Program Overview
Organizations understand the importance of employee safety and physical wellbeing, so they design environments to support these requirements. Not so for holistic and emotional wellbeing, key elements which help employees reach their full potential. Help your organization to thrive by learning:

- How work has changed.
- The dimensions of wellbeing and how workplaces can improve employee health.
- The rising importance of emotional wellbeing.

Learning Objectives
- Understand the connection between physical, emotional and cognitive wellbeing.
- Demonstrate how environments designed to address emotional wellbeing increase employee engagement and drive business performance.
- Benchmark your performance against other organizations.

Presenter
Katrina Hogan, Steelcase’s Wellbeing Consultant, manages Steelcase’s local client relationships, sharing insights and research around wellbeing and ergonomics along with solutions to support these findings. A 29-year furniture industry veteran, Katrina’s aim is to ensure that space performs for the dynamic worker of today and tomorrow – supporting every body, encouraging healthy movement and stimulating great work.

Palette of Posture
Today’s workplace needs spaces that encourage people to sit, stand and move throughout their day, while supporting the different kinds of work they do and the multiple technologies they use

- A. Eye level even with top of monitor.
- B. Viewing distance 15-30 inches.
- C. Elbow angle 90º and close to body
- D. Wrists straight.
- E. Knee angle 90º.
- F. Foot rest or flat feet.
- G. Seat height 15-20 inches.
- H. Lower back support.

Kuhlman University
1845 Indian Wood Circle
Maumee, OH 43537

Thursday
March 26, 2020
12:00 Noon-1:00 p.m.  Lunch Provided.

Please RSVP
KuhlmanEvents@kuhlman-corp.com,
Call Terrie Vowles at 419-897-6000, or
Complete the online registration form

Participation in this presentation will earn attendees one AIA Learning Unit (1 AIA LU/SC805)