






Learning Hub @ GBRI

Presents



MBI Headquarters, New York

A WELL Case Study

An aerial, high-angle photograph of a city street, likely in New York City, showing a grid of buildings, streets, and a few vehicles. A large, solid black circle is positioned on the left side of the image, partially obscuring the city view. Inside this circle, white text is displayed. The text is a quote by Winston Churchill, arranged in four lines. The quote is in a serif font, with the first line being the largest and the subsequent lines decreasing in size. The attribution 'WINSTON CHURCHILL' is at the bottom of the circle in a smaller, italicized serif font.

“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.

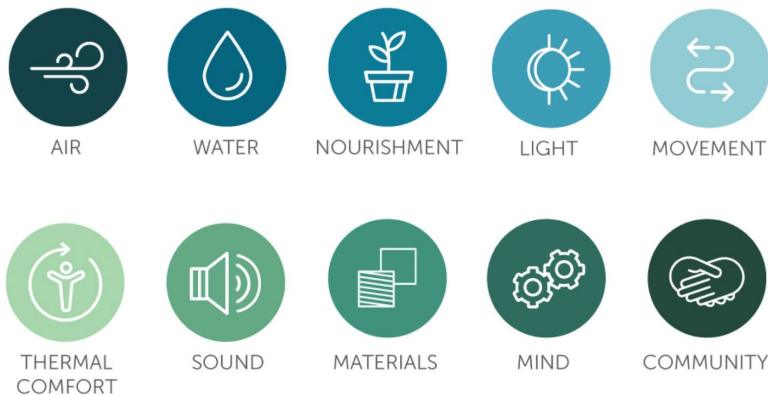
THE WELL BUILDING STANDARD™

SEVEN CONCEPTS FOR HEALTHIER BUILDINGS

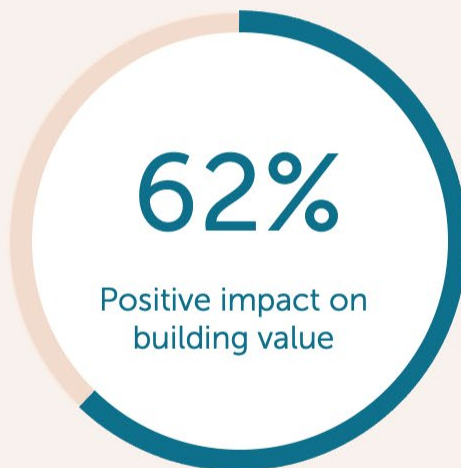


2017 © INTERNATIONAL WELL BUILDING INSTITUTE PBC

TEN CONCEPTS



TOP BENEFITS OF HEALTHY BUILDINGS



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



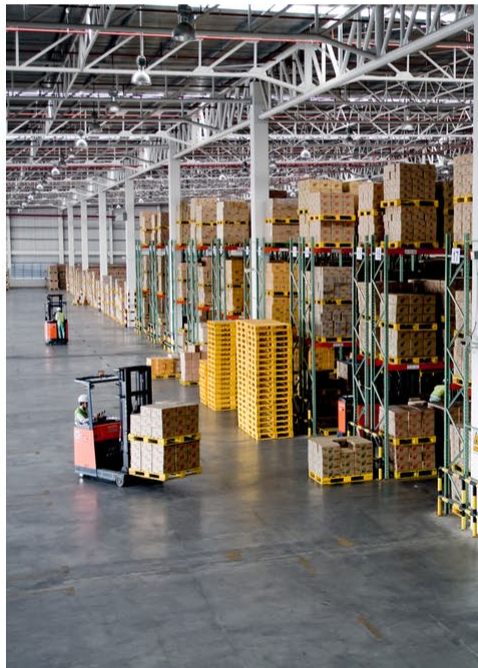
Reduced preconditions and expanded optimizations to allow projects to customize their journey.



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

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

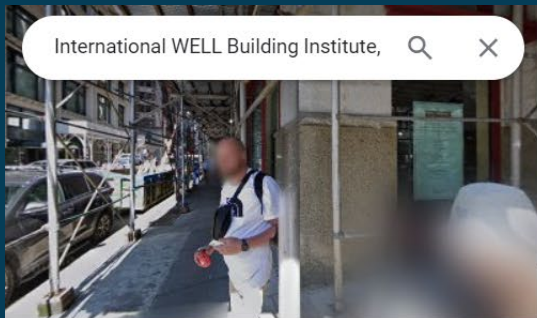
IWBI Headquarters, New

Let's Get Started

The image shows a bright, open-plan living area with a rustic industrial aesthetic. Large, multi-paned windows with white frames and dark wood trim line the walls, offering a view of a city skyline. The walls are made of exposed brick, and the ceiling features white-painted concrete beams and a long, thin, vertical light fixture. A large, dark blue sectional sofa is positioned on the right, with a teal blanket and light-colored pillows. In the center, a light-colored patterned rug covers the floor, with several small, modern side tables. A wooden slatted bench sits under the windows on the left, with a potted plant in front of it. A wooden railing with green plants runs along the right side of the room.

