



VCU

Virginia Commonwealth University
VCU Scholars Compass

Theses and Dissertations

Graduate School

2017

THE THIRD PLACE: A MIXED-USE BUILDING FOR OFFICE WORKERS IN THE CENTRAL BUSINESS DISTRICT

Mingming Zhao

Follow this and additional works at: <https://scholarscompass.vcu.edu/etd>

© The Author

Downloaded from

<https://scholarscompass.vcu.edu/etd/4897>

This Thesis is brought to you for free and open access by the Graduate School at VCU Scholars Compass. It has been accepted for inclusion in Theses and Dissertations by an authorized administrator of VCU Scholars Compass. For more information, please contact libcompass@vcu.edu.



The Third Place

A mixed-use building for office workers in the central business district

MFA Thesis Project 2017 | VCUarts Interior Design | Mingming Zhao

A thesis submitted in partial fulfillment of the requirements for the degree of Master of Fine Arts at Virginia Commonwealth University.

Mingming Zhao

B.A. English Studies with International Business
The University of Nottingham Ningbo China, 2015

M.F.A. Interior Environments
Virginia Commonwealth University, 2017

To the teachers who inspired and guided me

Roberto Ventura
Christiana Lafazani
Sara Reed
Eleanor Barton
Camden Whitehead
Jillian Chapin
Jennifer Fell
Rob Smith
Emily Smith
Hillary Fayle

To my classmates who accompanied me on this journey

An Liu
Lauren Prisco
Moriah Rhodes
Alexis Holcombe
Heather Overby
Lucy Dabney

To my family and friends who provided endless love and support

Qiang Yan
Yang Liu
Xilin Chen
Xiran Yang
Shiyang Yuan

I am so blessed to have spent the past two years with you.

Truly grateful. Thank you.

table of contents

- 6 manifesto
- 8 abstract
- 10 precedents
- 20 research
- 22 site
- 28 existing drawings
- 33 exploration
- 48 design
- 76 exhibition
- 82 sources

"I believe that the way people live can be directed a little by architecture."

—— Tado Ando..

...

I believe... less, but better.

If I am to design, I must be honest to materials, be critical to "truth", and be brave to move beyond the traditional and accepted.

Embracing the constraints of nature as a jumping off point, not a barrier.

Speaking in a design voice that is respectful of humanity, mindful of our planet and influences those who interact with my solution to be mindful as well.

Work-related stress is an issue of growing concern around the world.^[1] The relationship between work stress and individuals' psychological and physical health is well acknowledged.^[2] In the survey of "stress in the workplace" conducted by American Psychological Association in 2012, two in five (41%) of employed adults report that they typically feel stressed during the workday, up from 36% in 2011, while less than six in ten (58%) report that they have the resources to manage work stress.^[3]

Historically, Central Business Districts are a focal point of cities, and are occupied by a large group of office buildings and a number of retail spaces. According to Elsbach and Bechky (2007), office workers regularly leave their offices in search of more relaxed, creative environments.^[4] However, there is limited "third space" to serve office workers' daily life in the central business district.

Most of the design research about wellness of office workers have done focus on the spaces in which people work during office hours. Consideration for office workers in the CBD after office hours is relatively rare. What else is needed to support the life of the office worker, and what kind of spaces they are looking for after hours.

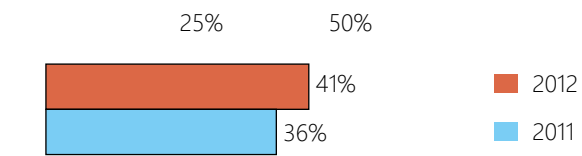
Several primary research methods were adopted. First, a survey of research on how the design of traditionally planned CBDs fails to support wellness of office workers was made. Then, the thesis examined what is needed to support the wellness of office workers. In order to make it be specific to the office workers in the CBD of Richmond, qualitative methodology, including interviews and video records of the daily CBD living habits were made. In addition, case studies of recently done CBDs that tackle this question. The Shibaura House, designed by Kazuyo Sejima, located in the business district of Tokyo in Japan, will serve as a primary case study.

There are three aims in this research. First is the design of a series of mixed-use spaces in an existing building in the Central Business District of Richmond to support the life of office workers after office hours. It also aims to improve wellness of the office workers in the CBD of Richmond, and try to define the CBD in a new way.

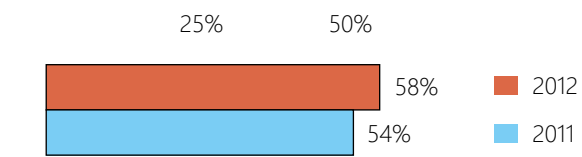
The preliminary results for this research indicates the importance of the concern for office workers after hours. It is necessary to focus on the practical effect of the mixed-use building on reducing work stress, improving office workers' health and enhancing wellness of office workers.

What workers say about stress on the job

Stress in the workplace^[3] (% Strongly Agree)



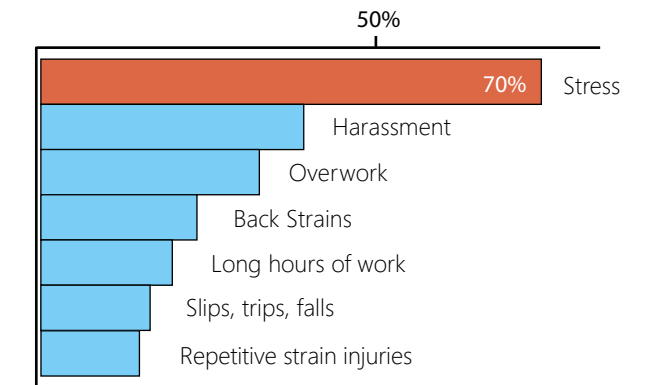
Typically feel tense or stressed out during workday^[3]



Have resources to manage work stress^[3]

Stress and health in the American workplace

Threat to Workplace Health in 2016^[7]



The original idea for this project is to design a mixed-use building for the office workers after office hours. In the process of researching, keep finding existing projects all over the world with the similar starting point as me, but in different ways. For example, the Shibaura House in Tokyo, which is my spirit for mixed-use spaces. Another referential project is the Hive On 16th in Denver, it has quite similar operation mode for public spaces as I proposed to use for my project.

For the thesis project, it aims to change the single form of the central business district in Richmond, and improve the wellness of office workers. Therefore, the keywords for my research were mixed-use building, office workers, wellness, pressure reducing, co-working spaces, and sustainability.



Side facade of the first level in Shibaaura House, Tokyo

SHIBAURA HOUSE

Project designer: Kazuyo Sejima & Associates
Project location: Tokyo, Japan
Program: Office, event space, lounge, cafe
Built area: 951 m²
Date Completed: 2011

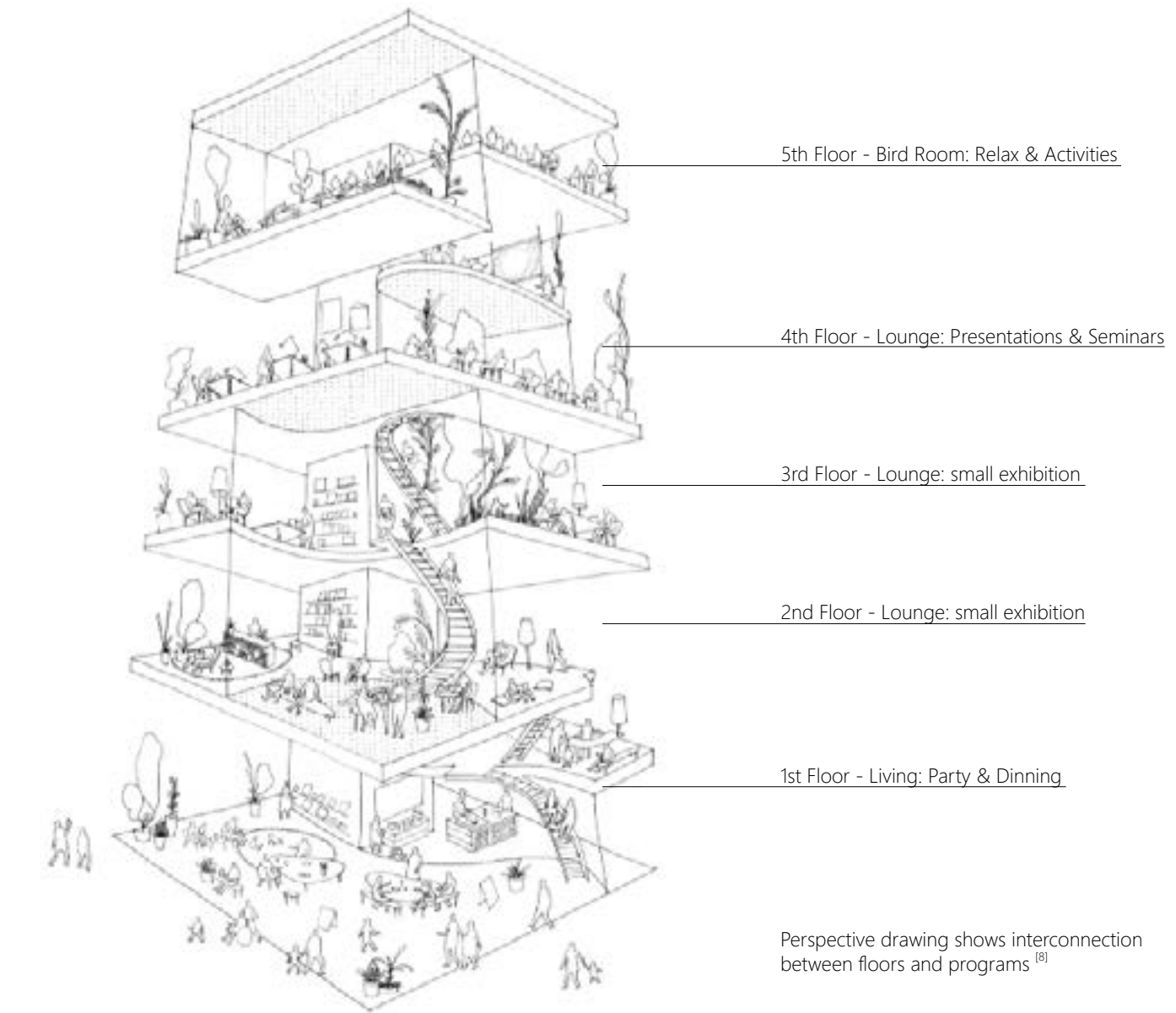
The Shibaaura House represents a new spirit for mixed-use spaces. It is a multistorey building containing flexible workshop spaces which provide diverse areas within the various levels. It is capable of supporting a wide range of functions and activities, and individuals or groups may hold meetings, conferences, events, lectures and exhibitions within the unique interior and terraced plan arrangements. The way of mingling different programs but also making them be relatively independent is what I am looking for in the thesis project.





first level living space in Shibaura House

The first floor is equipped with a kitchen and drinking and eating is possible, it is great for a party. Also it is suitable for talks and workshops. The second floor is great to use as a lounge space, when using the 1st floor for a party. It is also a fitting space for a small exhibition as there is natural light from the southern terrace. The third floor is gently divided into two spaces, by a glass window and the terrace, which is suitable for presentations and seminars.



"What I really like, is the mix of people using the space during their lunch hours. Over here businessmen are having meetings, over there mothers convene, and in another areas you find employees like us. It is wonderful to see all these things happening in one space, and I think it is great that we have managed to create that in the middle of the city."



second level lounge



third level lounge



fourth level bird room



tree corner in a21 house, Vietnam

A21 HOUSE

Project designer: a21 studio
Project location: Ho Chi Minh City, Vietnam
Program: Office-house
Built area: 40.0 m²
Date Completed: 2012

The a21 house is a stylish traditional Asian studio with multilevel construct which uses natural sunlight, open spaces and skylights to create a relationship between nature and the building itself. The overall organic ambiance is amplified with simple white textured walls and hints of greenery growing indoors.

This project inspiring the way of bringing green from outside to inside, and it's lack of fussy details, reuse of existing structure and surfaces, abundance of natural light, open breezy spaces, integration with trees and plants, an overall relaxed style and effortless beauty in the simplicity.



"I simply want our studio like a wild-cage which is bathed in sunlight, inundated by rain-water, fully surrounded by tree... and non-frontier space ... And we are like wild beasts in cage, stay temporary momentary but thirst for living."

