



THE EMPLOYEE EXPERIENCE

Study:

Employees Desire Natural Light and Views Over Any Other Office Perk



In a newly released study by Future Workplace entitled “The Employee Experience,” over half of the 1,614 North American employees surveyed said natural light and views of the outdoors were their most important office perks, ranking higher than onsite cafeterias, fitness centers, medical care and childcare.

Key findings of The Employee Experience study include:

- ✔ **Access to natural light and views is a positive factor on the employee experience.** Employees say that access to natural light and views improves their overall happiness and well-being (78%), work satisfaction (73%), work performance (70%) and organizational commitment (54%).
- ✔ **Absence of natural light and views hurts the employee experience.** Over a third of employees feel that they don’t get enough natural light in their workspace. 47% of employees admit they feel tired or very tired from the absence of natural light or a window at their office, and 43% report feeling gloomy by the lack of light.
- ✔ **Prolonged technology use makes employees want a view/natural light more.** Over half of employees say that prolonged screen use leads to eyestrain or headaches at work. 73% agree that the longer they use their technology devices, the more they desire a visual break such as taking a walk or glancing at the view outside.

About Future Workplace

Future Workplace is a HR Advisory and Research firm preparing leaders for what's next in the future workforce and workplace. Future Workplace works with heads of talent acquisition, talent management, human resources, corporate learning, and diversity to prepare them for the disruptions impacting recruitment, employee development, and engagement. Future Workplace is host of the Future Workplace Network, an Executive Council that includes heads of Human Resources, Corporate Learning, and Talent Management, who come



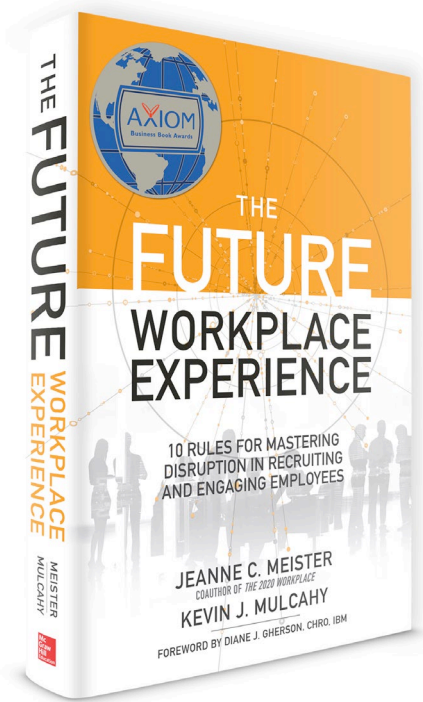
"While treadmill desks and nap pods sometimes get a lot of hype, the study clearly found that essential things such as optimized natural light and views are the most impactful and valued office perks. Employees say workplaces infused with daylight and views of the outside promote their well-being, engagement and productivity."

Jeanne Meister | Founding Partner of Future Workplace

together to discuss, debate and share "next" practices impacting the workplace and workforce of the future.

For more information, please visit:
<http://www.futureworkplace.com>.

Methodology



Research findings are based on a survey conducted by VIGA, fielded across the US and Canada between June 8th–11th, 2018. For this survey, 1,614 employees were asked about their views regarding workplace environment and experience with their current employer. The study targeted full-time employees who work across different sectors and in organizations of different sizes. Respondents were recruited through a number of different mechanisms, via different sources to join the panels and participate in market research surveys. All panelists had passed a double opt-in process and complete on average 300 profiling data points prior to taking part in surveys.



**Jeanne
Meister**

Jeanne is a founding partner of Future Workplace, an HR Advisory and Research firm. Jeanne is the author of three previous books. She is the co-author of the bestselling book *The Future Workplace Experience: 10 Rules For Mastering Disruption in Recruiting and Engaging Employees* and previously *The 2020 Workplace: How Innovative Attract, Develop & Keep Tomorrow's Employees Today*. Jeanne is a regular contributor to *Forbes* and the recipient of the Distinguished Contribution in Workplace Learning Award, given by Association for Talent Development (ATD) to one executive each year honoring their body of work. Jeanne has been named to the Top 50 Influencers in Human Resources. Jeanne regularly speaks on how companies are preparing for the future of work. She is on the Board of Advisors for Kronos Workforce Institute and appears frequently on *CNBC Power Lunch*, *Fox Business*, *CNN*, *WPIX*, *New York*, and *NPR Market Place* sharing best practices on the future workplace. Jeanne was previously Vice President, Market Development of Accenture.

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