IWBI Headquarters, New York






International WELL Building Institute, 🔍 ✕





International WELL Building Institute

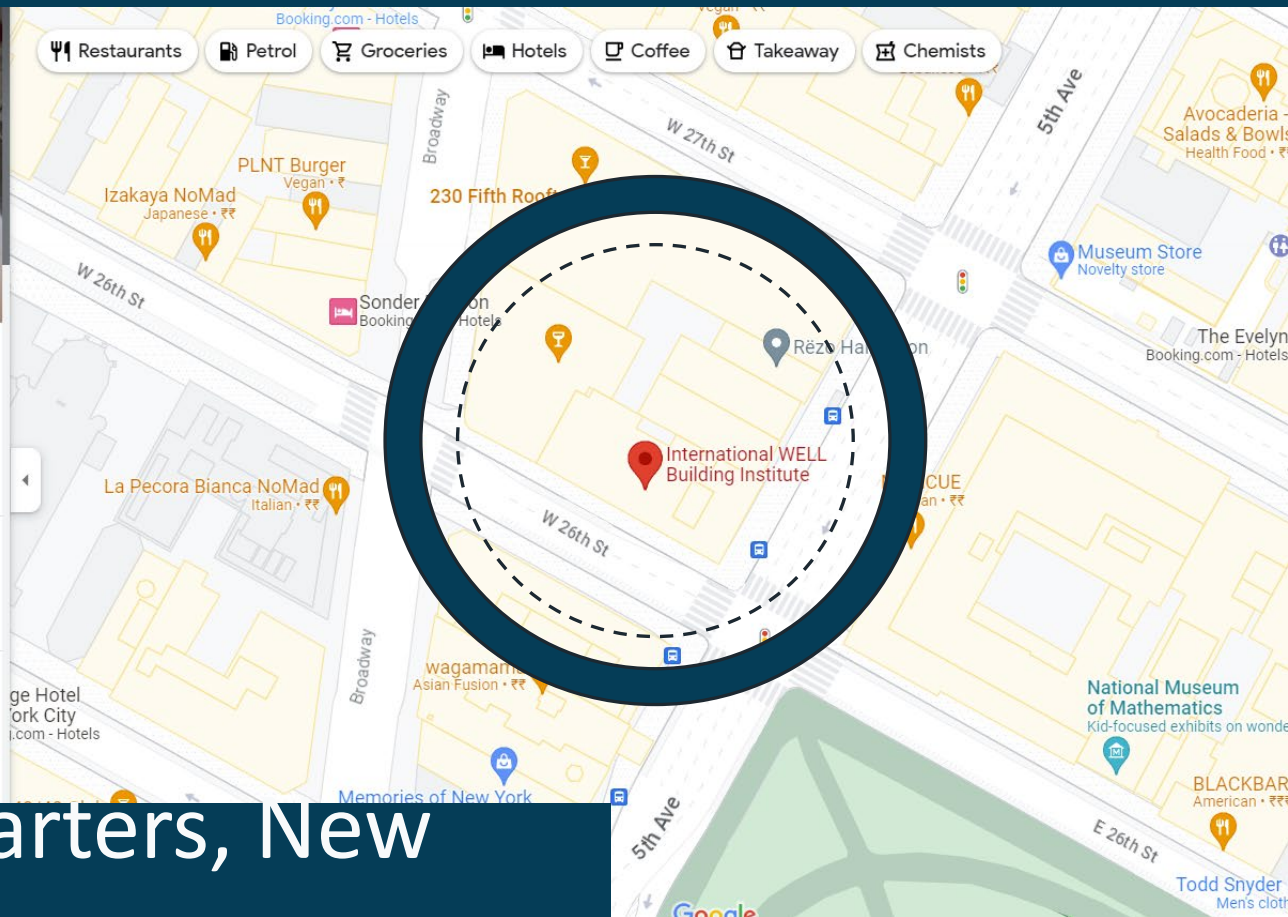
5.0 ★★★★★ (1)
Corporate office

Overview Reviews About

 Directions  Save  Nearby  Send to phone  Share

 220 5th Ave 8th floor, New York, NY 10001, United States

 wellcertified.com



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

**Heritage
Building Built**

**Achieved WELL
Certification**

1912

2018

2019

IWBI Occupancy





Owner: IWBI



**Architect: COOKFOX
Architects**



**Location: New York
City**



**Previously
developed land**



**Typology:
Commercial Offices**



Size: 9,068 sq.ft

IWBI Headquarters, New York

Engineer - Structural:
JBB Engineers

Furniture:- Teknion

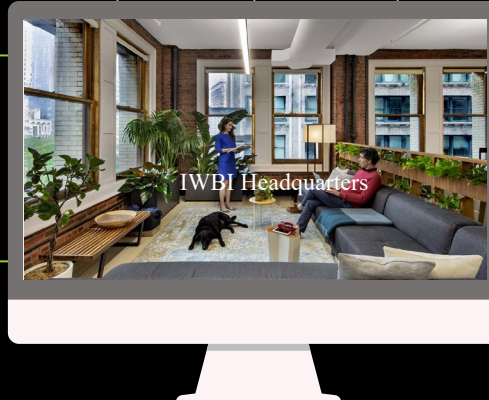
Sustainability: -
Paladino & Co.

Architect –
COOKFOX
Architects

General
Contractor: -

Client – IWBI

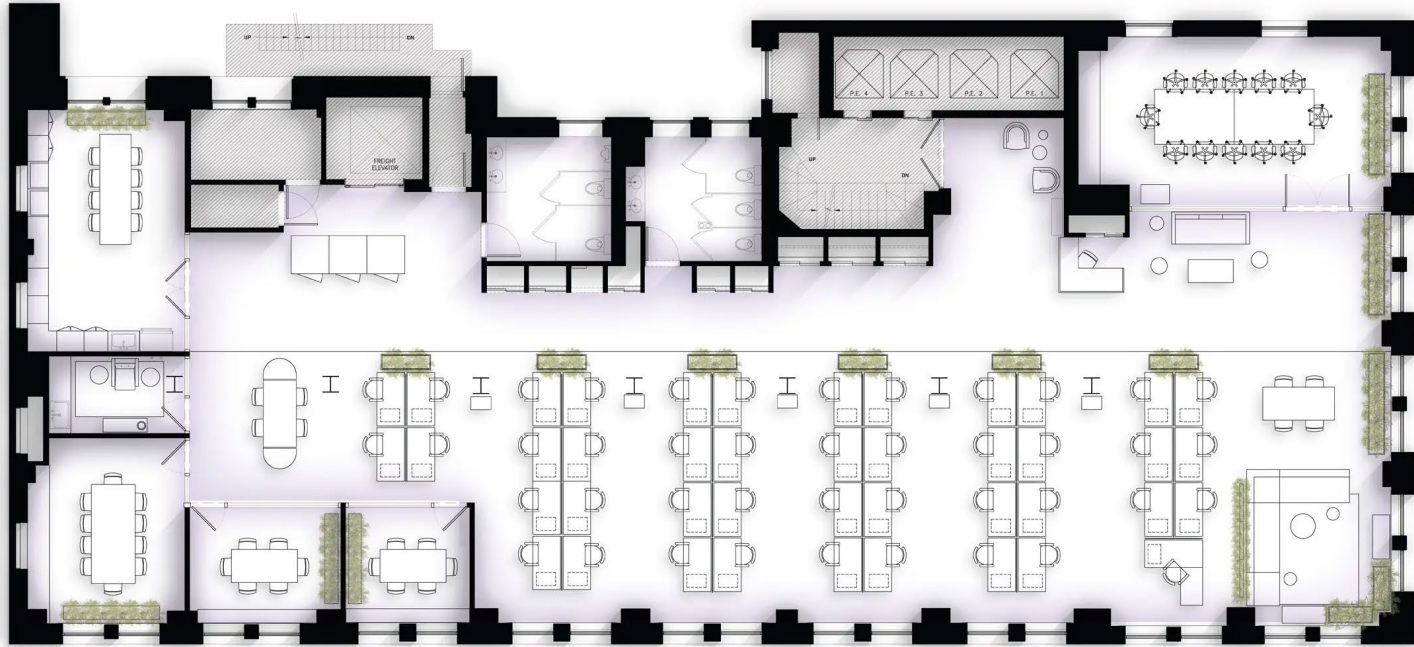
Project Cost of
construction, excluding
furnishing: NA



Vision

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

Design Approach



FLOOR PLAN



The background image shows a modern office space with a high ceiling featuring exposed ductwork and circular light fixtures. Large windows on the left and right sides offer a view of a city skyline. In the foreground and middle ground, there are several dark-colored desks with ergonomic chairs. Some desks have laptops, notebooks, and small potted plants on them. The overall atmosphere is professional and contemporary.

“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.”

3 Challenges of the Project

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



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.”



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



AIR



- 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.



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.