The inspiration A21 house project give me is the concept of green and nature.



first level food bar



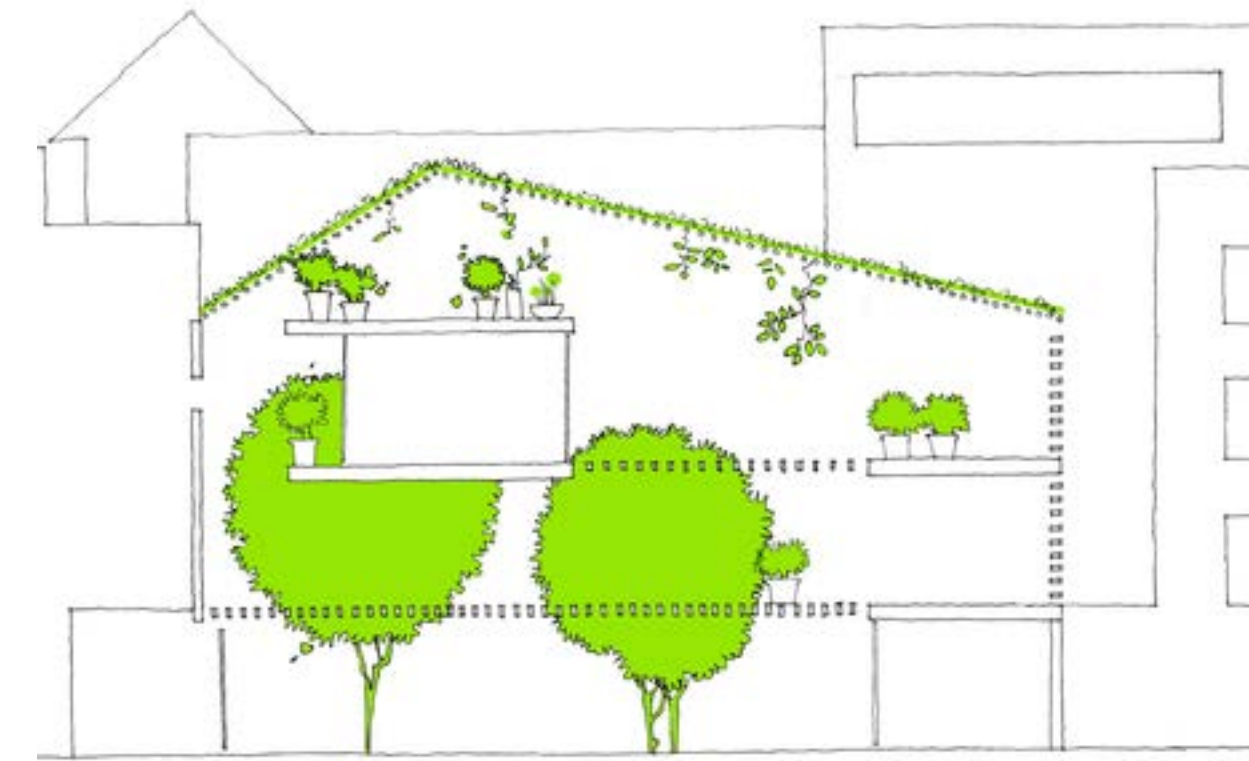
wood strips floor and ceiling



second level floor



first level ceiling



section highlights plants in the building

THIRD PLACE

Oldenburg calls one's "first place" the home and those that one lives with. The "second place" is the workplace — where people may actually spend most of their time. Third places, then, are "anchors" of community life and facilitate and foster broader, more creative interaction.^[5]

Oldenburg suggests the following hallmarks of a true "third place":

- Free or inexpensive
- Food and drink, while not essential, are important
- Highly accessible: proximate for many (walking distance)
- Involve regulars – those who habitually congregate there
- Welcoming and comfortable
- Both new friends and old should be found there ^[5]

LIVING OFFICE - Human-centered approach

After researching on workplace stress and health, wellness of office workers and the Central Business District environment, this proposed mixed-use building program will include a cafe, fitness center, work lounge, workshop rooms and a roof terrace. Most of the program supports entertainment and support spaces which help office workers relax after office hours. However, the concept of the work lounge (public lounge + private offices) in this building is resembles a living office.

Living Office is a high-performing workplace that delivers an elevated experience of work for people, it provides an updated understanding of people and their work, founded on elements that are naturally human—how we experience the world and what motivates us. Informed by this understanding, Living Office offers considerations for the arrangement of surroundings, furnishings, and tools to meet the needs of people and deliver an elevated experience of work.^[8] Food choices, high-quality lighting, water and air all serve to create healthier, energized surroundings.^[9]

From privacy-as-a-luxury to privacy-on-demand.^[8]

As work activities have become more interactive and communal, the need for privacy hasn't gone away. Private workstations or offices are no longer the way to provide this privacy. Many organizations are taking their exclusive- yet-vacant private offices and transforming them into smaller, better-equipped

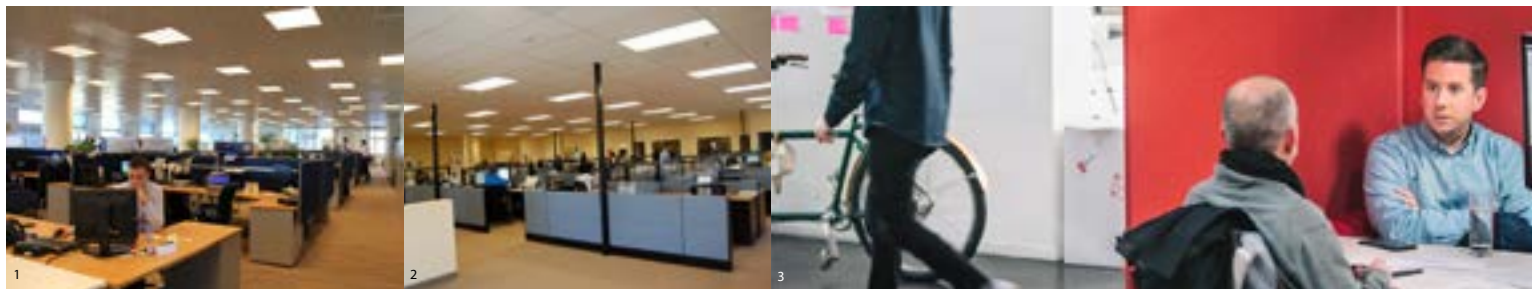
Haven Settings, where anyone can work.

From standard conference rooms to a variety of group settings:^[8] People doing a variety of activities throughout the day. A majority of these activities are social and collaborative in nature, like dividing and conquering work on a project, having a conversation, or co-creating an idea for a new product. Hence, it is necessary to create workplaces with a variety of settings, each specifically designed to support different people and their work.

From oversized conference rooms to precision-fit meeting spaces:^[8] Large, traditional conference rooms (think long rectangular tables with seats lining the sides) are still prevalent in many offices today, but most are underutilized: people only use two-to-four seats in spaces designed to accommodate six-to-twelve.

From required circulation to desired connection:^[8]

In the past, circulation space was viewed as a necessary evil: of ces had to have it so people could comfortably move from Point A to Point B. But circulation space can be far more than a conduit for people. When purposefully planned—with people's needs, experiences, and activities in mind - it can become active connective space.



1 Traditional office design with gloomy color palettes

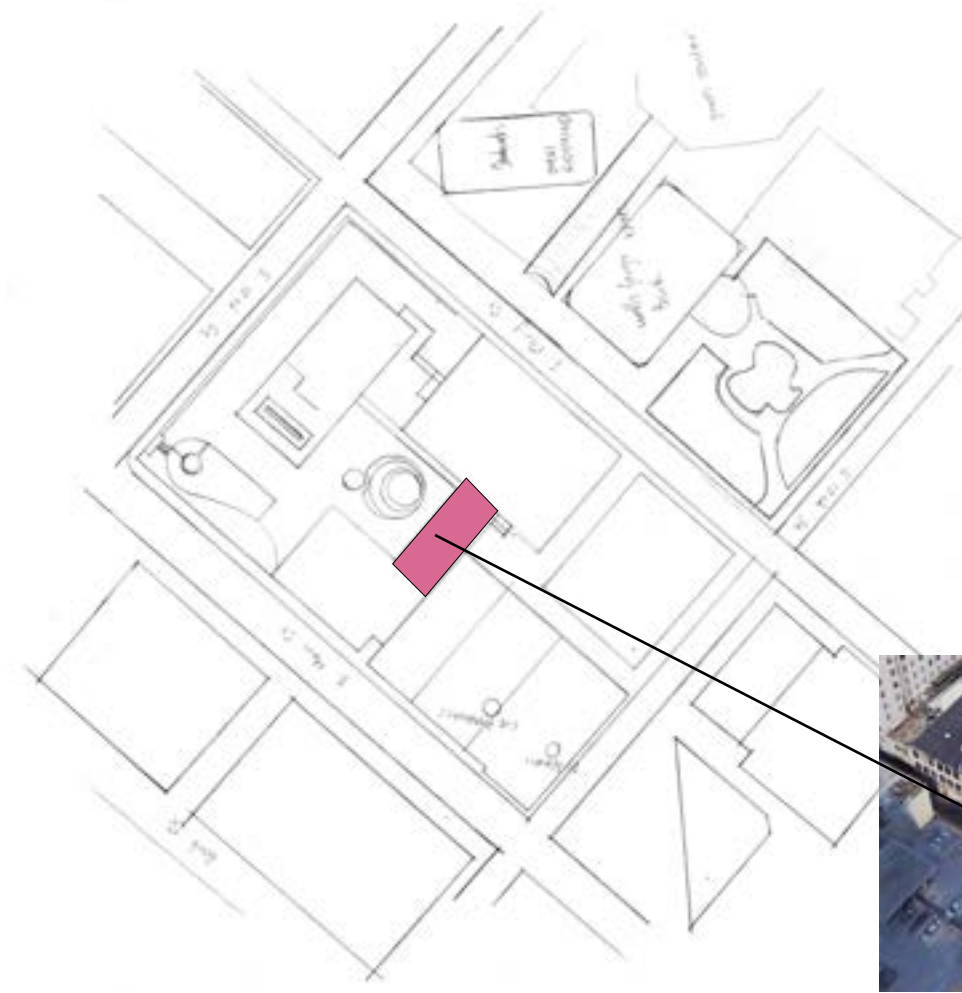
2 Contemporary living office approach to work or worlplace

This building was built in 1975, and it connected to the high-rise Bank of America building which is built in 1973. Located in heart of downtown Richmond's financial district. It has excellent views of the Capital and James River. The total square feet for the connector section is 28,000. The property class is Class A or B of ce building. The construction material is concrete, masonry, metal and glass.

The building is bound on the north side by East Main Street, on the east by South 12th Street, and on the south side by East Cary Street. It has a 25 story office building, a low three level office building, a nine level parking deck, and a pedestrian plaza.

The building was rezoned from B-6 Mixed Use Business District to B-4 Downtown Central Business District in 1999. Today, east of the building across 12th Street is zoned B-5 Central Business District. The property to north and west are occupied by high rise office buildings.



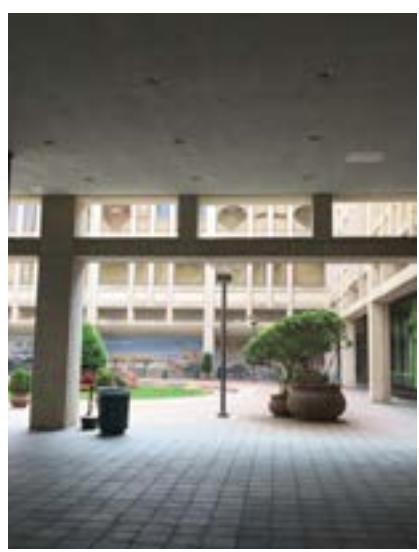
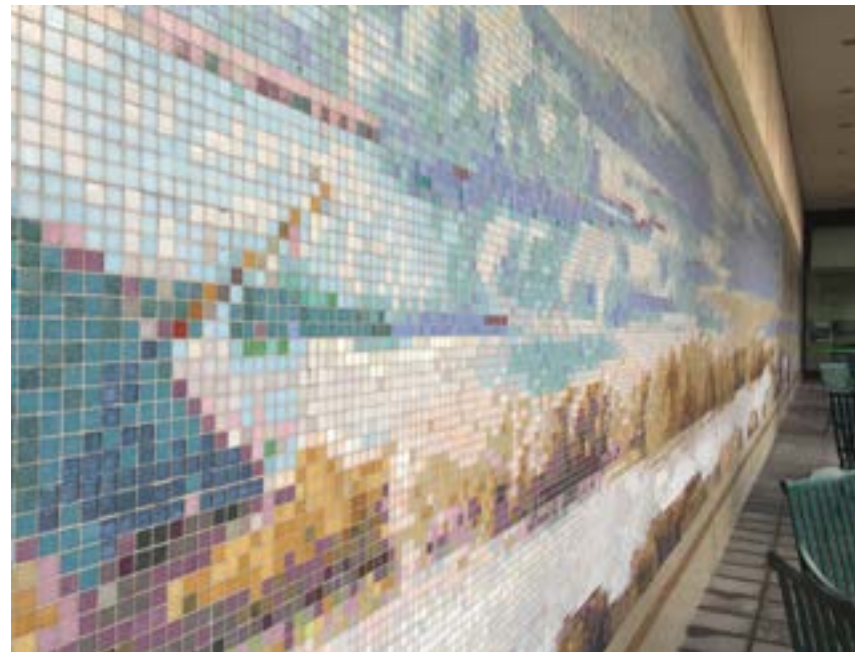


