

## **BE WELL: *Interior Design Strategies that Promote Well-being***

The definition of interior design used to include health, life-safety and welfare (HSW) only, but more recently NCIDQ redefined interior design to include “... *a moral and ethical responsibility to protect consumers and occupants through the design of <among other things> interior environments that address **well-being**, while considering the complex **physical, mental, and emotional** needs of people.*”

Are we designing for our clients’ *well-being*? Intuitively we may think we are. How can we be sure? And while you’re at it, what exactly is *well-being* anyway?

It is time to take our designs beyond just beautiful, safe, and code compliant interior environments that meet our clients’ program, schedule, and budget requirements. Join us for BE WELL where together we bring clarity to the amorphous concept of *well-being* and provide practical strategies on how to incorporate it in your projects.

### **Learning Objectives:**

**AWARE** – You will understand the science behind well-being in the built environment by exploring the studies done on the 14 Patterns of Biophilic Design and the Ten WELL Building Standard Concepts that prove how specific design strategies *promote* well-being.

**ADVOCATE** – You will create your personal approach to communicating the **WHY** and **HOW** of well-being in the built environment with the goal of inspiring your clients to insist upon interior design strategies that support their own well-being, and the well-being of their families, colleagues, and community members.

**ADOPT** – You will decide for yourself whether well-being is a human right.

**ACT** – You will walk away with interior design strategies to incorporate into your work right away, regardless of project type, phase, or budget, from simple interventions, to long term complex and layered strategies, all supported by scientific data and resources, so you can be confident that the interior environments you design “*address well-being, while considering the complex physical, emotional, and mental needs of people.*”

See you in Carmel!

Sincerely,

Anna and Morana