Air Quality

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



An underwater photograph showing a large, dark, textured rock formation on the right side. The water is clear, with sunlight filtering through from the top, creating a shimmering effect. A circular graphic with a dashed border is overlaid on the left side, containing the word "WATER" in white capital letters.

WATER



Water

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



Water

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



NOURISHMENT



Nourishment

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



Nourishment

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

A close-up photograph of a glowing incandescent light bulb inside a glass container, possibly a lamp or a decorative piece. The bulb is illuminated, casting a warm, golden light. The glass container has a textured, possibly etched or stained, surface. On the left side of the image, there is a blue circular graphic with a dashed white border. Inside this circle, the word "LIGHT" is written in a bold, white, sans-serif font.

LIGHT



Every workstation has natural light and views to the outdoors.



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



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



MOVEMENT

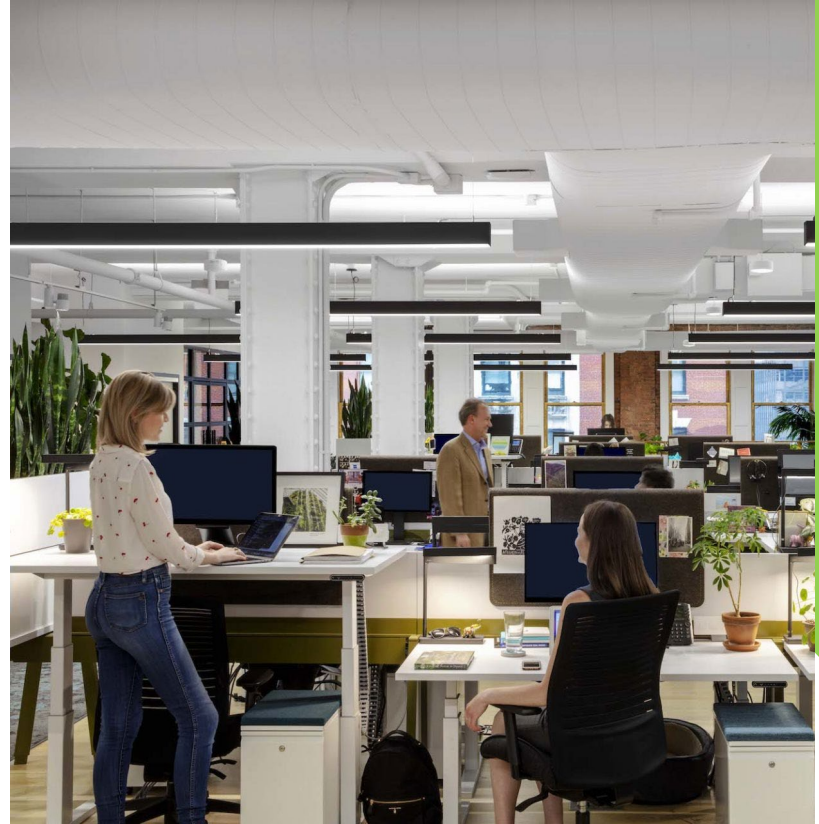
Ergonomic Design

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.



Movement

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





THERMAL COMFORT

Thermal Comfort

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



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.





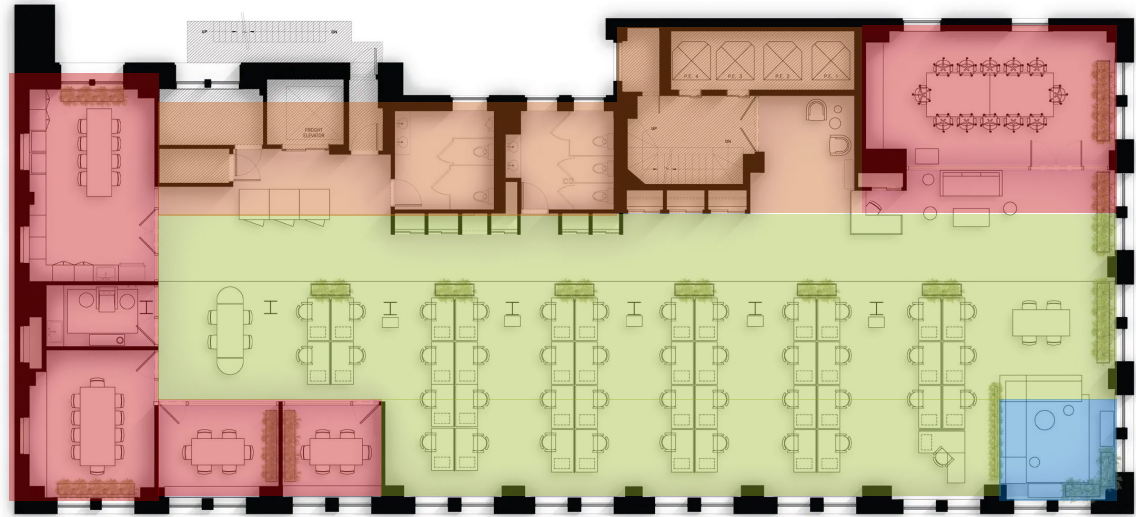
“By giving people the ability to choose where they work, they get to be in a warmer section of the office or the cooler one.”