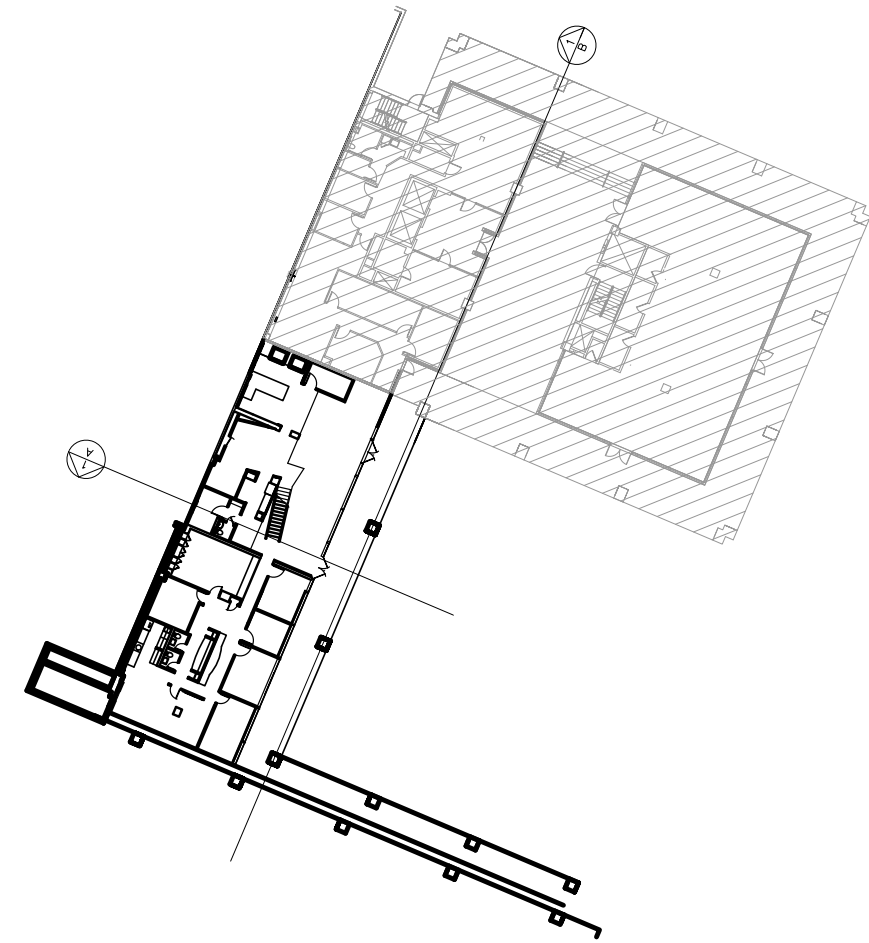
The building is located in the Central Business District in downtown Richmond. The area of offices in downtown has transformed from a public functional district to the Central Business District of Richmond today. The CBD acts as a district, connecting government, MCV campus and James River, and also a boundary, separating the downtown from the residential districts (R-6) and light industrial districts (M-1). A number of landmark high-rise buildings are located in the CBD such as the building of Bank of America. Capitol, as a landmark, play an important role to note this area

The CBD in Richmond has grown since 1999. Today, the west boundary of the district extends to North Harrison Street as shown in the following image. And the east boundary is Interstate 95. The north boundary is E Leigh Street, and the south is the James River

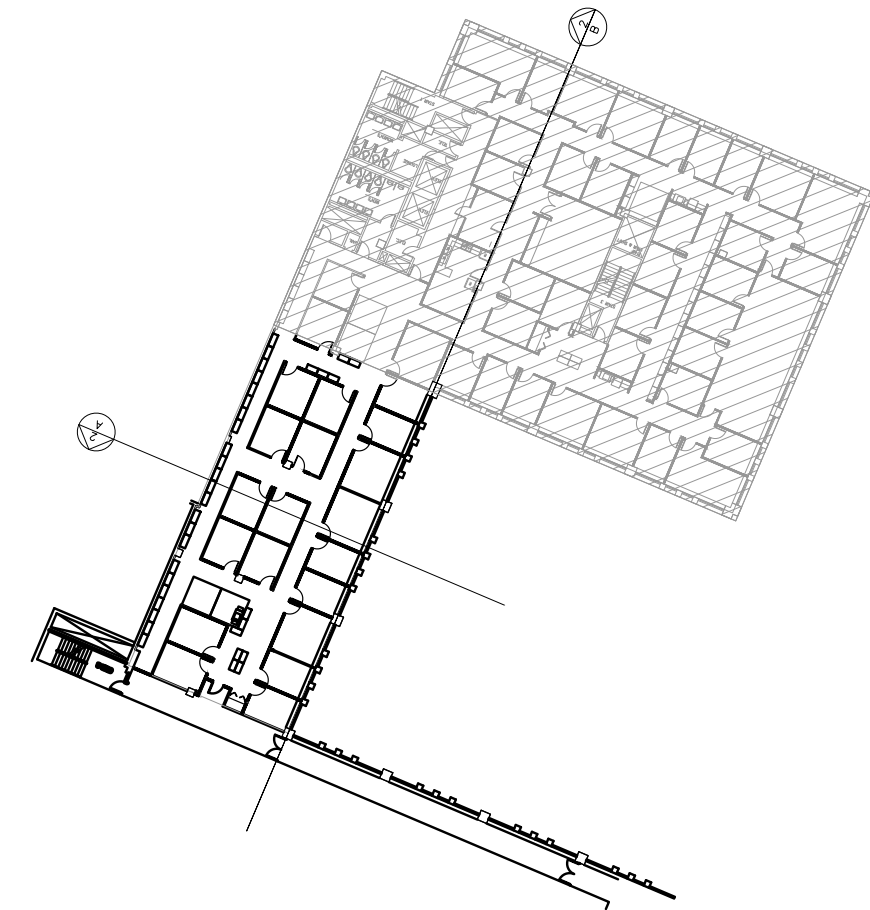
According to the labor statistics from Richmond Government Information System in 2015, the total labor population is 1,218,864.





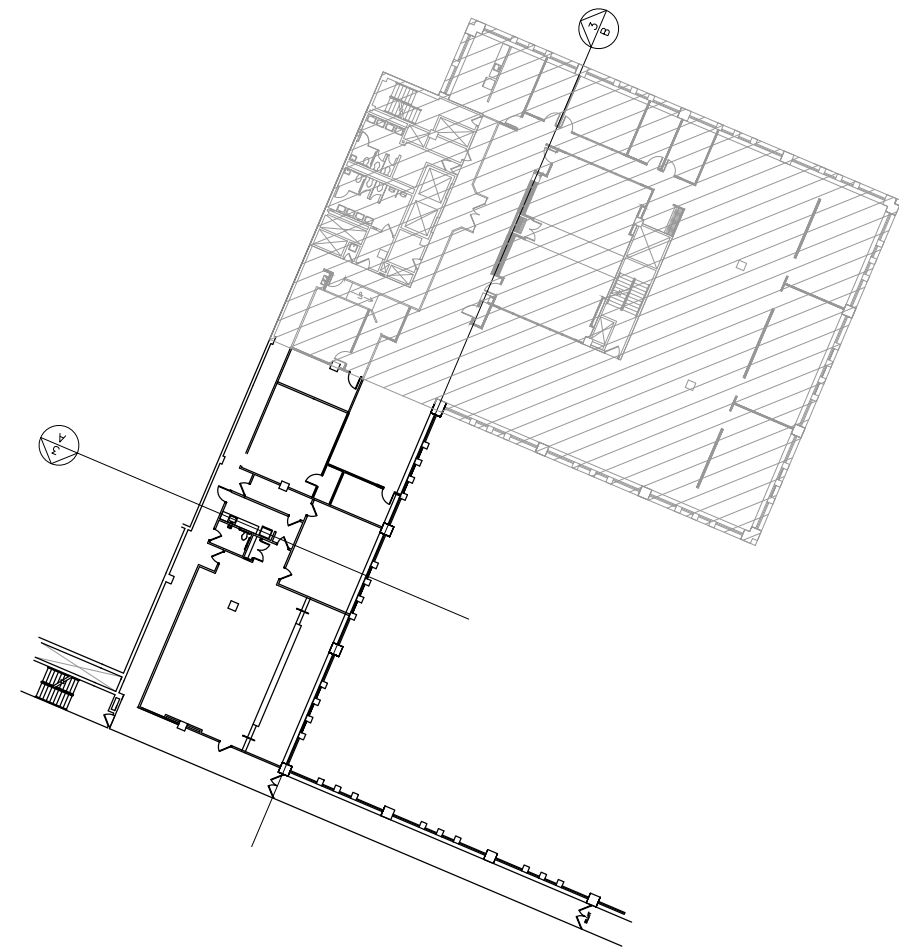


FLOOR PLAN - FIRST LEVEL
SCALE: 1/32"=1'-0"

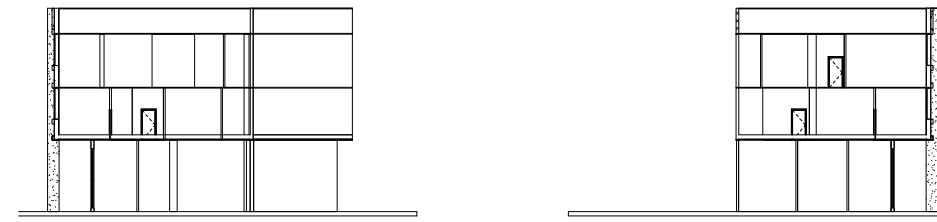


FLOOR PLAN - SECOND LEVEL
SCALE: 1/32"=1'-0"





FLOOR PLAN - THIRD LEVEL
SCALE: 1/32"=1'-0"

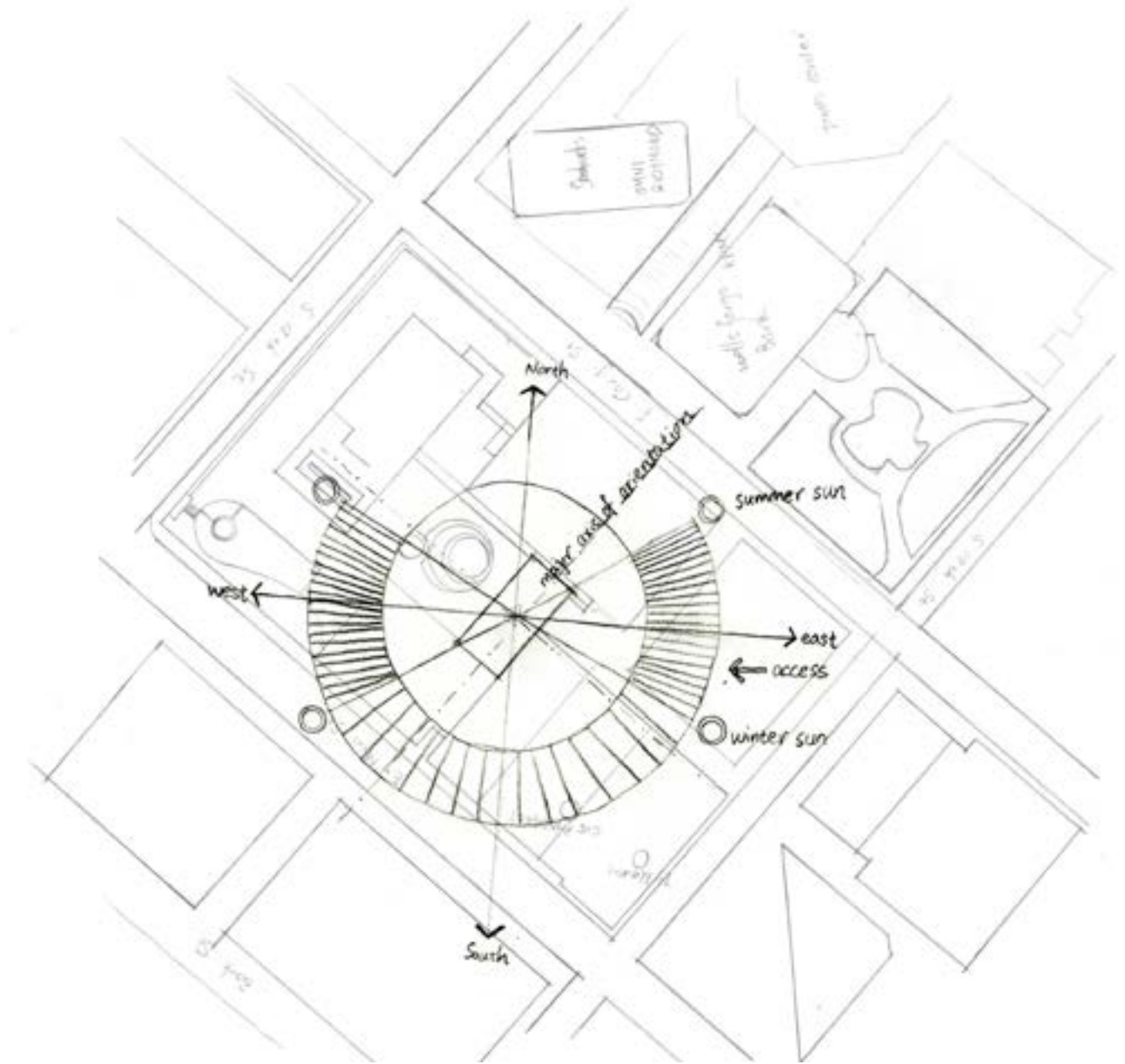
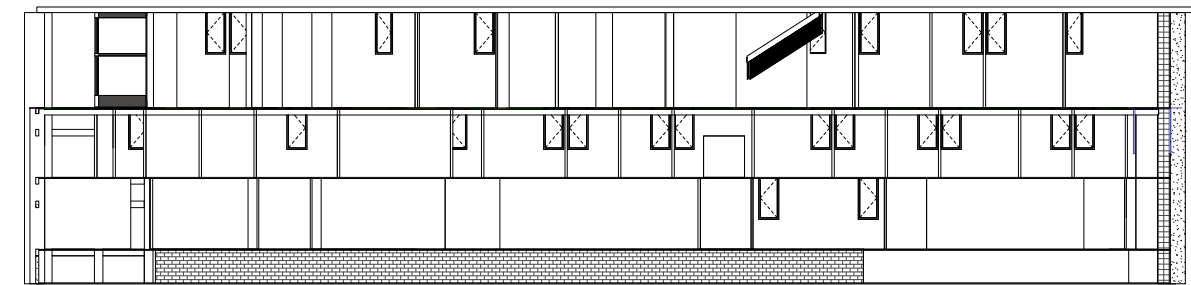
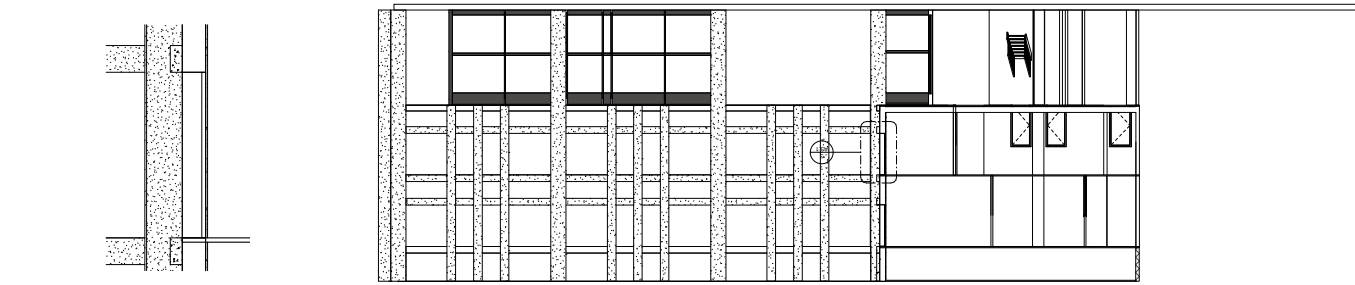


