



Learning Hub @ GBRI


Presents



MBI Headquarters, New York

A WELL Case Study

Image Source: <https://www.mca.ie/projects/workspace/lennox-building/>



“WE SHAPE OUR
BUILDINGS, AND
AFTERWARDS OUR
BUILDINGS SHAPE
US.”

WINSTON CHURCHILL

► DEVELOPMENT OF **WELL** STANDARDS



2014

IWBI launched the **WELL Building Standard™** after a 6-year, expert peer review process that spanned three phases: scientist, practitioner and medical.



2017

With the debut of the **WELL Community Standard™ pilot**, IWBI expanded its scope to set a new global benchmark for healthy communities at a district-scale.



2018

Condensing learnings from WELL users, project outcomes and the latest research, IWBI rolled out the **WELL v2™ pilot**.



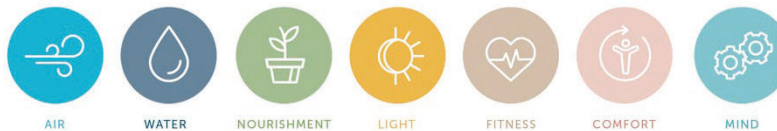
2020

After two years of market feedback, a six-month public comment period and one Governance Council vote, **WELL v2™** was graduated from pilot phase.

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THE WELL BUILDING STANDARD™

SEVEN CONCEPTS FOR HEALTHIER BUILDINGS



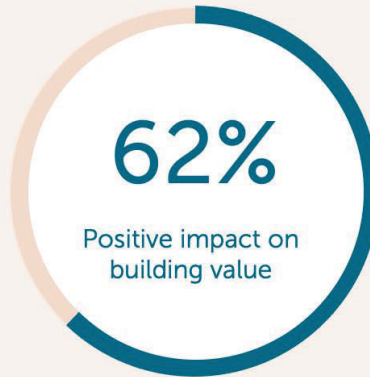
2017 © INTERNATIONAL WELL BUILDING INSTITUTE PBC

TEN CONCEPTS



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▶ TOP BENEFITS OF HEALTHY BUILDINGS



Dodge Data & Analytics. (2016). The drive toward healthy buildings 2016: Tactical intelligence to transform building design and construction. Retrieved from <https://www.worldgbc.org/news-media/drive-toward-healthier-buildings-2016>

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THE EVOLUTION OF WELL

WELL v1		WELL v2 pilot		WELL v2	
105 Features		117 Features		108 Features	
41 Preconditions	64 Optimizations	23 Preconditions	94 Optimizations	24 Preconditions	84 Optimizations

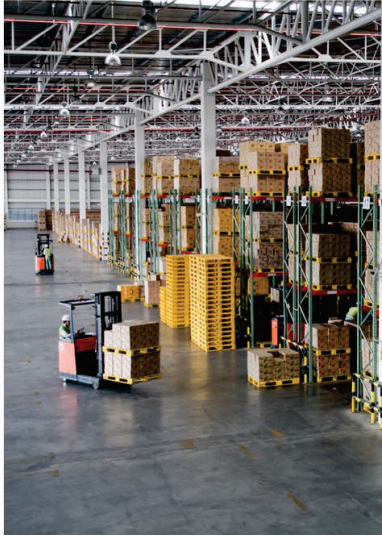
Reduced preconditions and expanded optimizations to allow projects to customize their journey.

Consolidated features to reduce complexity, and strengthened feature set to meet industry needs.

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▶ WELL FOR ALL SPACES

WELL v2 is designed to work with all types of building projects, from commercial buildings to warehouses, stadiums to hotels, schools to hospitals.



▶ WELL CERTIFICATION

v2

Commit to baseline health strategies across WELL v2 and earn points based on additional policy, design and operational strategies to achieve one of four certification levels.



40 pts



50 pts



60 pts



80 pts



WELL Building in Action

A Case Study of **IWBI Headquarters, New**

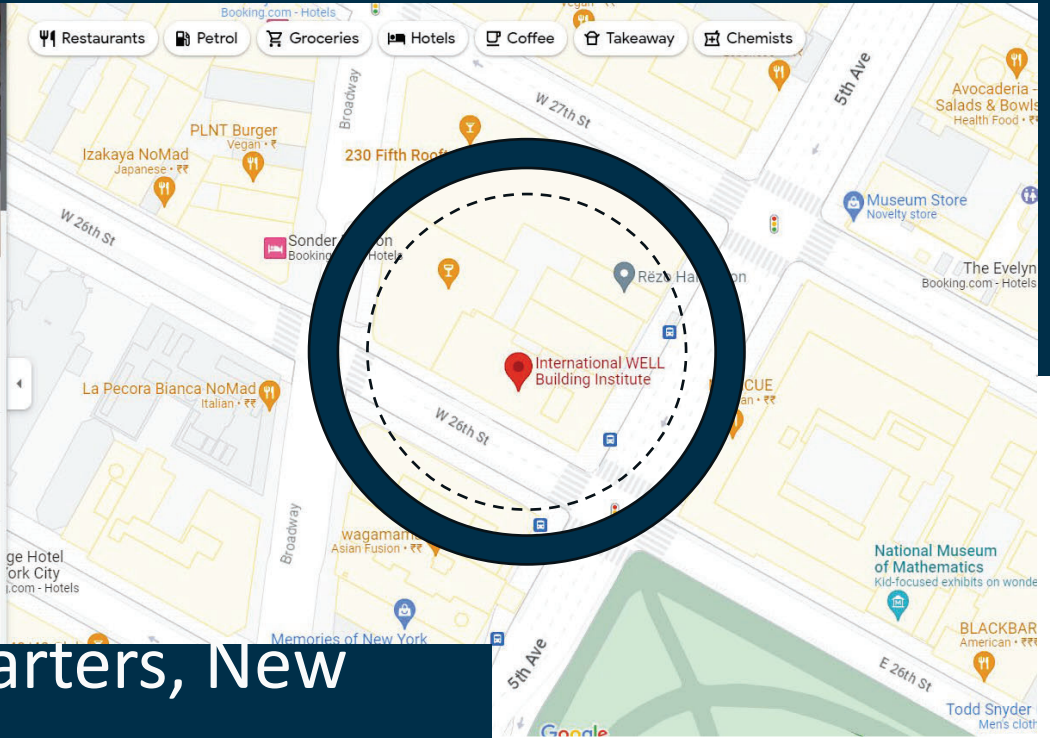
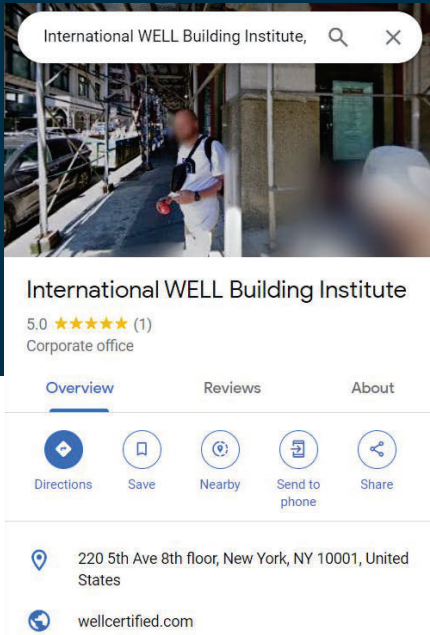
Let's Get Started