SOUND

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.



Sound

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





MATERIALS

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.



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.



A young man with dark hair, wearing a dark grey t-shirt and khaki shorts, is sitting on a large, light-colored rock. He is looking down at a white notebook on his lap, holding a blue pen and writing. The background is a scenic view of a city at sunset, with mountains in the distance and a warm, golden light. Other people are visible in the background, some sitting on rocks and others standing. A large, semi-transparent teal circle with a dashed white border is overlaid on the left side of the image, containing the word "MIND" in white, bold, sans-serif capital letters.

MIND



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.

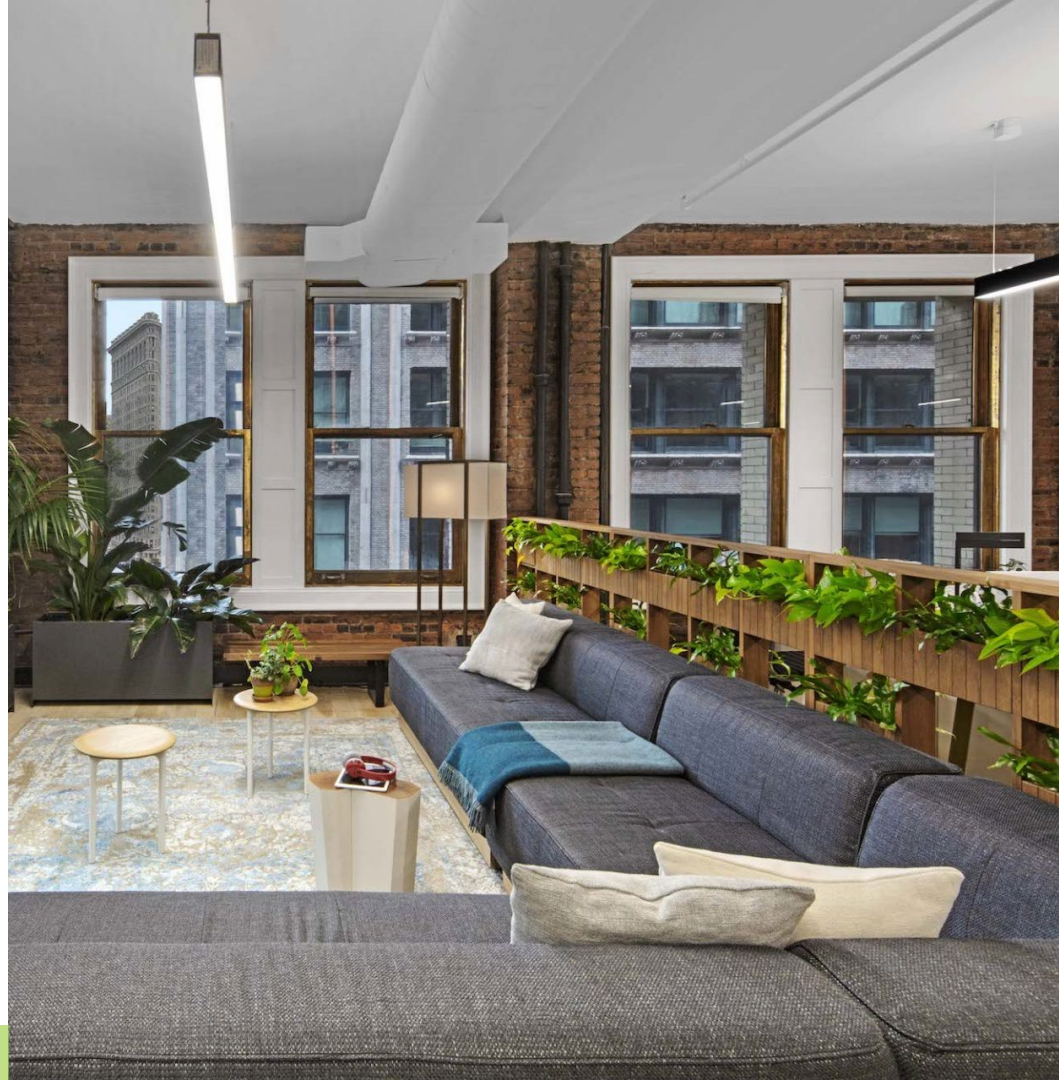




Image Source: <https://cookfox.com/projects/international-well-building-institute-headquarters/>



COMMUNITY

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.