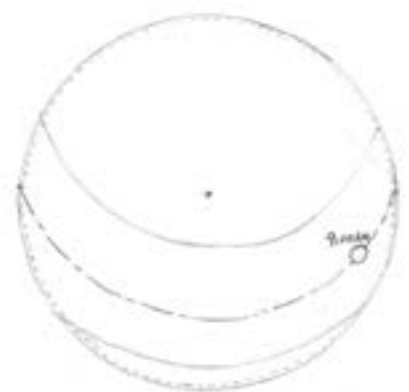
INTERIOR ELEVATIONS
SCALE: 3/32"=1'-0"



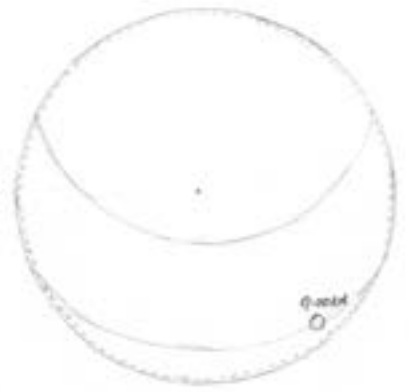
EXTERIOR ELEVATIONS
SCALE: 3/32"=1'-0"

sun study

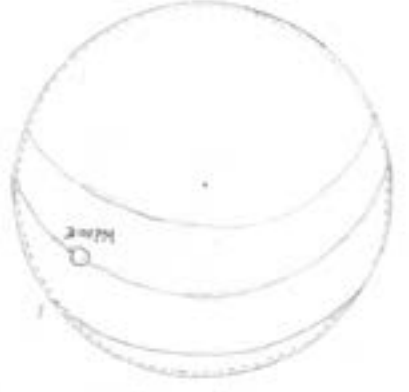




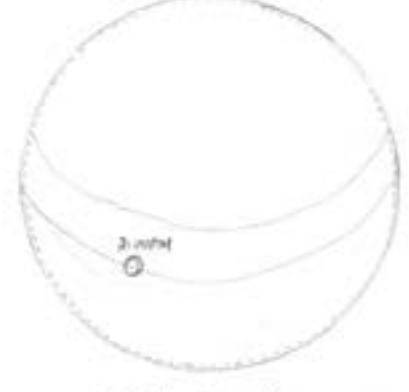
21 Sep. 2016.