Image Source: <https://aninteriormag.com/iwbi-hq-cookfox/>



**IWBI Headquarters,
New York**

Image Source: <https://aninteriormag.com/iwbi-hq-cookfox/>



IWBI Headquarters, New York

Image Source: <https://www.google.co.in/maps/place/International+WELL+Building+Institute/@40.743733>





Image Source: <https://cookfox.com/projects/international-well-building-institute-headquarters/>

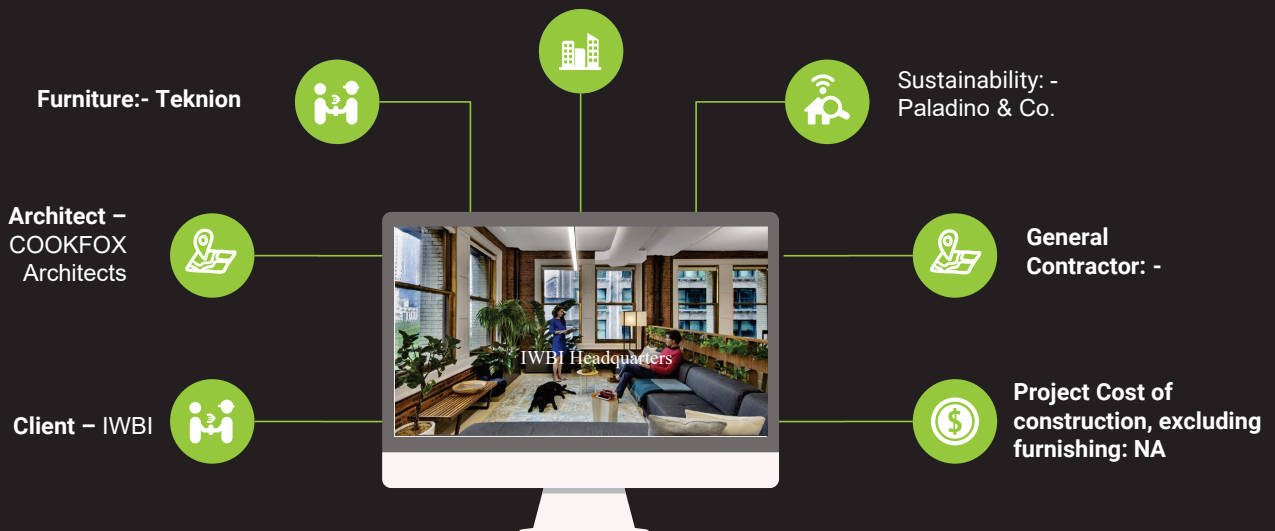


Image Source: <https://aninteriormag.com/iwbi-hq-cookfox/>



IWBI Headquarters, New York

Engineer - Structural:
JBB Engineers

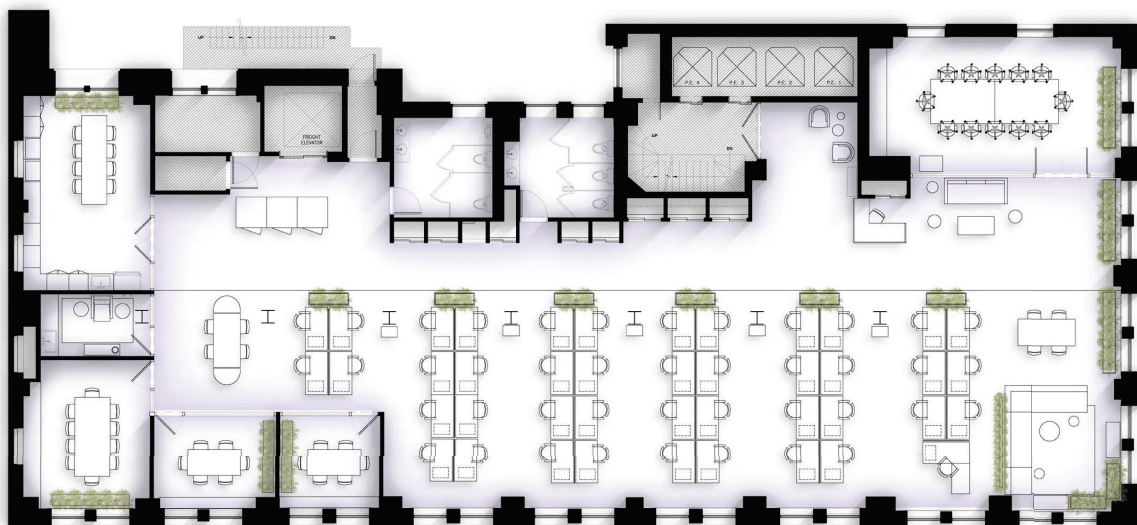


Vision

The office serves as a physical manifestation of IWBI's mission to advance health and well-being in the built environment.

