. Explanation of workplace design implications
4. Exploration of designs that incorporate resilience resources for people working in the office, at home, and in hybrid environments

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