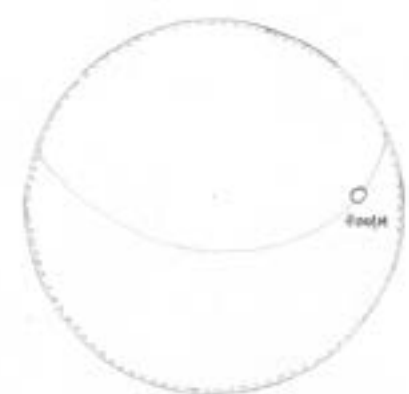
21 Dec. 2016



21 Sep. 2016



21 March. 2016



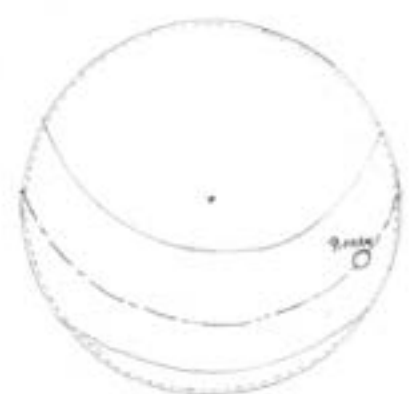
21 June. 2016



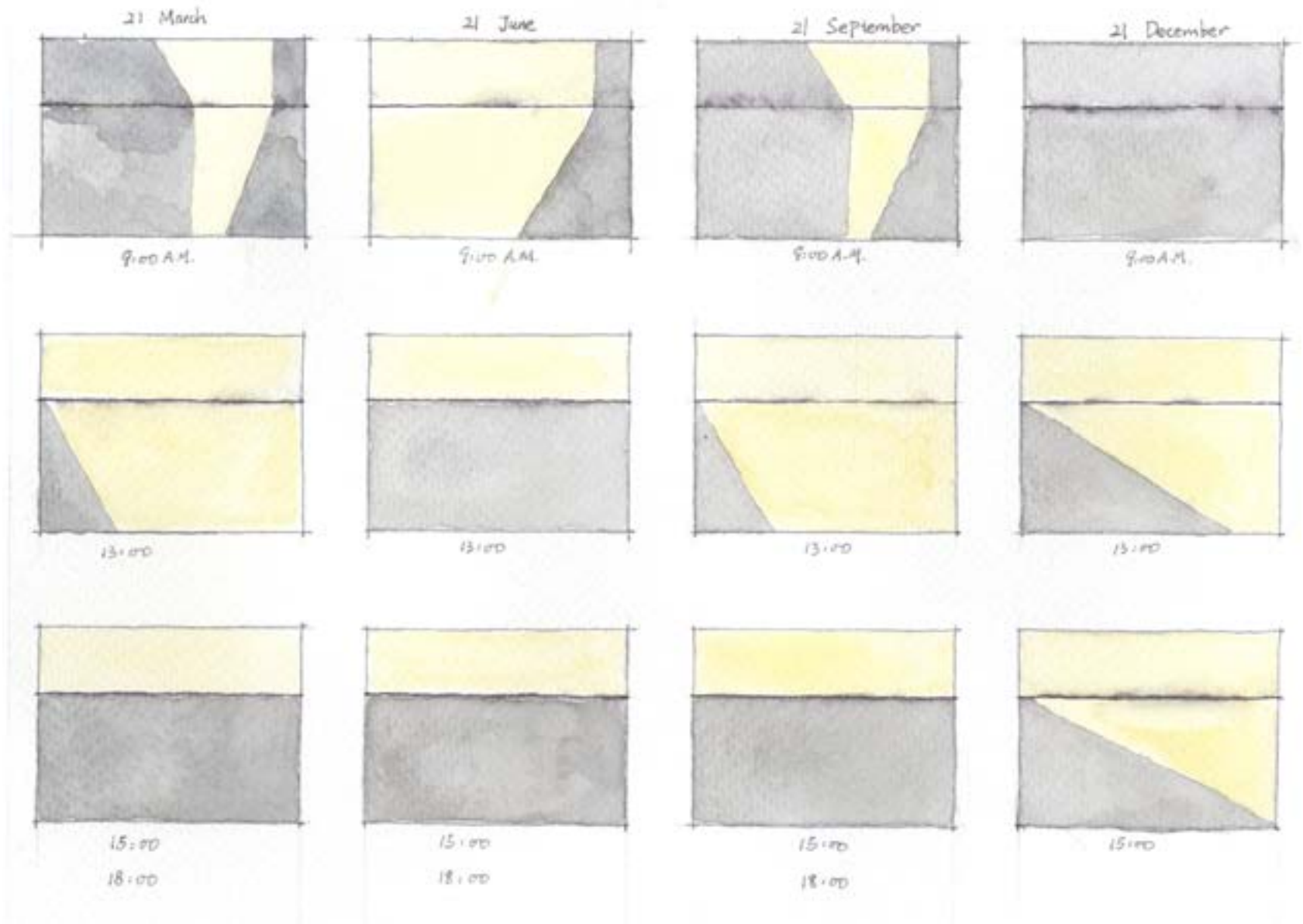
21 June. 2016



21 Dec. 2016



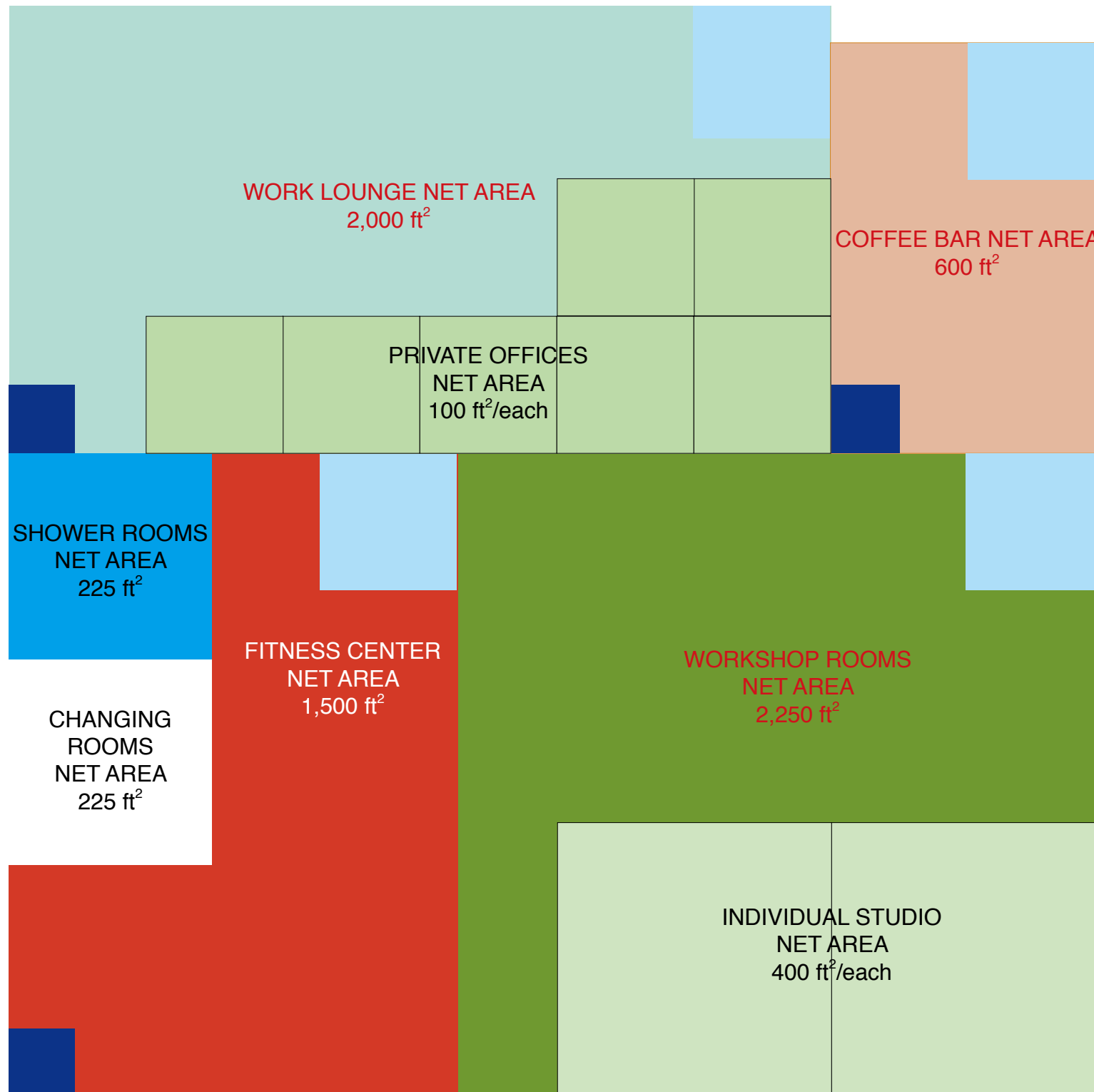
21 March. 2016

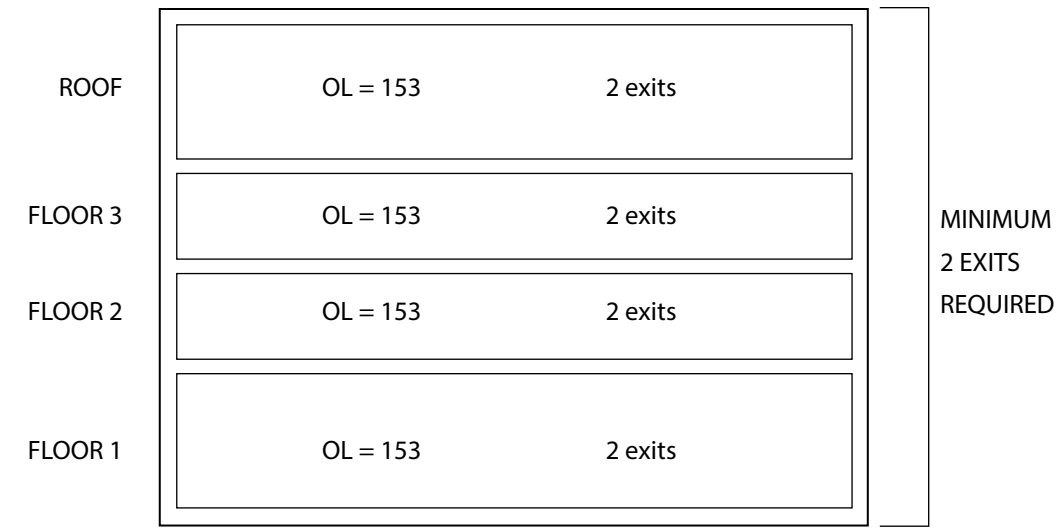


initial programming

| | | cafe | work lounge | workshop rooms | fitness center | roof mixed-use terrace |
|----|-----------------------|---|---|---|---|---|
| 1 | quantities | 1 | 8 | 3 | 1 | 1 |
| 2 | required area | <ul style="list-style-type: none"> • coffee bar • kitchen • dining space • restrooms • housekeeping room | <ul style="list-style-type: none"> • public work lounge • private offices • restrooms | <ul style="list-style-type: none"> • performance room • individual studios • storage spaces • restrooms | <ul style="list-style-type: none"> • exercise area • fitness rooms • rest area • changing rooms • shower rooms • restrooms • housekeeping room | <ul style="list-style-type: none"> • public rest area • public activity space • private sections |
| 3 | occupant load | 40 | 40 | 150 | 30 | 40 |
| 4 | users | office worker members + their families | office worker members | organizer + invitee + audience | office worker members | office worker members + their families |
| 5 | space summary | a place to eat, talk, and have a break. The appropriate furniture elements, materials, colors, lighting and even music make workers relax in a day. | the work lounges provide office workers a "third" place to work after office hours. Here one can work in a quiet atmosphere, in public or private, at well-lit tables or in overstuffed chairs. | a space for office workers to organize activities, or for organizations to hold business workshops. It also could be a meeting space or business conference room. | the fitness and exercise center includes multiple exercise areas such as aerobics, free weights, stretching and yoga studios. To counteract office workers' sedentary lifestyle. | a multipurpose space for office workers to be de-stressing in a natural environment. |
| 6 | important adjacencies | <ul style="list-style-type: none"> • lobby • restrooms | <ul style="list-style-type: none"> • cafe | <ul style="list-style-type: none"> • lobby • restrooms | <ul style="list-style-type: none"> • cafe • changing rooms • shower rooms • restrooms | <ul style="list-style-type: none"> • work lounge • cafe |
| 7 | accessibility | yes- ADA | yes-ADA | yes-ADA | yes-ADA | yes-ADA |
| 8 | plumbing requirements | kitchen + restrooms | restrooms | restrooms | shower rooms + restrooms | no |
| 9 | specialized ff+e | wood tables and seats, stainless kitchen equipments | various types of seating | movable furniture | water-resistant, dirt-resistant furniture | water-resistant, dirt-resistant outdoor furniture |
| 10 | acoustic privacy | medium | high | medium | medium | low |
| 11 | visual privacy | low | medium | medium | medium/high | low |
| 12 | security | low | medium | high | medium | low |
| 13 | sunlight requirements | high | medium | medium | low/medium | high |
| 14 | others | tbd | tbd | tbd | tbd | tbd |

graphic program

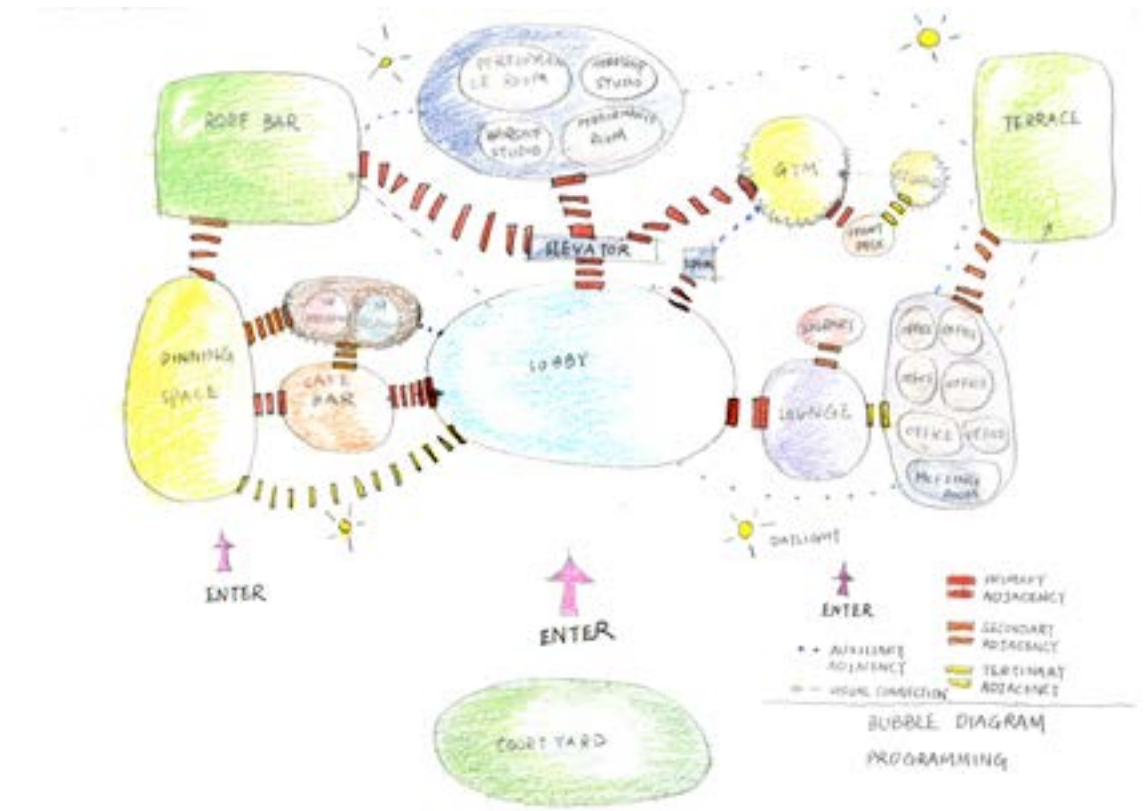
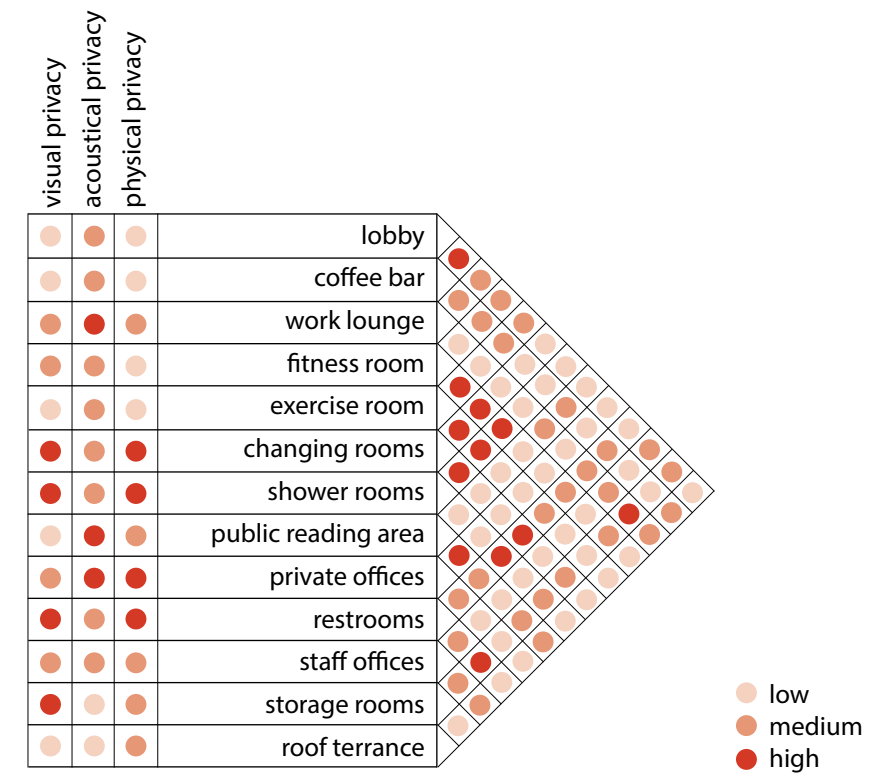




(Based on 60% efficiency ratio, assembly 15 net occupant load factor)

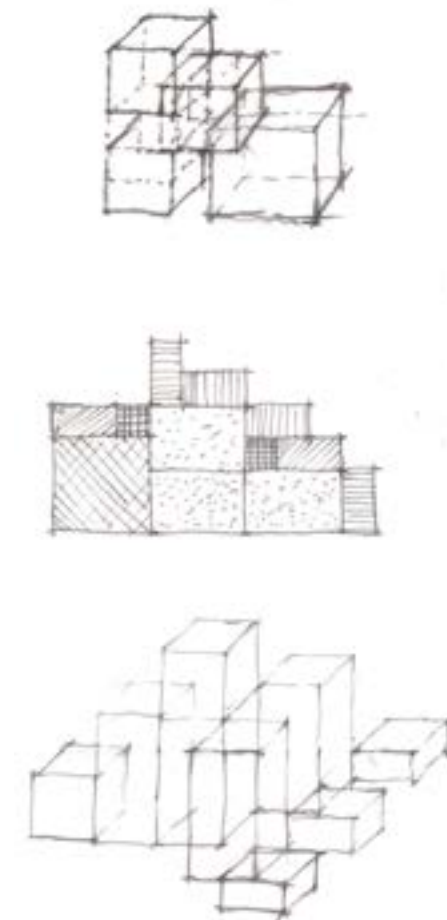
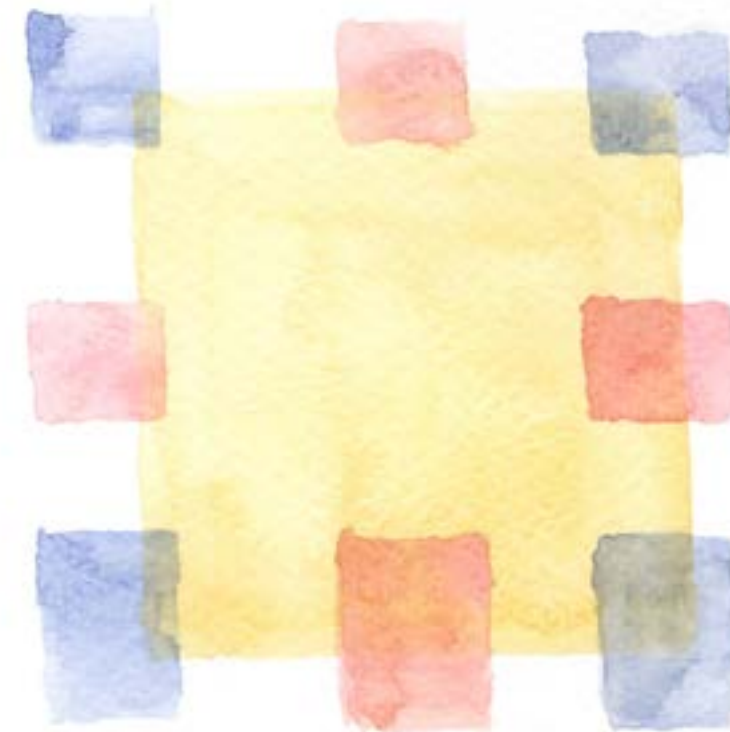
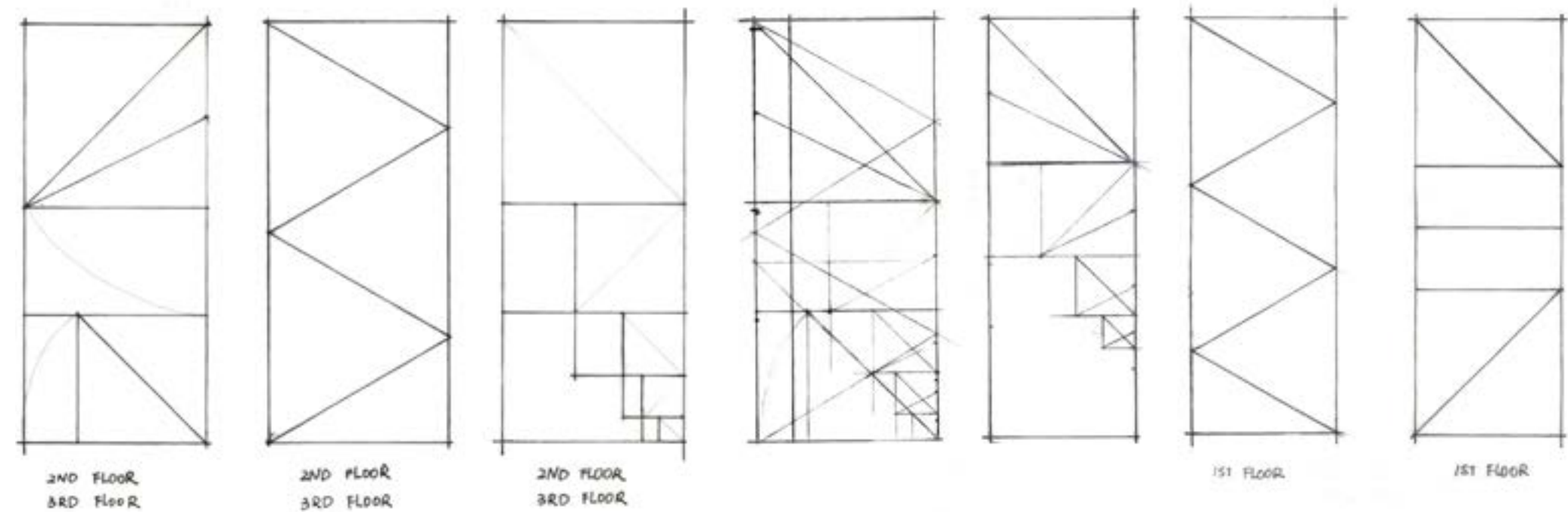
| | | | | WATER CLOSETS | | LAVATORIES | | DRINKING FOUNTAIN |
|-----|---------------------|----------|---------|---------------|---|------------|---|-------------------|
| | | | | M | F | M | F | |
| A-2 | COFFEE BAR | OL = 40 | 1 exits | 1 | 1 | 1 | 1 | |
| A-3 | STUDY LOUNGE | OL = 40 | 1 exits | 1 | 1 | 1 | 1 | |
| | WORKSHOP ROOMS | OL = 150 | 2 exits | 2 | 3 | 1 | | 1 |
| A-4 | FITNESS CENTER | OL = 30 | 1 exits | 1 | 1 | 1 | 1 | 1 |
| A-5 | ROOF MIXED-USE AREA | OL = 40 | 1 exits | 1 | 1 | 1 | 1 | 1 |