Image Source: <https://iconicoffices.ie/locations/the-lennox-building/>

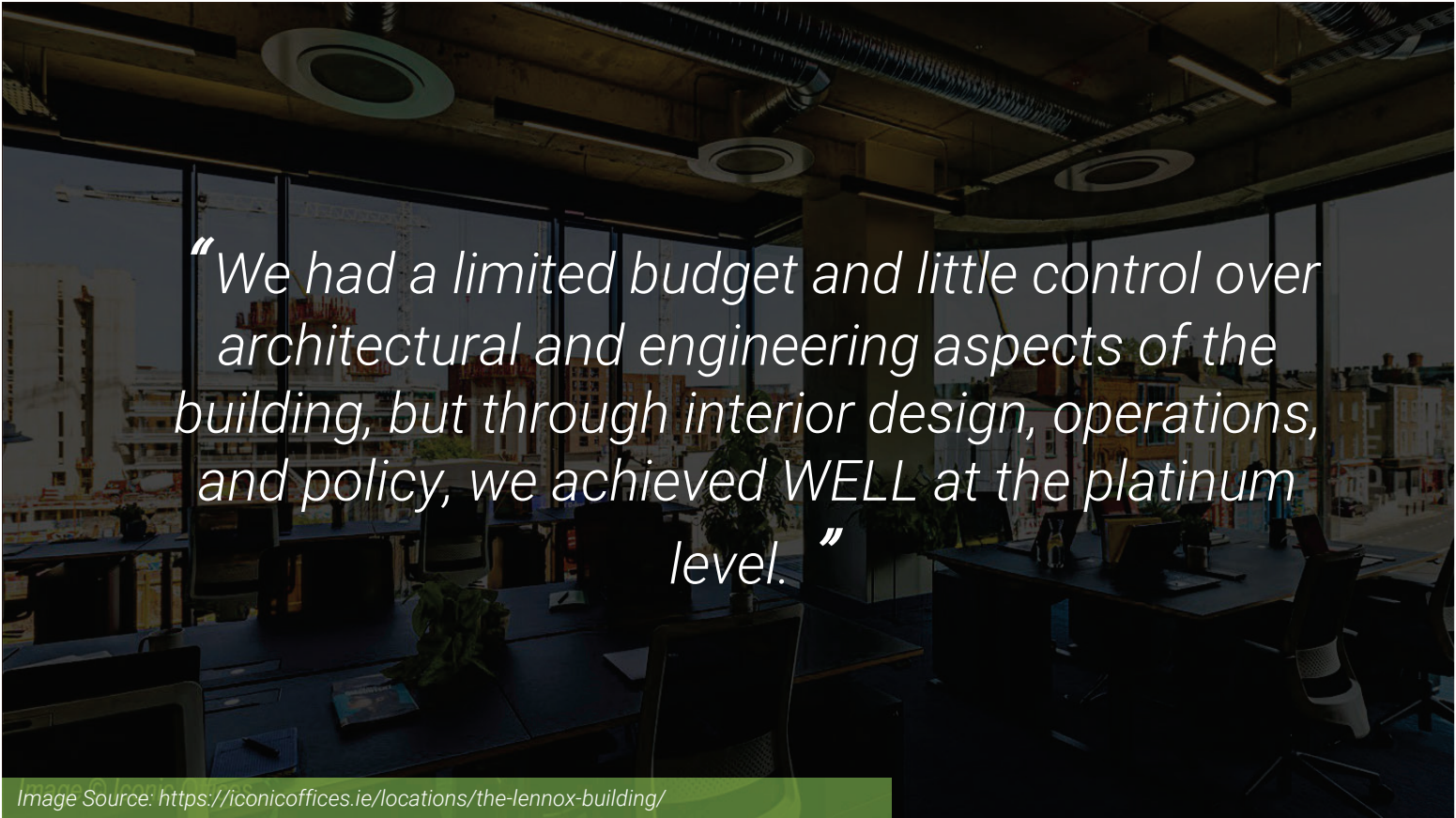
Design Approach



FLOOR PLAN



Image Source: <https://gbdmagazine.com/healthy-office-design/>



“We had a limited budget and little control over architectural and engineering aspects of the building, but through interior design, operations, and policy, we achieved WELL at the platinum level.”

Image Source: <https://iconicoffices.ie/locations/the-lennox-building/>



3 Challenges of the Project

1. Working with a century-old building
2. Landlord and client involvement
3. Tight timeline

Image Source: <https://aninteriormag.com/iwbi-hq-cookfox/>

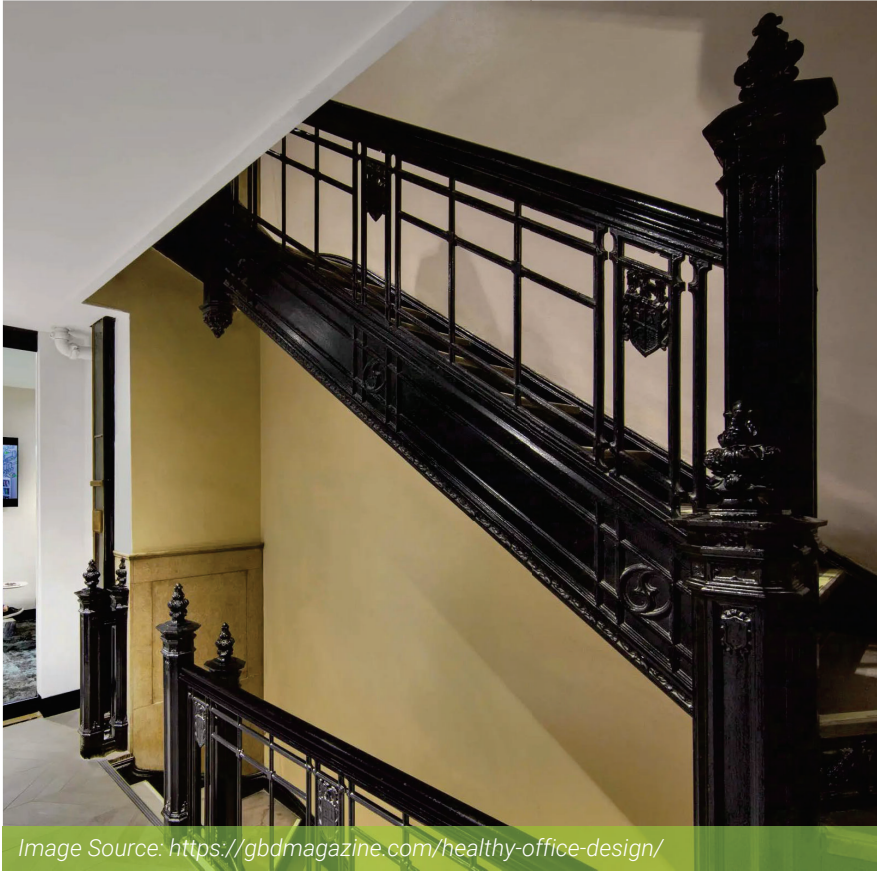


Image Source: <https://gbdmagazine.com/healthy-office-design/>

1. Working with a century-old building

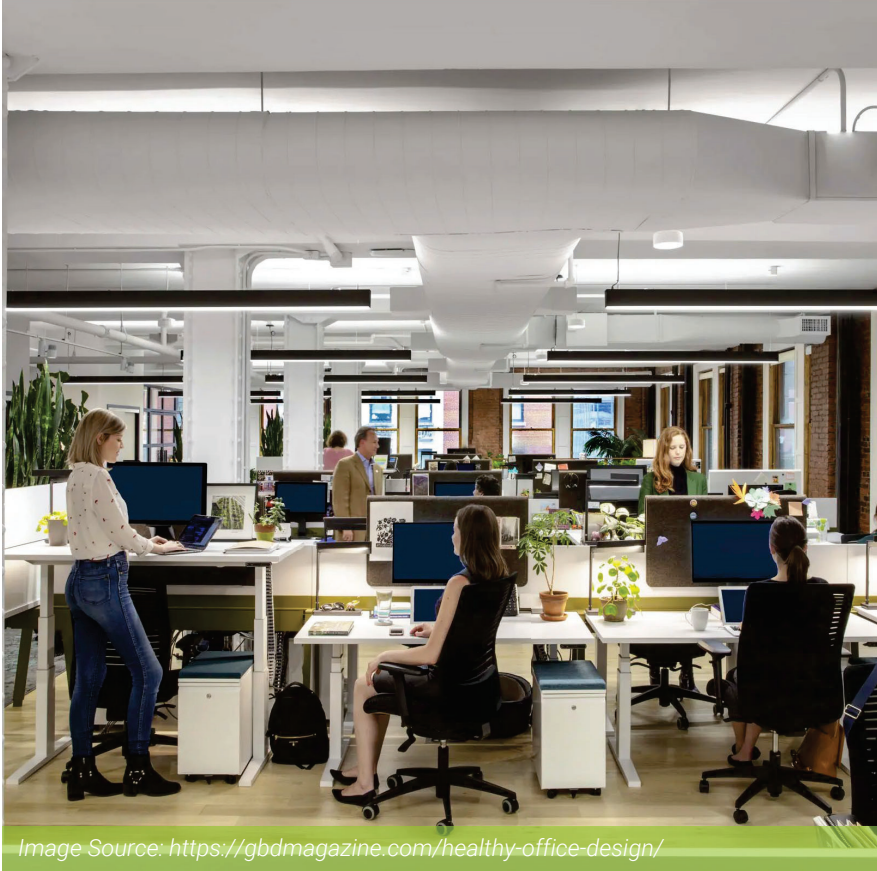
“Working within an existing historic building is always a unique challenge for ceiling heights and access to daylight. With nominally 9’6” to the underside of the beams, we had to be creative about air distribution and lighting.”



