

A healthy workplace attracts talent

The [Work Colleague Of The Future](#) report published in 2019 looks at what office workers might look like in 20 years. The report is accompanied by a life-size doll, Emma, who models the future. She is hunched, has varicose veins, eczema, sallow skin, red eyes and a protruding stomach.

Emma may be an exaggerated portrayal but she is a wake-up call for employers and office workers on the long-term effects of sitting at a desk, staring at a screen, and failing to manage stress and find a healthy work-life balance.

A holistic approach to wellbeing at work is vital to ensure workers remain happy, healthy and productive. Although a supportive corporate culture is the most important aspect of wellbeing – a bullying boss is top of the list for causes of ill health in the workplace according to a number of studies – good office design, backed up by a carefully curated selection of amenities, can boost health and happiness in the workplace.

With growing competition to attract talent, firms are increasingly focusing on improving their working environment. [One survey found](#) 93% of tech workers said they would stay longer with a company offering options such as wellness rooms for yoga, meditation and healthy eating option than with those that don't.

[The World Green Building Council](#) has devised seven categories to use in promoting workplace wellness: Air – improving air quality; Water – maintaining hydration; Nourishment – providing healthy eating options; Light – boosting natural light and improving artificial light; Fitness – encouraging physical activity; Comfort – using ergonomically designed furniture and layouts, and Mind – improving mental health.