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.





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.

A photograph of a modern office interior. In the foreground, there is a white desk with a black office chair, a laptop, and some papers. A small potted plant is on the left. In the background, there are more desks, a large indoor plant, and a person standing. A large green semi-transparent box is overlaid on the right side of the image, containing a quote in white italicized text.

"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**



Benefits faced by IWBI Headquarters, NY

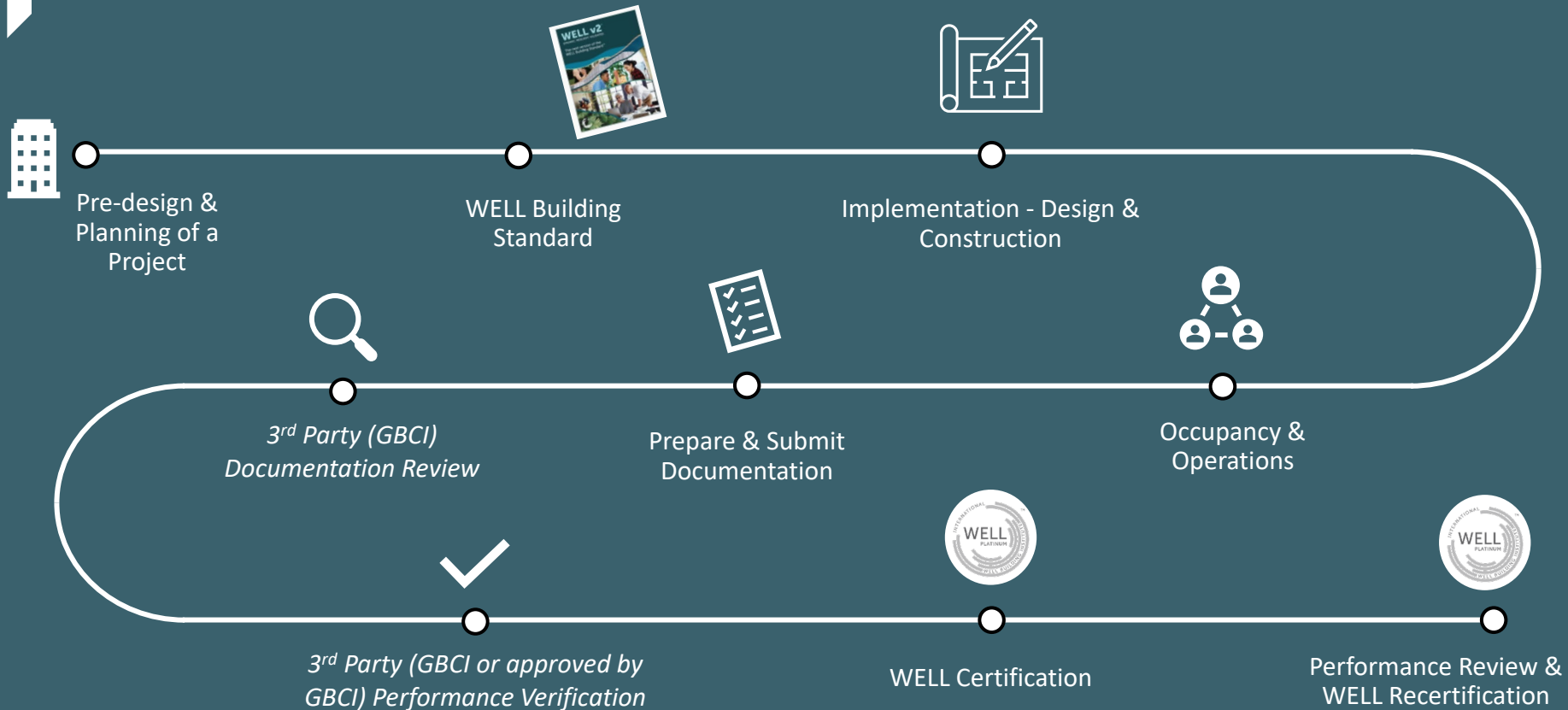
- Notable improvement in overall well-being, with reduced stress levels and increased job satisfaction.
- Sick leave rates decreased
- Increased employee focus and productivity.
- Reduced energy consumption through efficient lighting and HVAC systems.
- Served as a showcase for sustainable design and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