Image Source: <https://gbdmagazine.com/healthy-office-design/>

2. Landlord and client involvement

“Often landlords will deliver a space to their tenant as a whitebox of partial turnkey, but the tenant and their architect have limited control or weigh-in on what materials or fixtures the landlord will be using in the space for their portion of the renovation.”



3. Tight timeline

Two main strategies helped make sure they met the timeframe and goals:

- i. Working with vendors supplying sustainable products
- ii. Reuse of furniture

TEN CONCEPTS



AIR



WATER



NOURISHMENT



LIGHT



MOVEMENT



THERMAL
COMFORT



SOUND



MATERIALS



MIND



COMMUNITY

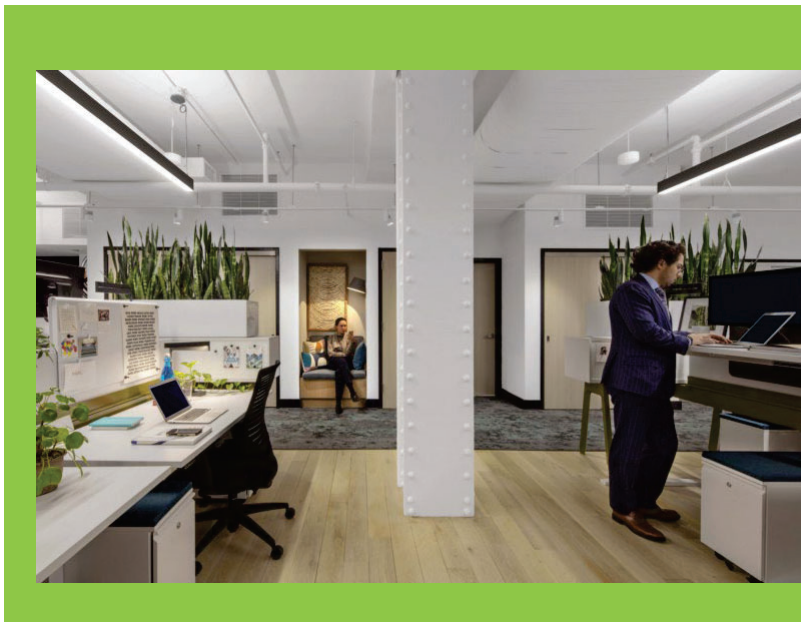


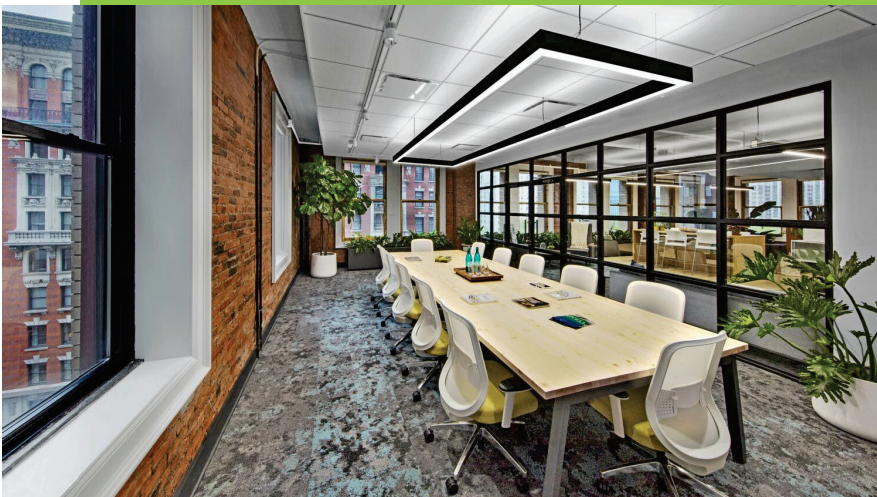
Image Source: <https://officesnapshots.com/2020/08/11/international-well-building-institute-offices-new-york-city/>



- Elimination Or Reduction,
- Active And Passive Building Design
- Operation Strategies
- Human Behavior Interventions



Air monitoring system – Installed four sensors to ensure proper air quality in the office.



The furniture features natural materials, wood finishes and textiles that are certified Red List Free through Declare for the best air quality and low toxicity.



Image Source: <https://gbdmagazine.com/healthy-office-design/>

Air

Plants like the bamboo palm helps improve indoor air quality by directly countering toxins that are found in many indoor spaces.

Air Quality

Minimize Occupant Exposure To Secondhand Smoke And Reduce Smoke Pollution. Smoking and the use of e-cigarettes is prohibited in interior spaces within the project boundary.



Image Source: <https://www.ehsinsight.com/blog/should-your-company-have-no-smoking-signs-in-the-workplace>

Air Quality

Followed construction pollution management to minimize the introduction of construction-related pollutants into indoor air.



Image Source: <https://www.freepik.com/free-photos-vectors/interior-construction>





Image Source: <https://etrlabs.com/types-of-water-testing-methods/>

Water

Water Testing is carried out on water filtration systems ensuring the elimination of common pollutants in water.



Image Source: <https://www.dexigner.com/news/33253>

Water

To stay hydrated, the office has filtered water along with water dispensers at strategic locations.



Nourishment

A communal kitchen and a dedicated eating space to encourage mindful eating.



