

Focus in the Workplace
(One-hour course)

AIA Course #: HAW589

IDCEC Course #: CC-106481

Subject Code: 3. Interior Design Education / 1. Instruction

Course Description:

Employers need open and interactive space to encourage collaboration, and such spaces can introduce distractions. Distractions, however, sabotage focus, and focus work is a necessary part of collaborative efforts. How can we solve this conflict? Approach workplace design so that it encourages both collaboration and focus work within a variety of options for optimal worker performance.

Course Objectives:

- Understand the meaning of focus
- Identify the challenges of staying focused
- Explain why focus in the workplace is difficult and what can be done to support it
- Identify design solutions in the workplace that help to encourage focus

Course Outline:

1. Explain what focus is and isn't
2. Focus exercise and debrief
3. The Challenge: Distractions and Performance
4. Design solutions that encourage focus
5. Questions and answers