| | First floor | Second floor | Third floor | | | |
|---|-------------|--------------|-------------|--------|------|--------|
| type of construction | TYPE I | TYPE I | TYPE I | | | |
| gross area | 3831 | 3831 | 3831 | | | |
| required number of exits per floor | 2 | 2 | 2 | | | |
| occupancy classification(s) | Assembly | Assembly | Assembly | | | |
| occupant load by classification | 15 net | 15 net | 15 net | | | |
| overall occupant load | 153 | 153 | 153 | | | |
| | male | female | male | female | male | female |
| number of each gender | | | | | | |
| number of water closets per gender | 2 | 3 | 2 | 3 | 2 | 3 |
| number of lavatories per gender | 1 | 1 | 1 | 1 | 1 | 1 |
| number of accessible restroom fixtures per gender | 1 | 1 | 1 | 1 | 1 | 1 |
| number of water fountains | 1 | 1 | 1 | 1 | 1 | 1 |



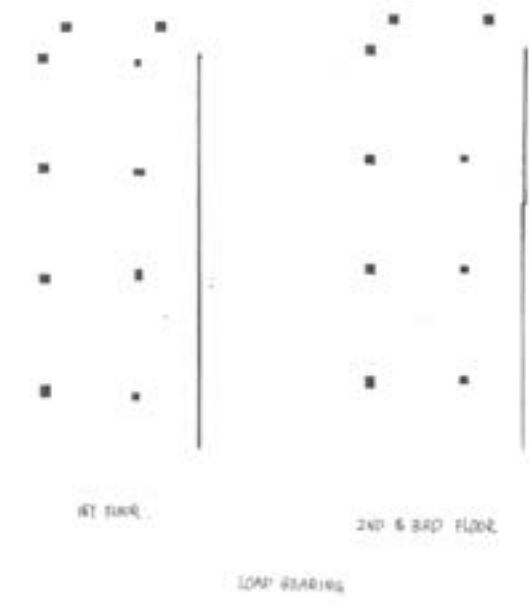
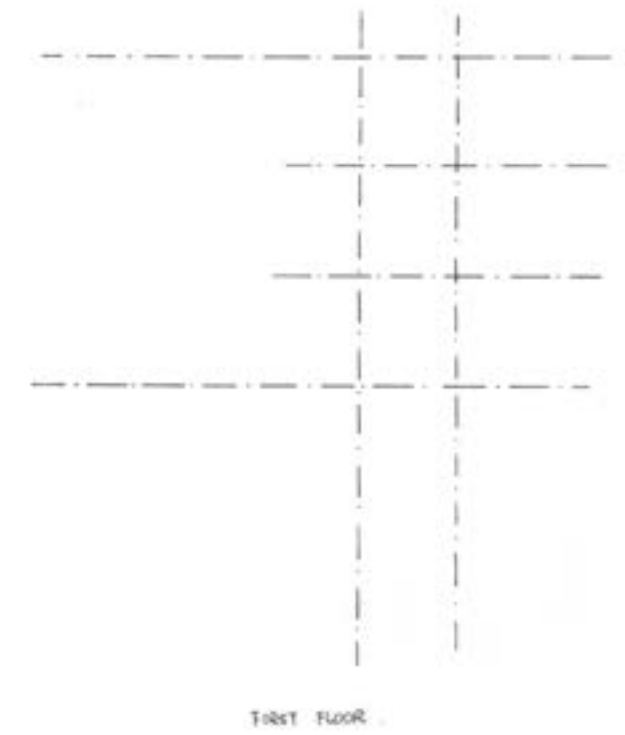
design process

conceptual



schematic

Structure Grid



design development



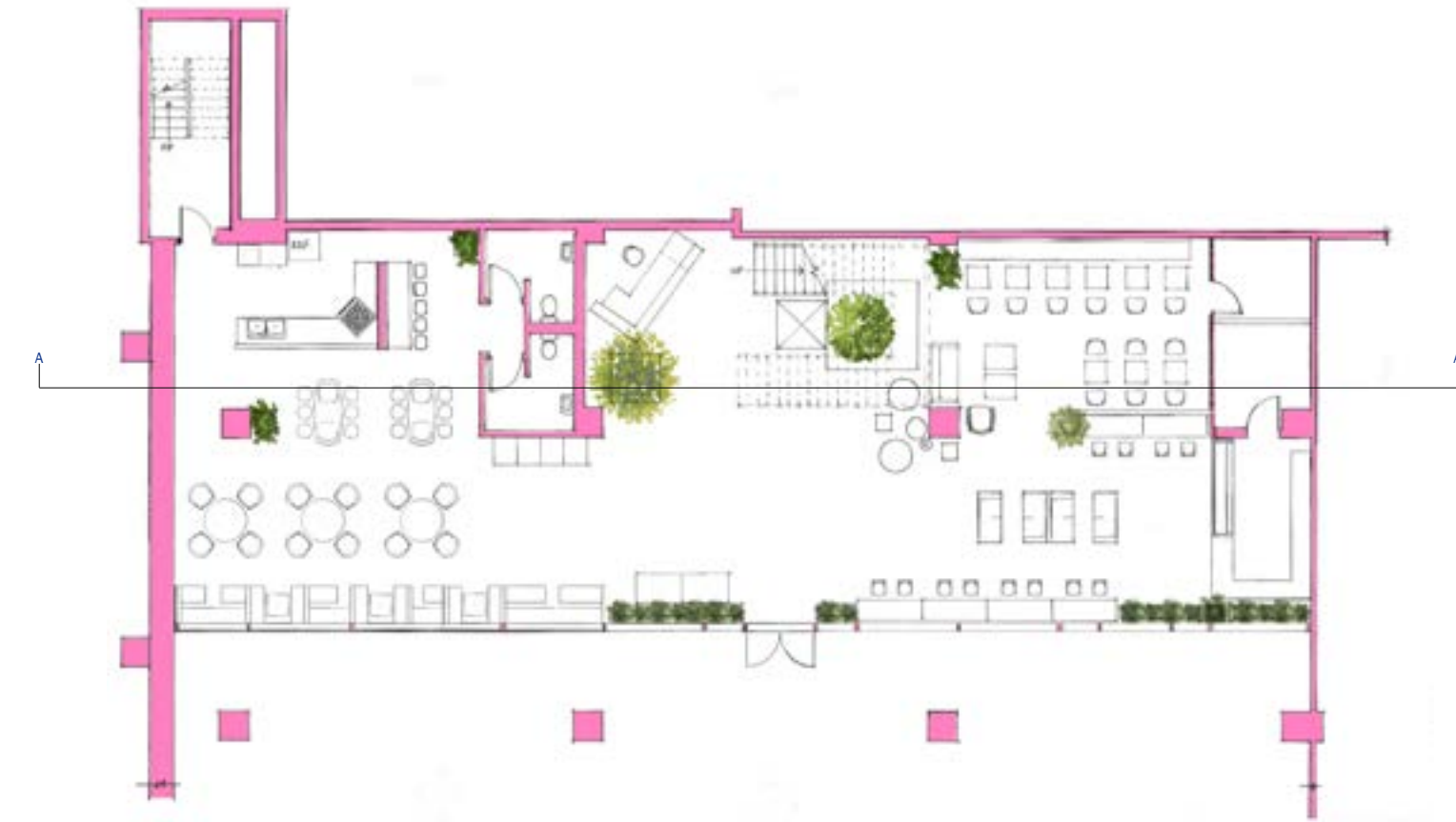
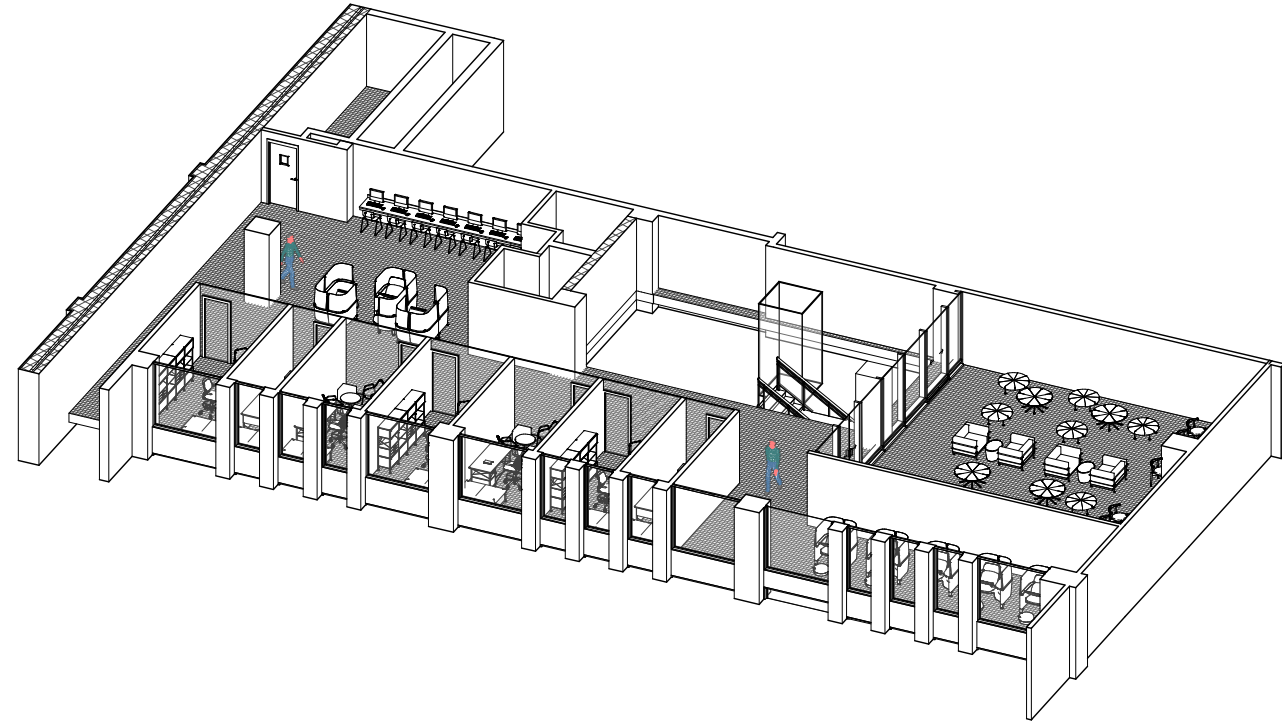
Nature color palette