Image Source: <https://www.workdesign.com/2020/10/take-a-tour-of-the-international-well-building-institute-in-nyc/>

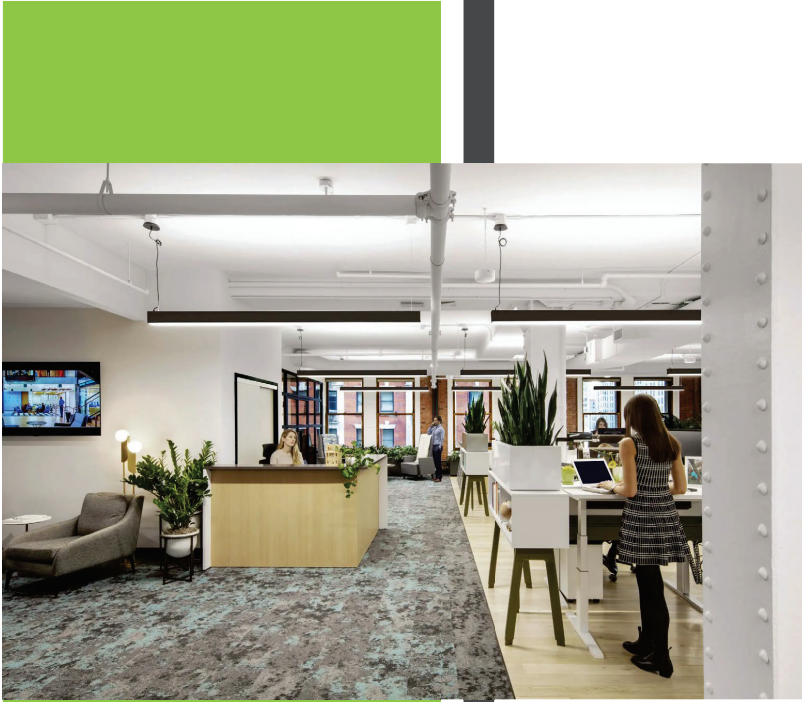


Image Source: <https://nihkan.in/importance-of-food-labelling/>

Nourishment

Limiting processed food and clear labelling to indicate artificial ingredients and potential allergies.

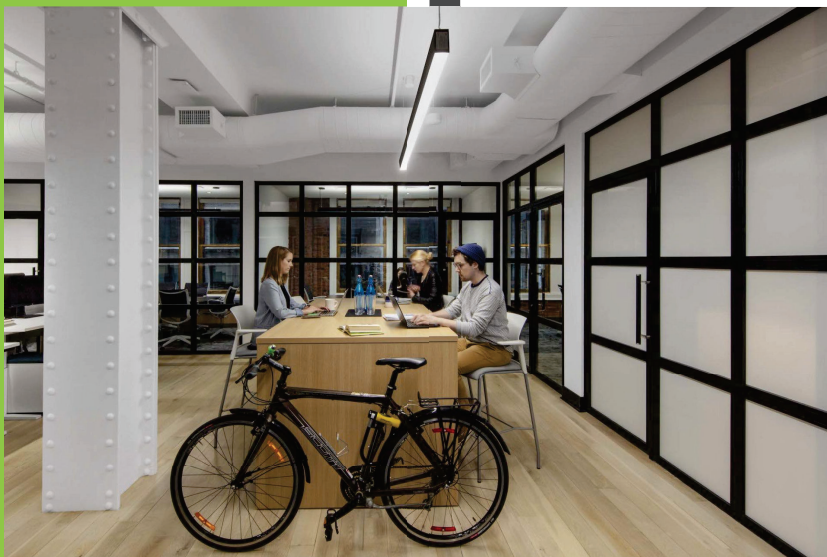




Light

Every workstation has natural light and views to the outdoors.

Image Source: <https://gbdmagazine.com/healthy-office-design/>



Light

To raise the ceiling height, COOKFOX exposed the mechanical ducting and painted it white.

Image Source: <https://aninteriormag.com/iwbi-hq-cookfox/>

Light



Warm, Light color material palette to reflect sunlight throughout the space.

Image Source: <https://cookfox.com/projects/international-well-building-institute-headquarters/>

MOVEMENT



Ergonomic Design

In addition to the sit-stand workstations, COOKFOX designed a variety of workspaces to support different working styles, with the main central desks also convertible from sitting to standing.



Image Source: <https://www.teknion.com/tools/inspiration/case-studies/iwbi-headquarters>

Movement

Some desks are outfitted with active work stations, either with balance boards, treadmills, or stationary bikes.

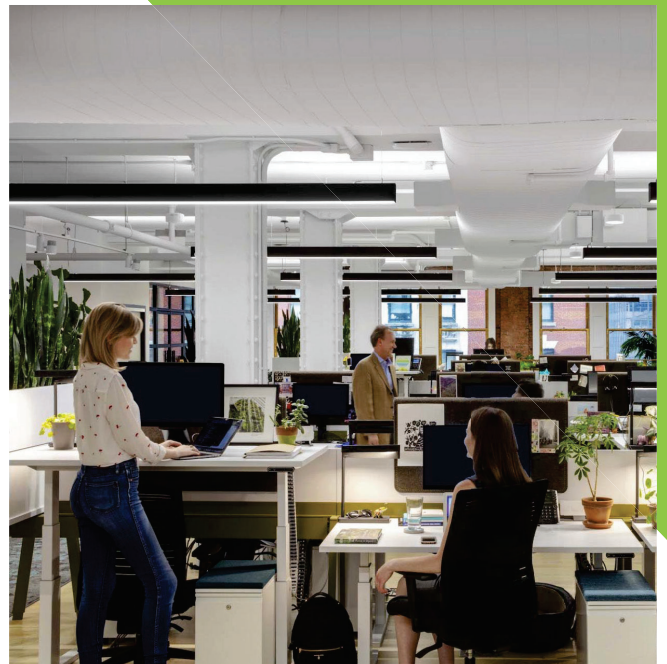


Image Source: <https://aninteriormag.com/iwbi-hq-cookfox/>



Thermal Comfort

Enhanced thermal comfort in the building through the provision of thermal zoning.



Image Source: <https://depositphotos.com/photos/thermostats.html>

Thermal Comfort

A variety of workspaces accommodate different working style, with sit-stand desks, breakout areas, and small pockets of flexible, collaborative and quiet spaces throughout.



Image Source: <https://cookfox.com/projects/international-well-building-institute-headquarters/>

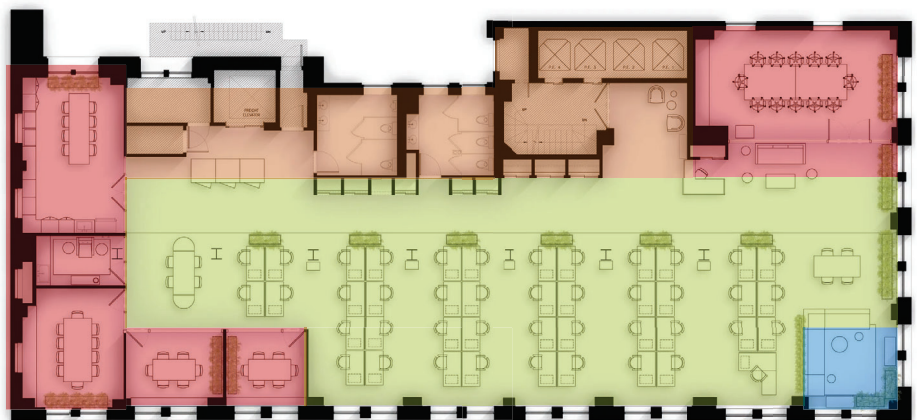


“By giving people the ability to choose where they work, they get to be in a warmer section of the office or the cooler one.”



