

# HEALTHY WORKSPACES

The University of Arizona (UA) Institute on Place, Wellbeing, and Performance (IPWP) leverages knowledge and evidence through research and design, to achieve tangible results optimizing and maximizing people’s productivity, creativity, performance, and wellbeing from an employer and consumer perspective.

## Consulting and Training

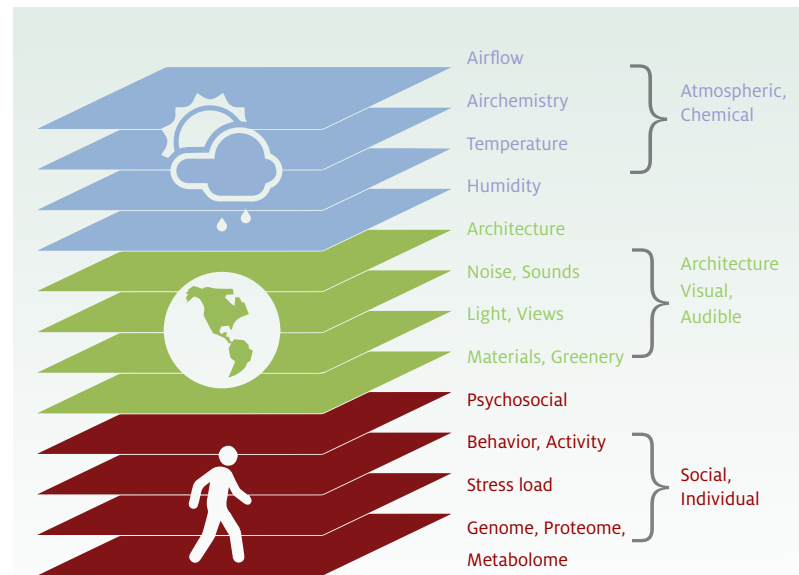
The Institute’s thought leader teams offer consulting services and training opportunities to partner with organizations seeking to create an atmosphere of wellbeing and optimal performance for their employees, clients, and visitors. Applying the concepts developed through research and curricula, teams work to discern specific needs, tailoring design, health and wellbeing solutions to fit particular requirements—optimizing worker performance, wellness, and satisfaction.

## Services Available

- Design guidance for the objective of occupant wellbeing and optimal performance.
- Studies in pre- and/or post-occupancy outcome measures and biometrics of human health and wellbeing in office spaces, schools, residential, healthcare and other environments.
- Integrative clinic design and consultation for the development of sustainable integrative clinic business models.
- Return on investment analyses of sustainable design for wellbeing.
- Stress, resiliency, and performance measures in controlled research environments.
- Training of executives, human resources professionals and other personnel in employee wellbeing.
- Integrative medicine training options, to include preventive and lifestyle medicine, for individuals within an organization, as well as health care and human resources professionals.

## Wellbuilt for Wellbeing

UA IPWP has teamed with the US General Services Administration (GSA) to carry out research that is providing GSA the data needed to develop best practices and policies to optimize workplace design for health. The “Wellbuilt for Wellbeing” study uses real-time wearable human health sensors and environmental sensors developed by Aclima, Inc. to monitor federal workers’ stress responses, physical activity, and sleep quality. This research has the potential to affect the lives of millions of office workers, and reduce the hundreds of billions of dollars that are lost each year in the US due to illnesses linked to the work environment.



For pricing and quote information, contact: **Jim Kimbrough, Business Development** | [biz-dev@list.arizona.edu](mailto:biz-dev@list.arizona.edu)



THE UNIVERSITY OF ARIZONA  
**Institute on Place,  
Wellbeing & Performance**

For inquiries about the University of Arizona Institute on Place, Wellbeing & Performance or for Dr. Sternberg, please contact:

**Jackie Gomez, Administrative Associate**  
[ipwp@email.arizona.edu](mailto:ipwp@email.arizona.edu) | [www.ipwp.arizona.edu](http://www.ipwp.arizona.edu)