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

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

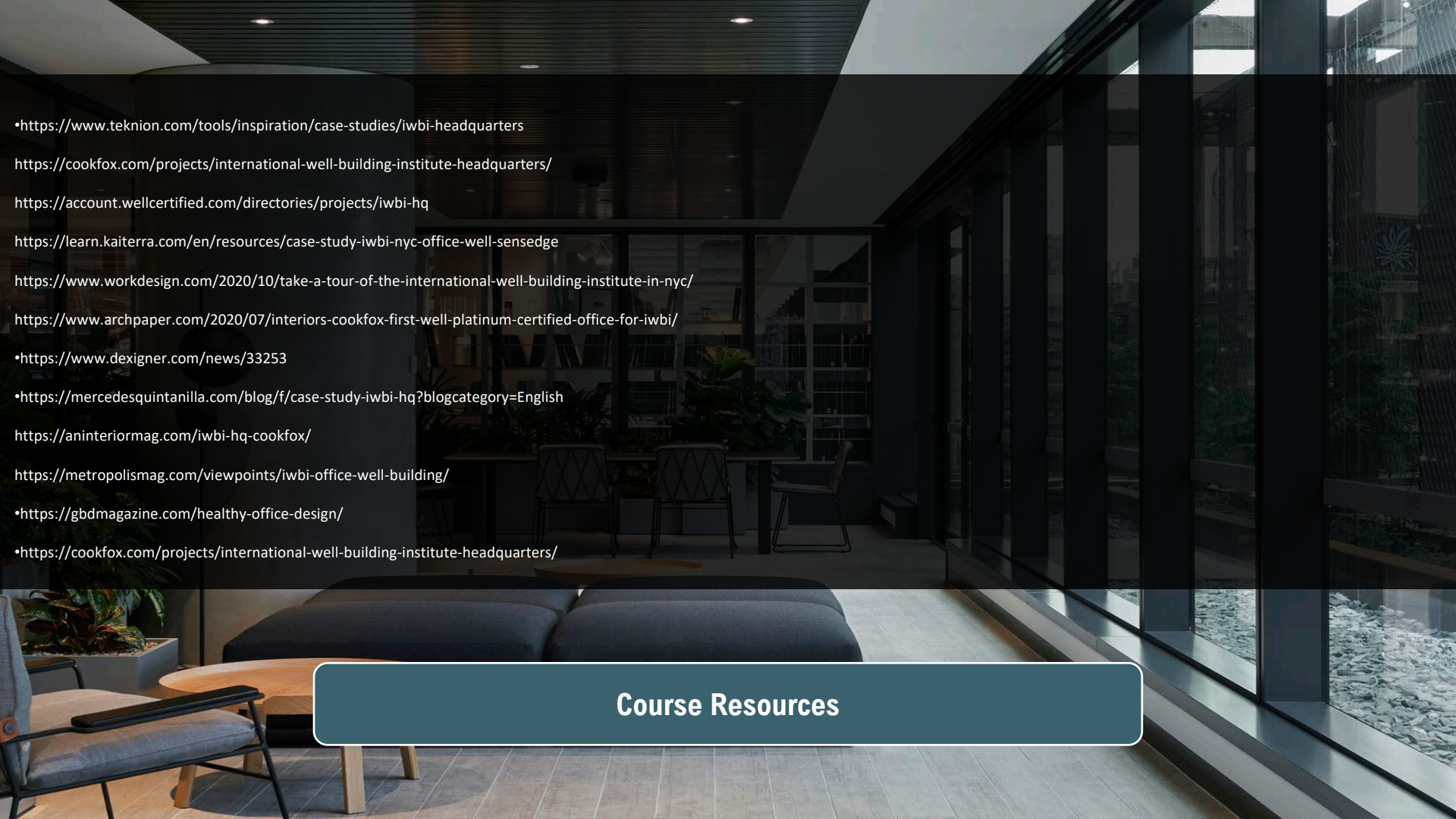
**Flexibility and
Global Applicability**



**Latest Research
and Expertise**



**Positive Impact
on Occupants**



- <https://www.tekunion.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/f/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/>
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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

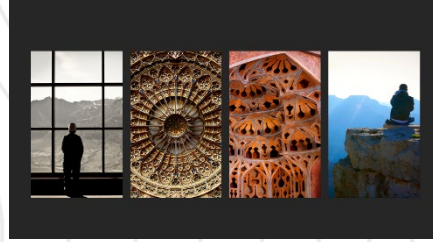


Become a GBRI Wellness Ambassador



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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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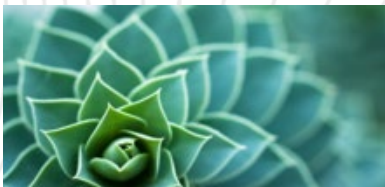
Sustainability, Health & Wellness Courses



LEED v4: Through the eyes of a Contractor



Corporate Sustainability Reporting: Getting Started

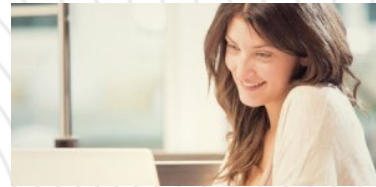


Nature's Marvels: Innovation in Natural Building Design



Sustainable Olympics: A Gold Medal Winner

LEED & WELL Exam Prep



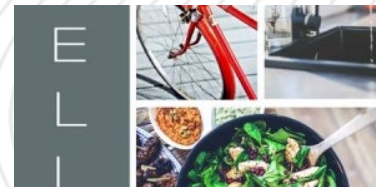
LEED Exam Prep for Green Associates, BD+C and O+M



LEED v4 Online Modules



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SUSTAINA...