Sound Mapping

Sound mapping to separate zones to optimize for different work activities and styles. Zones with different acoustic characteristics are established.



FLOOR PLAN Different zones identified as per sound mapping



Sound Mapping

The open floor plan includes quiet getaways such as four peripheral conference rooms, phone booths, and a lactation room.



Image Source: <https://metropolismag.com/viewpoints/iwbi-office-well-building/>

Sound

The biomimetic patterning of the carpet, inspired by lichen, indicates pathways through the space and dampens the sound.



Image Source: <https://cookfox.com/projects/international-well-building-institute-headquarters/>



Materials

The furniture features natural materials, wood finishes and textiles that are certified Red List Free through Declare for the best air quality and low toxicity.



Image Source: <https://www.daft.ie/commercial-property-for-rent/the-lennox-building-richmond-st-s-saint-kevins-dublin-2/5313564>

Materials

By repurposing materials that align with the principles of sustainable design, the project not only fulfills the WELL Standard's rigorous criteria but also infuses the conference spaces with a sense of history, character, and environmental responsibility.



Image Source: <https://www.designer.com/news/33253>





Image Source: <https://www.designer.com/news/33253>

Creation of spaces that actively contribute to occupants' mental well-being by incorporating biophilic design principles and integrating natural elements.



Plants are integrated throughout the IWBI office to help connect staff to nature.

Image Source: <https://aninteriormag.com/iwbi-hq-cookfox/>

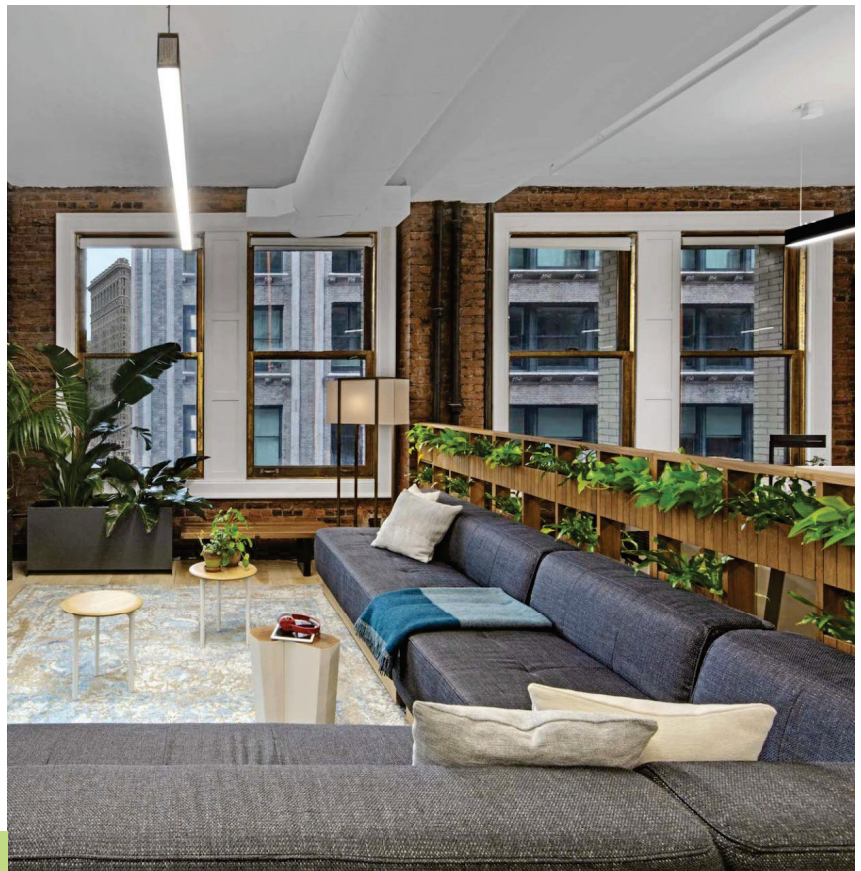




Image Source: <https://cookfox.com/projects/international-well-building-institute-headquarters/>



Community

Early in the planning process, the project facilitated collaborative discussions with key stakeholders, to establish Health and well-being goals, and Environmental and sustainability goals.



Image Source: <https://storymaps.arcgis.com/stories/b2ff1760acbf48c6bb99a14a16fa34aa>

Community

Lactation rooms that promote a comfortable, calm and private space, optimize thermal and acoustic comfort and maximize accessibility needs can support the needs of each individual.

