



# Wellness & Biophilia Symposium

Using Nature-Inspired Design to Foster Workplace Wellness

Thursday 6<sup>th</sup> June 2019, BRE, Watford

## Day 1

8.45	Registration & exhibition open	Health and Wellbeing Breakfast
9.30	<b>Conference welcome followed by Chairs Welcome</b>	BRE – Chief Executive
<b>Session 1</b>	<b>Biophilia and the links to health and Wellbeing</b>	
9.40	<b>Keynote: Biophilic Design – Our Intrinsic Connection to Nature</b>	Oliver Heath, Oliver Heath Design
10.10	<b>Gathering the Evidence of Value – BRE’s Biophilic Office Project</b>	Ed Suttie, Director Research and Advisory, BRE
10.40	<b>Panel discussion &amp; Q&amp;A</b>	
11.00	Break & networking	
<b>Session 2</b>	<b>Biophilic Design – Evidence of benefits</b>	
11.20	<b>Stressed, unproductive, unmotivated. What specific benefits can a biophilic approach bring to the workplace: theory and practice</b>	Martin Brown, Fairsnape Sustainability Provocateur
11.40	<b>The office in Nature: the role of landscape architecture in biophilic workplace design</b>	Joe Clancy, Senior Landscape Architect, WSP
12.00	<b>The Future of the Workplace – Occupier Demands in the 21<sup>st</sup> Century OR Benefits of biophilic design in the healthcare sector OR GBCI (green building council institute) presentation</b>	<b>TBC</b>
12.20	<b>Panel discussion &amp; Q&amp;A</b> Followed by 3 x 5 min explanation of the Partners workshop session from the facilitators	
12:50	Lunch & networking	
<b>Session 3</b>	<b>Breakout Partner workshops x 3</b>	
14:00	Welcome from dissemination partner & facilitator:	
	<b>Oliver Heath – biophilic design</b>	<b>M&amp;S Akzo Nobel/BIID</b>
15.15	Break & networking	
<b>Session 4</b>	<b>Monitoring and measuring buildings and occupants</b>	
15.30	<b>Affective buildings</b>	<b>TBC</b>



15.45	<b>Houseplants: from leaf to office scale</b>			Tijiana Blanusa, Reading University & RHS
16.00	<b>Indoor air quality and health and wellbeing</b>			Carla da Silva, Scientist, Environment, BRE
16.15	<b>Lighting and health and wellbeing</b>			Cosmin Ticleanu, Principle Consultant, Environment, BRE
16:30	<b>Q&amp;A Session followed by Conference closing remarks</b>			
<b>Session 5</b>	<b>CPD sessions – 1 hour</b>			
16.45	<b>Biotechure</b>	<b>Ambius</b> Kenneth Freeman Head of innovation	<b>Ecophon</b> <b>Paige Hodsman</b> <b>Concept Development</b> Module 8: Psychoacoustics in the Workplace – Psychological and Physiological Perspectives in Office Design	<b>Waldmann</b>
19:00	3 course <b>Evening Dinner with a reception</b> @ The Mercure Noke Hotel Delegates attending the symposium are invited to book a place at the dinner.			



# Wellness & Biophilia Symposium

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Friday 7 June 2019, BRE, Watford

## Day 2

8.45	Registration & exhibition open	Health and Wellbeing Breakfast
9.30	<b>Conference welcome followed by Chairs Welcome</b>	Deborah Pullen, Executive Director, BRE Trust
9.40	<b>Keynote – Eden project</b>	Mike Maunder, Board director of Eden Project Ltd
<b>Session 1</b>	<b>Biophilic Case study led presentations</b>	
10.10	<b>Wellness driving office design: case study from Dubai</b>	Dalia Wagdi, Senior Sustainability Consultant, AESG
10.25	<b>An ideal biophilic design process: achieving maximum benefit for the biophilic office</b>	Richard V. Piacentini, President and CEO, Phipps Conservatory and Botanical Gardens and Sonja Bochart, Principal, Shepley Bulfinch
10.40	<b>Fitness studio, Highgate case study</b>	Akzo Nobel
10:55	Panel discussion & Q&A	Chair + 3 speakers
11:05	Break & networking	
<b>Session 2</b>	<b>The role of technologies in improving health and wellbeing – structured panel discussion</b>	
11:30 – 12.30	Panel includes: <ul style="list-style-type: none"> <li>• Ambius</li> <li>• Biotecture</li> <li>• Akzo Nobel</li> <li>• Waldman</li> <li>• Ecophon</li> <li>• Oliver Heath Design</li> </ul>	
12:30	Lunch & networking	
12.40	<b>During Lunch - David Osgathorp's talk on "the importance of healthy life style"</b>	
<b>Session 3</b>	<b>Interactive Tours</b>	





14.00	Site tours begin of Bre Innovation Park	John O'Brien, Associate Director, BRE Innovation Park
15.00	<b>Biophilic Self Tour of London – Coaches Depart</b>	