Office color palette

Floor Plans

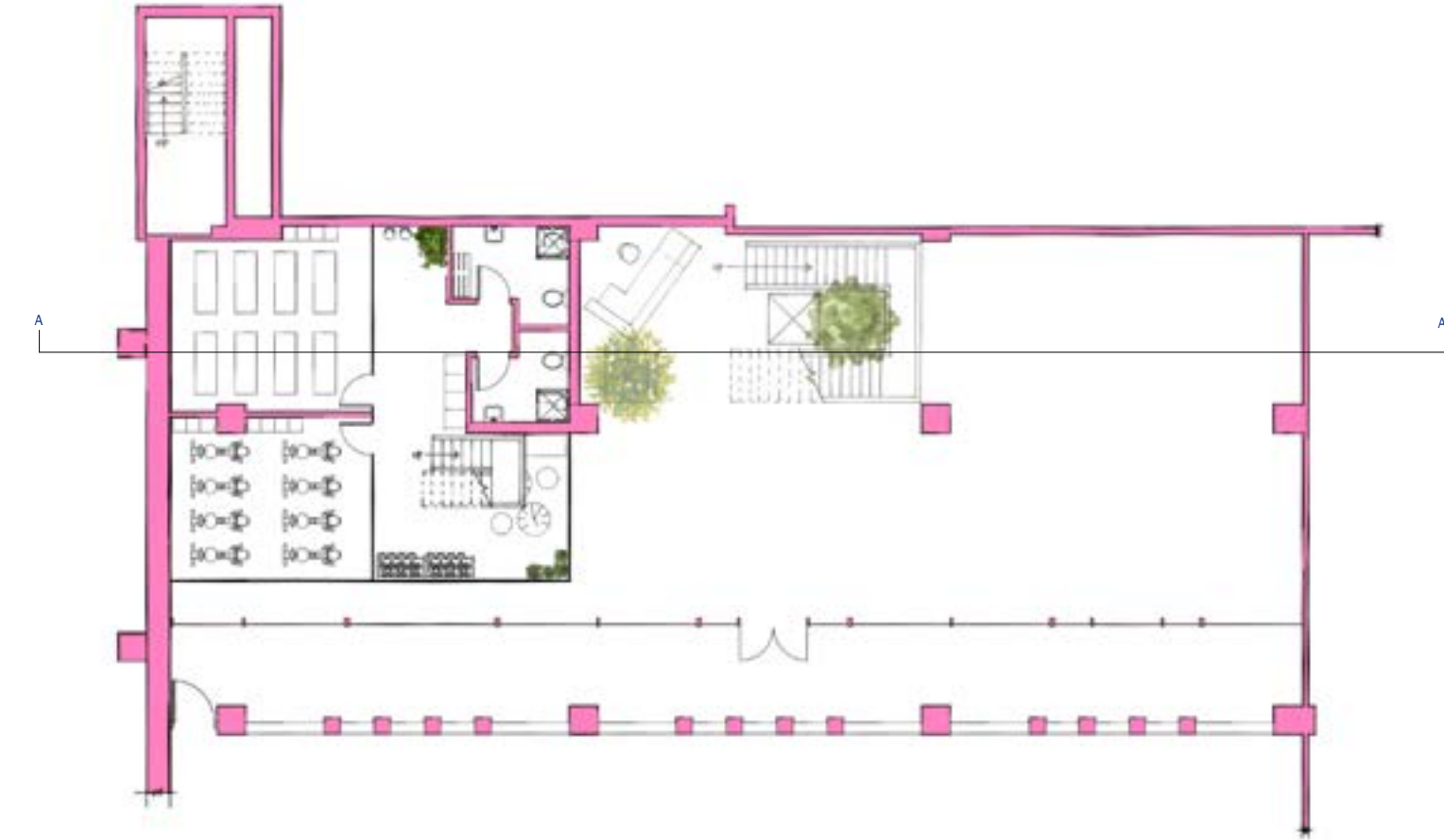
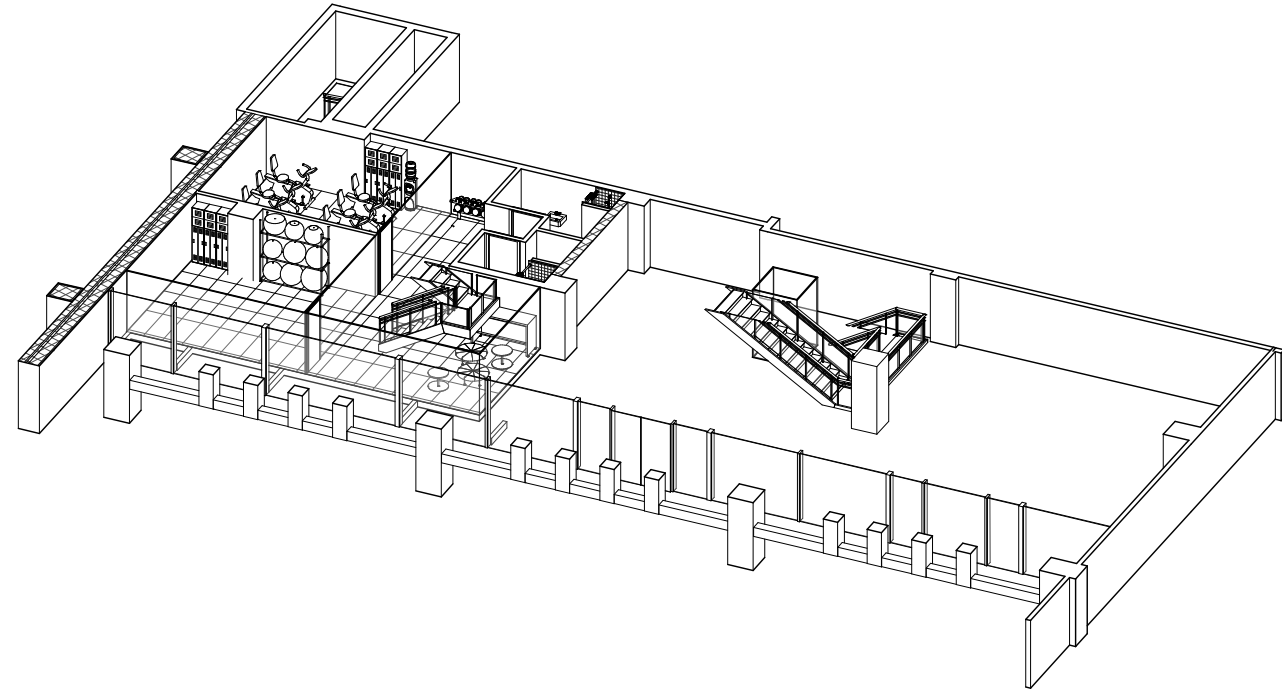
First Floor



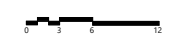
FIRST LEVEL PLAN
scale: 3/32" = 1' - 0"



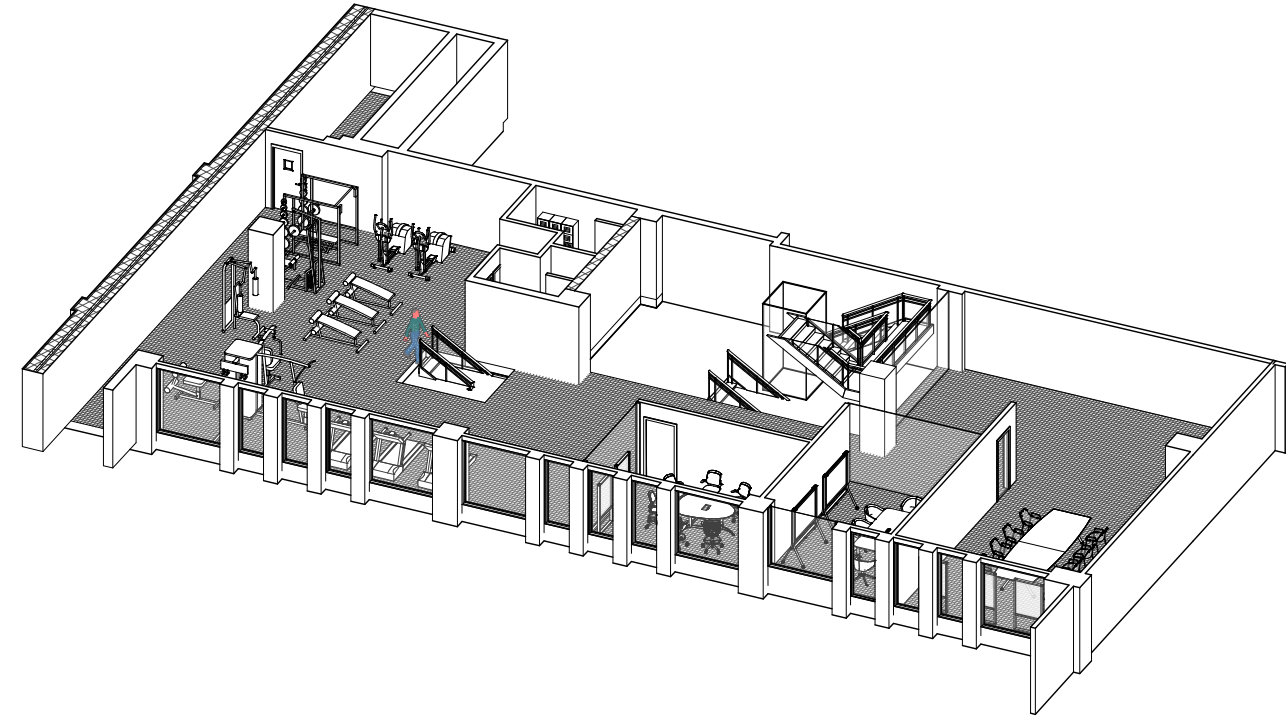
First Floor - Upper Level



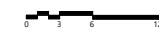
FIRST UPPER LEVEL PLAN
scale: 3/32" = 1' - 0"



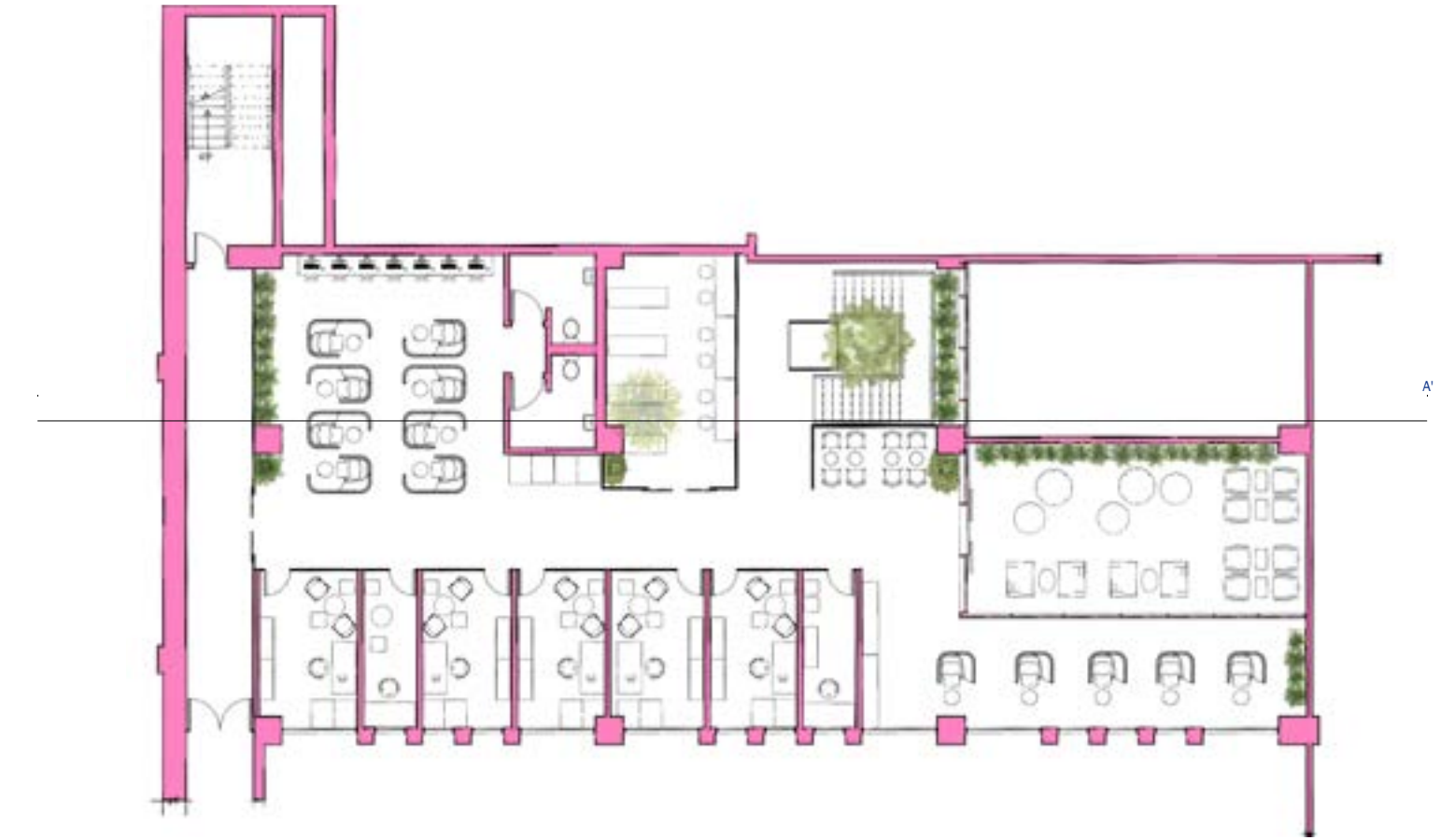
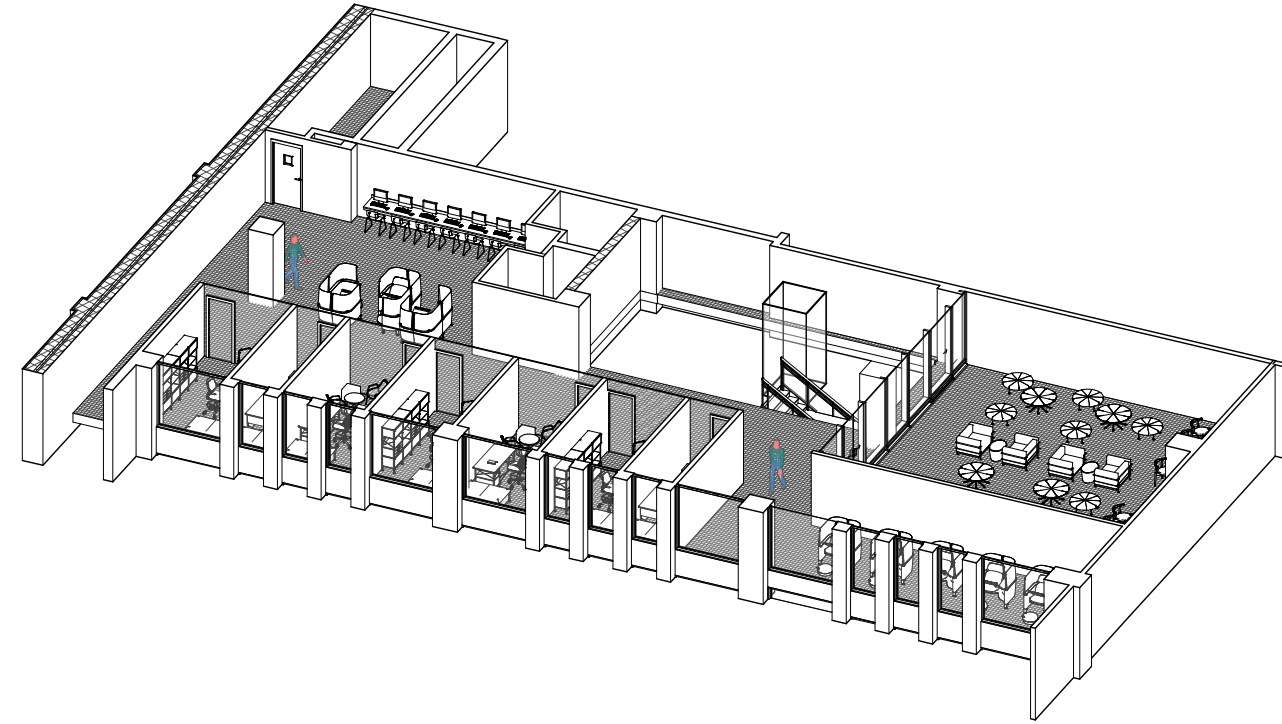
Second Floor