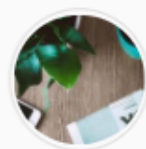
LEED EXA...



WELL EXA...

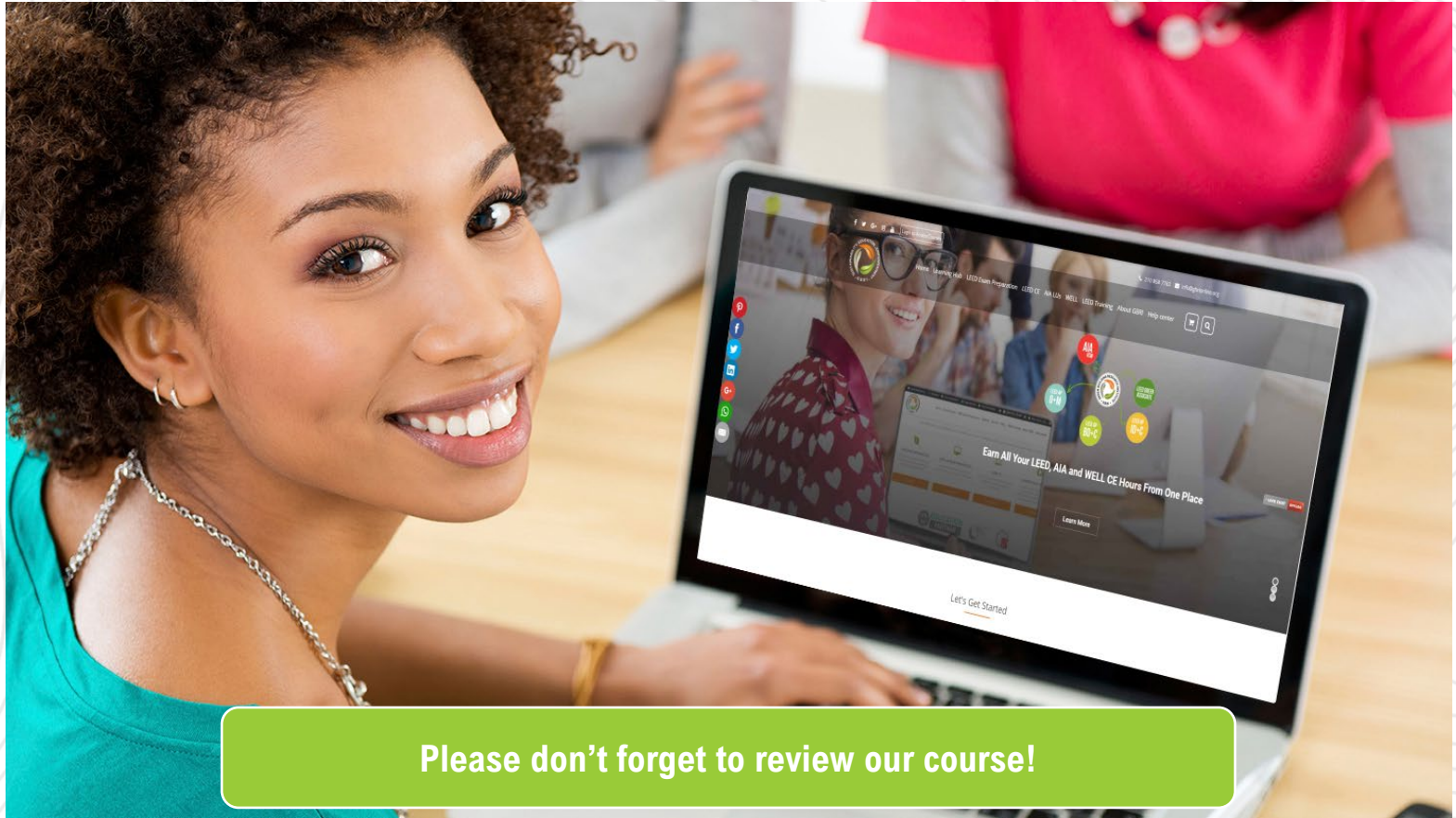


CASE STUD...



NEWS HEA...

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



Please don't forget to review our course!