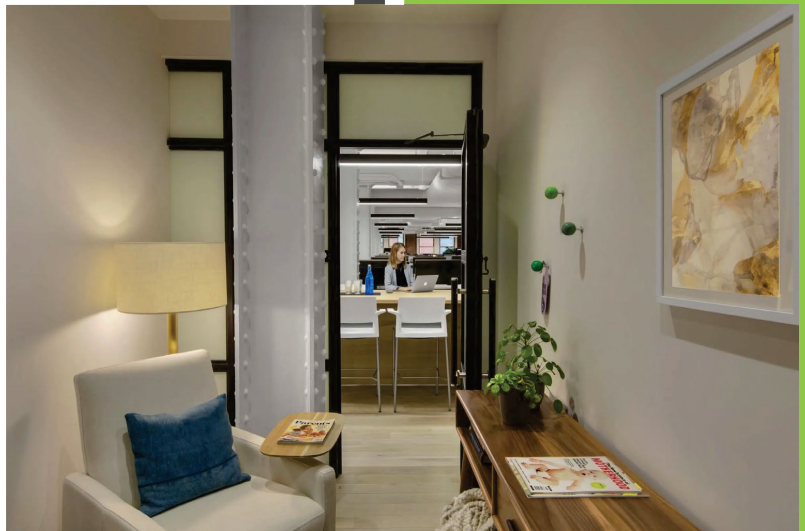


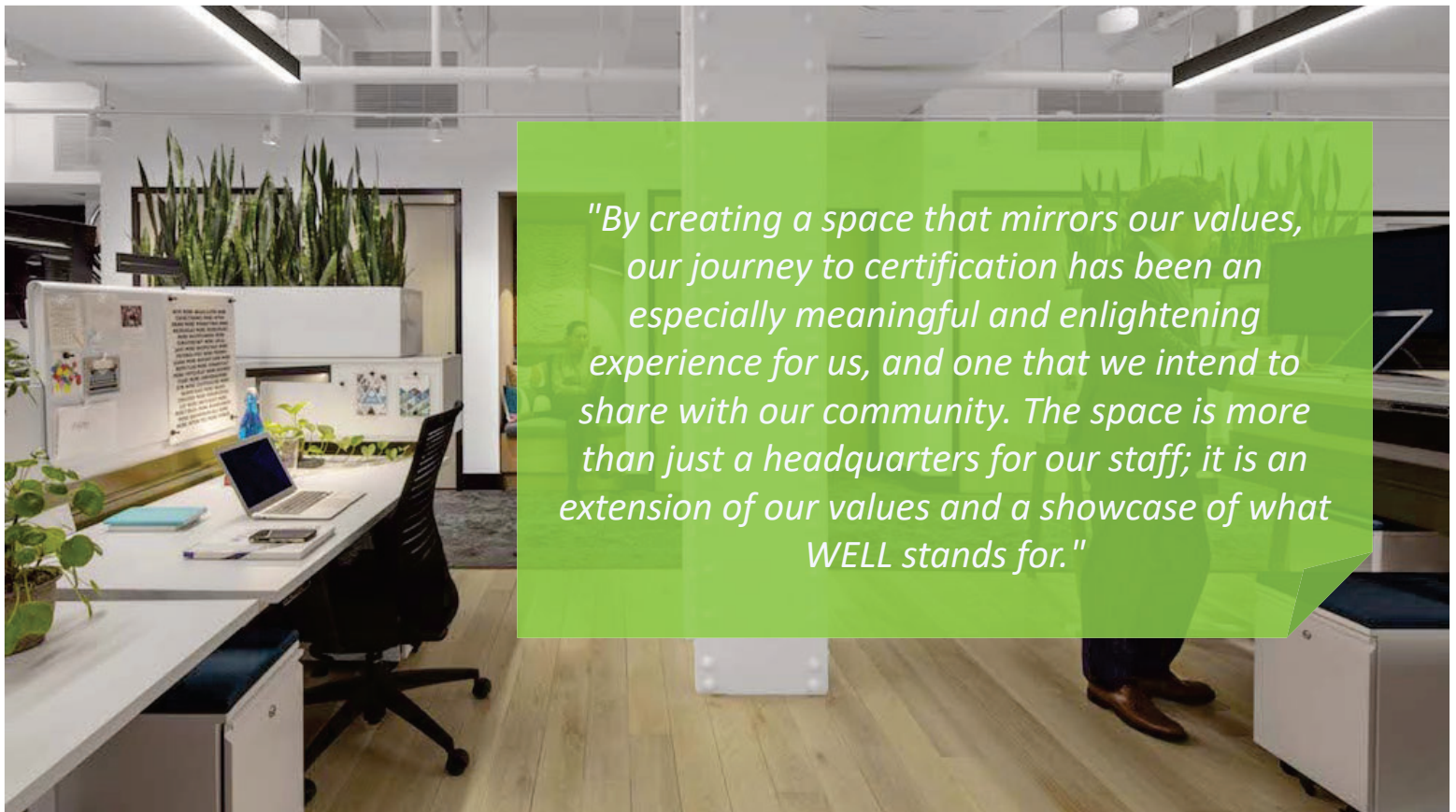
Image Source: <https://gbdmagazine.com/healthy-office-design/>



Innovative Feature

The project scored some extra points for workplace policies like allowing bikes in the office and offering a “remote working month” to employees during summertime.

Image Source: <https://www.irishtimes.com/business/commercial-property/iconic-offices-introduces-temperature-checks-at-dublin-office-1.4277529>



"By creating a space that mirrors our values, our journey to certification has been an especially meaningful and enlightening experience for us, and one that we intend to share with our community. The space is more than just a headquarters for our staff; it is an extension of our values and a showcase of what WELL stands for."

“IWBI Headquarters, New York” Awards/Certification

2019

WELL v2
Platinum
Certification

2020

AN Best of
Design
Awards –
Honorable
Mention

Image Source: <https://aninteriormag.com/iwbi-hq-cookfox/>

Benefits faced by IWBI Headquarters, NY

- Notable improvement in overall well-being, with reduced stress levels and increased job satisfaction.
- Sick leave rates decreased
- Increased employee focus and productivity.
- Reduced energy consumption through efficient lighting and HVAC systems.
- Served as a showcase for sustainable design and inspired other organizations to adopt similar wellness-oriented approaches.

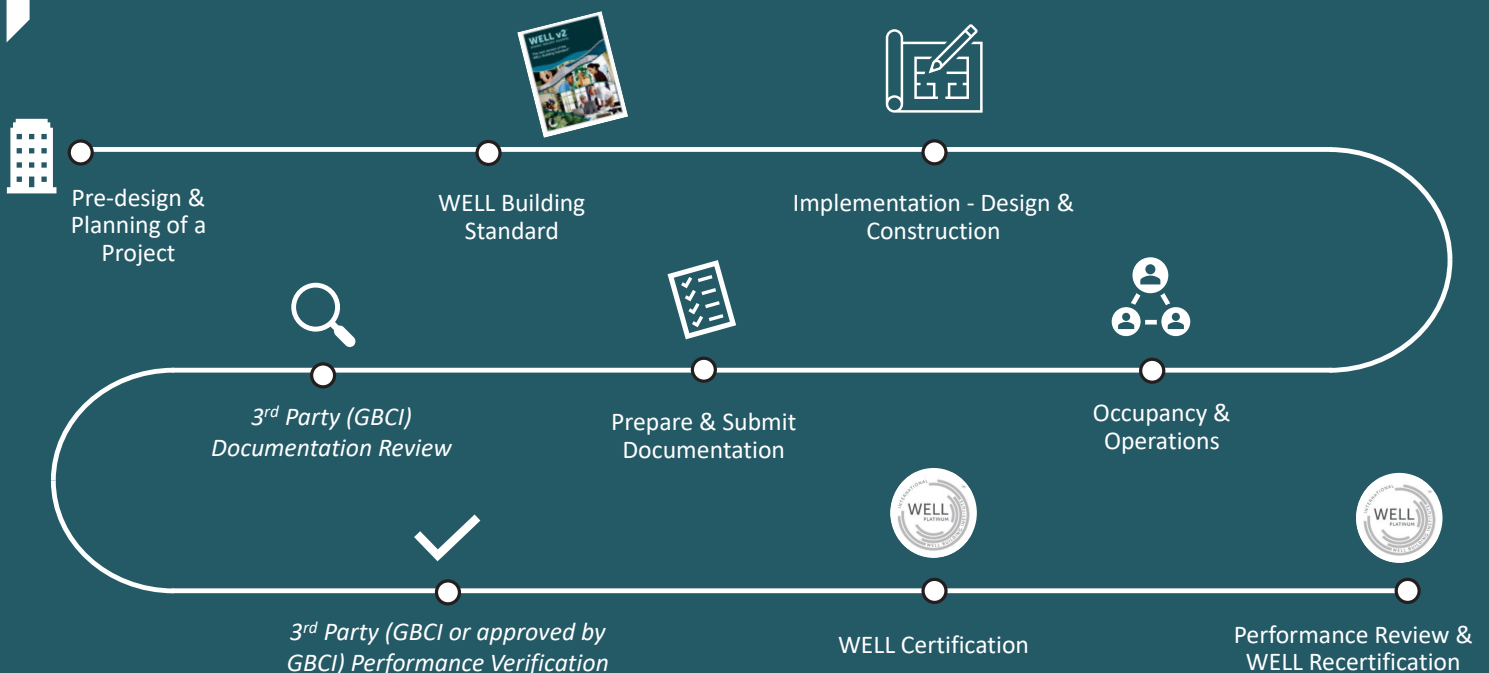
Image Source: <https://aninteriormag.com/iwbi-hq-cookfox/>

