



**YOU'RE
INVITED**



WORKSPACE NUDGE™

How engaging spaces lead to well-being, transforming human capital into a happy, high-performing workforce.

The path to wellness, although based on good intentions, has not delivered desired results. Chronic disease continues to escalate and the associated health costs are not only financial. Stress is the number one factor contributing to a work population that is physically and emotionally unhealthy.

The journey of this Haworth sponsored project led by Rex Miller has lasted over two years with research from over 100 corporate leaders and experts. The result of this work is a new book, *The Healthy Workplace Nudge, How Healthy People, Culture and Buildings Lead to High Performance*, co-authored by Dr. Michael O'Neill and Rex Miller.

Please join us for dialogue with Dr. Michael O'Neill and Rex Miller.

Thursday, May 9

Registration + Breakfast: 8:00 a.m. – 8:30 a.m.

Interactive Presentation: 8:30 a.m. – 10:00 a.m.

Book Signing + Networking: 10:00 a.m. – 10:30 a.m.

OR

Registration + Networking: 4:30 p.m. – 5:00 p.m.

Interactive Presentation: 5:00 p.m. – 6:30 p.m.

Book Signing + Networking: 6:30 p.m. – 7:00 p.m.

**Haworth Calgary Showroom
5th Avenue Place - East Tower
112, 222 - 5th Avenue SW
Calgary, AB T2P 0L1**

An RSVP is required to ensure we can accommodate seating and catering.

Please RSVP at: www.haworth.com/events/workspacenudge

About the Authors



Rex Miller

Rex Miller is an internationally award-winning author, respected futurist, elite coach, and compelling keynote speaker. His mindSHIFT process brings a unique crowdsourced approach to tackling complex leadership challenges. In partnership with Haworth, this process has won both the CoreNet Global Innovators Award and Industry Excellence Award.



Dr. Michael O'Neill

Dr. Michael O'Neill holds a B.A. in psychology, an M. Arch, and Ph.D. in Architecture. With 20+ years in the industry, Michael is based in the US as the Lead for Haworth's Research, Workplace Strategy, and Business Intelligence departments. Workplace Research takes a broad global perspective to identify future trends and offer practical insights for workspace strategy, planning, and products.

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