



Did you know...?

Indoor environment critical for wellbeing and productivity

Most of us spend the majority of our time being and working indoors, in air-conditioned offices, sitting at desks talking on phones or through emails, or simply at home – in fact it is estimated that up to 90% of our time is spent indoors.

Research has confirmed the importance of living plants to improving indoor air quality but there is now growing evidence that greener indoor spaces also have a positive impact on well being and clearly benefit productivity as well.

Some of the latest research in this area is headed up by Dr Craig Knight, UK Researcher and Director of PRISM (Psychological Research into Identity and Space Management). Dr Knight has shown in recent studies, that enriched work environments e.g. those with the inclusion of indoor plants and artwork, can result in productivity improvements of over 15%.



PRISM research shows that involving staff in the choice of indoor plants and artwork for their workspace, will provide great productivity benefits.

Importantly, when the office workers themselves enriched their own spaces, i.e. were involved in the process of choosing indoor plants and artwork for their work space, productivity improvements of up to 32% were achieved.

Dr Knight suggests that it is not only better for an office to be “green” rather than “lean”, but also that employees within that office should be empowered to design their own workspace rather than having predetermined configurations thrust on them.

Dr Craig Knight, a chartered psychologist with a background in office design and a PhD in the psychology of working

and living space, says that “studies by colleagues at Prism strongly suggest that designs which centre on the welfare of space users are better for both the people concerned and for the productivity of their host organizations than solutions which focus on cost cutting and managerial directive”.

Dr Knight’s studies break new ground by demonstrating how strategies of empowerment can contribute not only to employee welfare but also to organisational productivity, and also suggest that office space management that overlooks the psychological needs of employees may be misguided.



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Greener on the inside

Greenery an integral part of commercial fit-out

Indoor plants in offices have become an integral part of the commercial fit out of modern workspace design, as more and more businesses recognise the health benefits as well as their aesthetic contribution.

"Plants are no longer seen as a discretionary item for many businesses. Our clients now recognise that they have a direct benefit to their bottom line. With studies like that of Dr Knight's, the importance of involving employees in the process of office layout and fitout is critical to future productivity," Mr Borg said.

Ambius recently surveyed its customers in Australia and New Zealand, to understand the attitudes to having plants in the office. The study showed that around one in three people say they have more energy at work with plants around and they help them work more productively.

This is supported by other surveys such as the "Greening the Great Indoors for Human Health and Well-being" study, that

found that reductions in negative mood states and feelings of stress were up to 60% among people with plants in their offices.

"We found such significant difference in scores for participants in offices with plants as opposed to those without, that it confirmed the benefits of indoor plants extend well beyond their contribution to air quality," reported the head of the study, Adjunct Professor Margaret Burchett.

Ambius believes that results such as these, have further added weight to the recognition given by the Green Building Council Australia in its Green Star rating scheme which acknowledges the role plants have to play.

"These results, backed by a growing body of international research, offer compelling reasons for indoor plants being a standard installation element in any building or facility environment," said **Ambius** Pacific Regional Director, Mr Ray Borg.

New product from Ambius

Hot Salsa

¡Ay, caramba! This hot, new 'Salsa' container from Ambius offers a fiery dash of drama and a fabulous new plantscaping display just perfect for reception areas, meeting rooms, clubs, restaurants and informal breakout areas in large offices. Made from recyclable product and free of volatile organic compounds (VOCs), it will add a fiesta of colour and fun!

For new **Ambius** Salsa Planters for your office, call 1300 AMBIUS (262 487) or ask your Plantscape Consultant or Technician.



New artwork range from Ambius

You've got better things to do with your time than organising artwork installation. That why **Ambius** offer a fresh new range of Office Artwork on a service and rental program. **Ambius** offer a huge range of designs to choose from. We visit your premises and deliver the artwork for you to provide a stunning focal point for you, your staff and clients. Our rental system will even allow you to change your images for new ones every year to prevent "art fatigue".

For new **Ambius** artwork for your office, call **1300 AMBIUS** (262 487) or ask your Plantscape Consultant or Technician.



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