Learnings from IWBI Headquarters, NY

- Holistic Approach to Design
- Collaboration and Stakeholder Engagement
- Importance of Data and Monitoring
- Adaptability and Flexibility
- Employee Engagement and Education
- Biophilic Design's Impact
- Employee Well-Being and Productivity Link
- Leadership and Inspiration

Image Source: <https://aninteriormag.com/iwbi-hq-cookfox/>

CONCLUSION – WELL Certification Roadmap



CONCLUSION – 3 Key Aspects of WELL

**Interdisciplinary
Collaboration**

**Human-Centered
Design**

**Performance-
Based Approach**

CONCLUSION – Embracing the Potential of WELL v2

**Flexibility and
Global Applicability**



**Latest Research
and Expertise**



**Positive Impact
on Occupants**

•<https://www.teknion.com/tools/inspiration/case-studies/iwbi-headquarters>

<https://cookfox.com/projects/international-well-building-institute-headquarters/>

<https://account.wellcertified.com/directories/projects/iwbi-hq>

<https://learn.kaiterra.com/en/resources/case-study-iwbi-nyc-office-well-sensedge>

<https://www.workdesign.com/2020/10/take-a-tour-of-the-international-well-building-institute-in-nyc/>

<https://www.archpaper.com/2020/07/interiors-cookfox-first-well-platinum-certified-office-for-iwbi/>

•<https://www.designer.com/news/33253>

•<https://mercedesquintanilla.com/blog/ff/case-study-iwbi-hq?blogcategory=English>

<https://aninteriormag.com/iwbi-hq-cookfox/>

<https://metropolismag.com/viewpoints/iwbi-office-well-building/>

•<https://gbdmagazine.com/healthy-office-design/>

•<https://cookfox.com/projects/international-well-building-institute-headquarters/>

Course Resources

Thank You!

Become a Climate Change Ambassador

Start your journey today to become a GBRI CERTIFIED Climate Change Ambassador and share your digital badge with your professional network.

BECOME A CLIMATE CHANGE AMBASSADOR

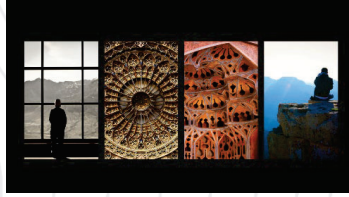


Become a GBRI Wellness Ambassador



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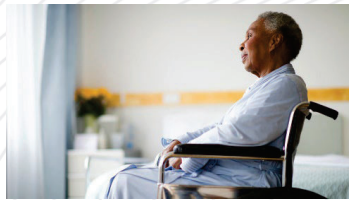
Biophilic Design: A Truly Sustainable Design



From ABCs to STEM: Biophilic Design for Schools



Get Well Soon: Biophilic Design for Healthcare



Orange is the new Green: Biophilic Design for Prisons



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Sustainability, Health & Wellness Courses



LEED v4: Through the eyes of a Contractor



Corporate Sustainability Reporting: Getting Started



LEED Exam Prep for Green Associates, BD+C and O+M



LEED v4 Online Modules



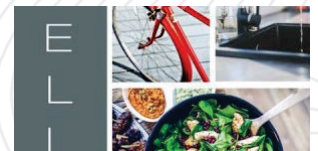
Nature's Marvels: Innovation in Natural Building Design



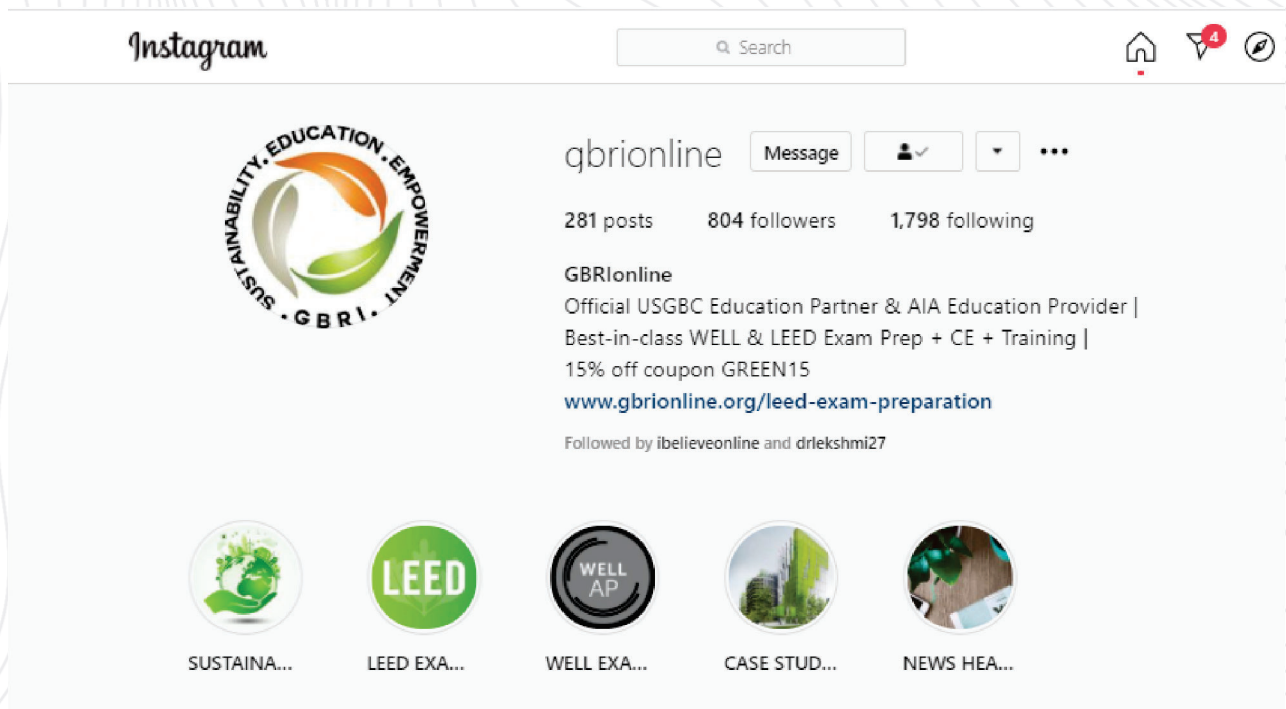
Sustainable Olympics: A Gold Medal Winner



WELL AP Exam Prep Quizzes and Mock Exams



WELL AP Exam Prep Study Guide Package



<https://www.instagram.com/gbrionline/>