SECOND LEVEL PLAN
scale: 3/32" = 1' - 0"

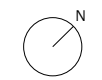
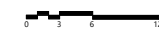


Third Floor

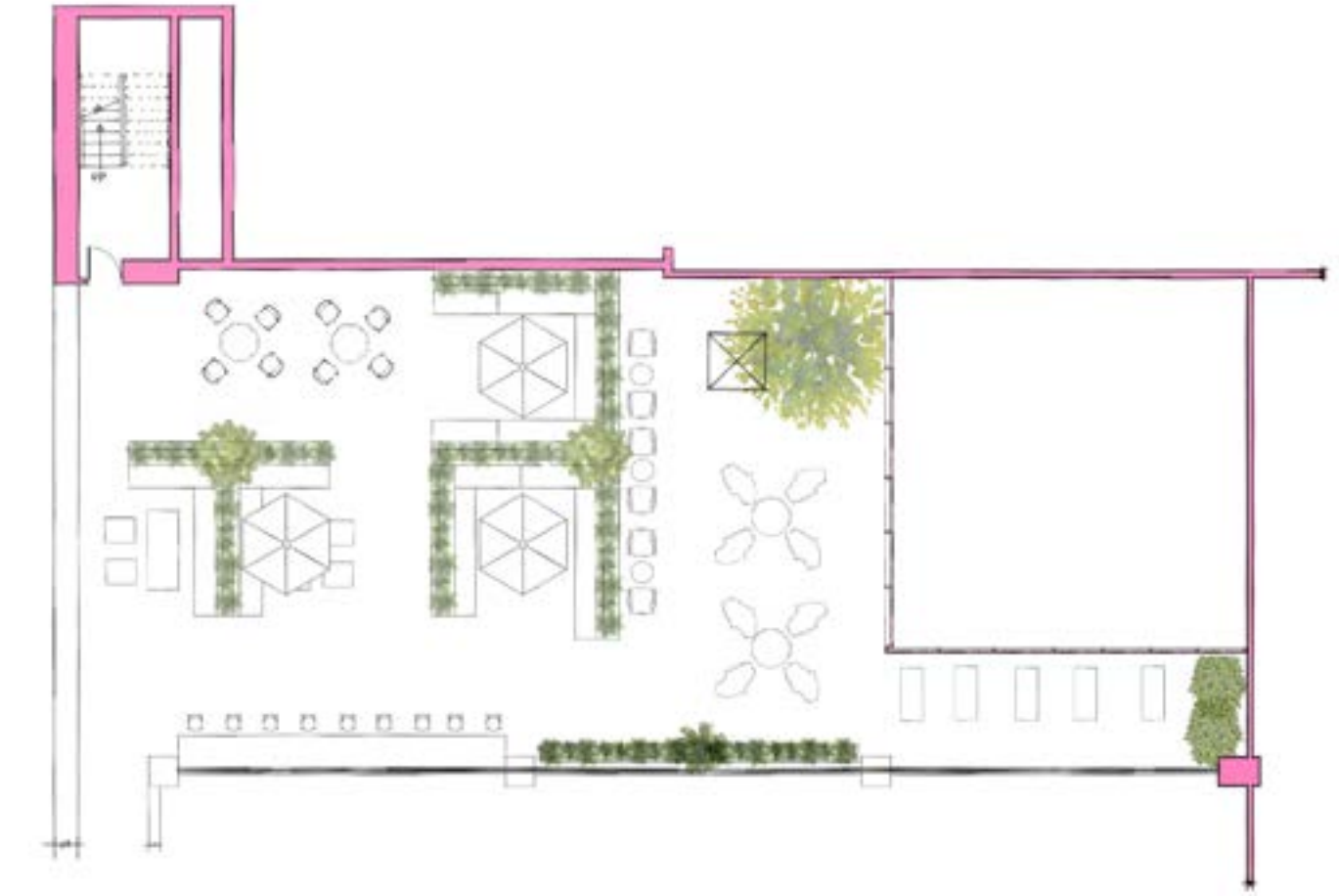
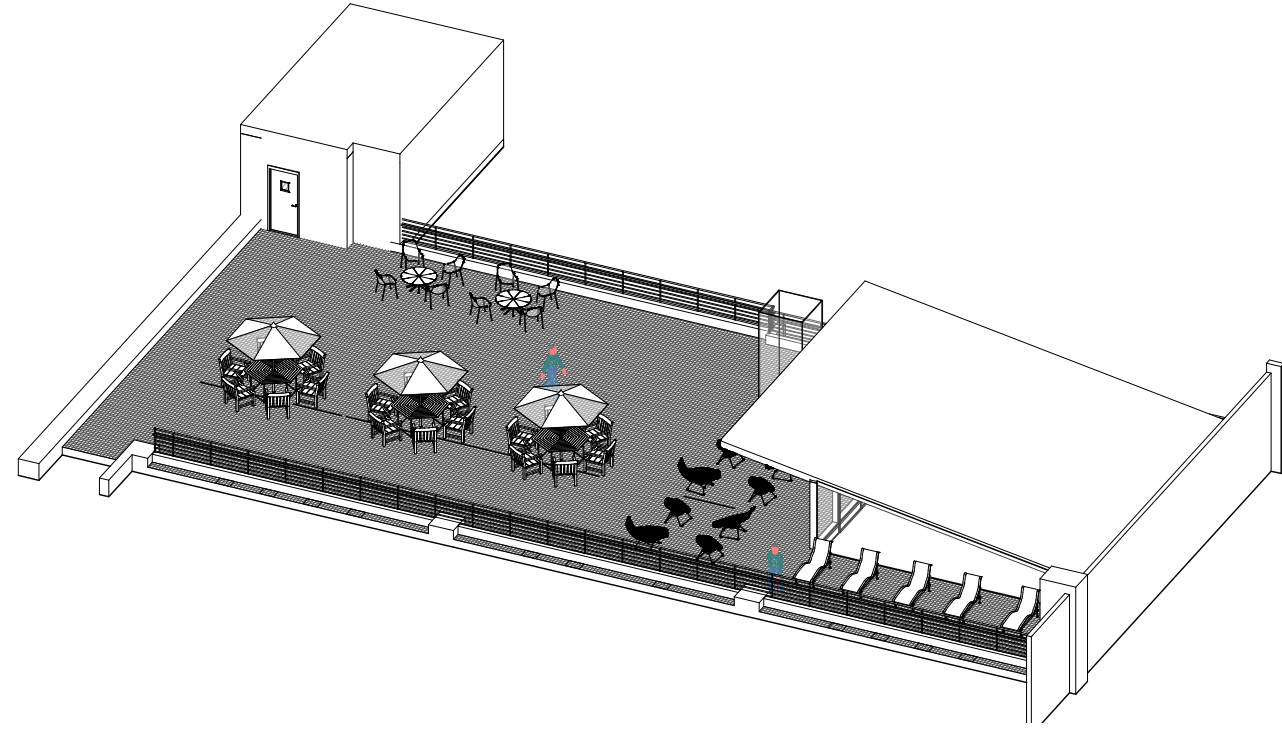


FOURTH LEVEL PLAN

scale: 3/32" = 1' - 0"



Roof Top



FOURTH LEVEL PLAN
scale: 3/32" = 1' - 0"





LONGITUDINAL SECTION A - A'
scale: 1/16" = 1' - 0"



CROSS SECTION B - B'
scale: 1/16" = 1' - 0"



CROSS SECTION C - C'
scale: 1/16" = 1' - 0"

Programming

Reception





Dinning Space



Fitness Center



Work Lounge + Interior Courtyard



Roof Terrace





Herman Miller
Eames Molded Wood Chairs



Herman Miller
Noguchi Rudder Table



Steelcase
Lagunitas Lounge Seating



Polywood Deck Patio Tile



Kichler
Tabot 1 Light Pendant CH



Tudo & Co
Hanging Plant Cage
Pendant Light



High-performance Concrete
Flooring



Herman Miller
Crosshatch Chair



Steelcase
Airtouch Height-adjustable
Desk



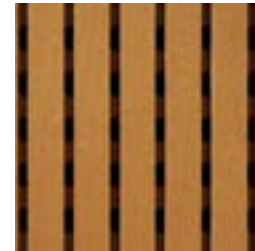
Herman Miller
Eames Wire Base Low Table
Outdoor



Herman Miller
Flute Personal Light in
Graphite



Stickbulb
6 Foot Linear Pendant



Armstrong
WOODWORKS Channeled
Vector Ceiling



Steelcase
Denizen Table



BuzziSpace
BuzziGrid Ceiling



Steelcase
Emu Heaven Chair



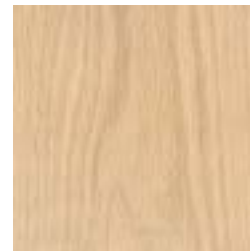
Herman Miller
Nelson Ball Crisscross
Pendant



Moooi
Heracleum II Pendant Light



Herman Miller
Mattiazzi He Said Chair



White Oak Furniture Finish



Desso
Airmaster Commercial Carpet



Knoll
Bertoia Bench



Philips
Celino - Light Beam



Graypants
Moon10 Scraplight Natural
Pendant Light



Herman Miller
Bolster Sofa



Steelcase
Brody Privacy Lounge



White Stone Outdoor Flooring



David Trubridge
Floral Pendant - Paint



Herman Miller
Canvas Office Landscape





Opening



Thanks to the hard work of all my classmates, my professor Reberto Ventura to make this be real.

It was a memorable exhibition night.



The Third Place: A Mixed-use building for office workers in the central business district

STRESS AND HEALTH

Work-related stress is an issue of growing concern around the world.^[1] The relationship between work stress and individuals' psychological and physical health is well acknowledged.^[2] In the survey of "stress in the workplace" conducted by American Psychological Association in 2012, two in five (41%) of employed adults report that they typically feel stressed during the workday, up from 30% in 2011, while less than six in ten (58%) report that they have the resources to manage work stress.^[3]

Historically, Central Business Districts are a focal point of cities, and are occupied by a large group of office buildings and a number of retail spaces. According to Eibach and Bockley (2007), office workers regularly leave their offices in search of more relaxed, creative environments.^[4] However, there is limited "third space" to serve office workers' daily life in the central business district.



Traditional office design with gloomy color palettes

WELLNESS OF OFFICE WORKERS

Most of the design research about wellness of office workers have done focus on the spaces in which people work during office hours. Consideration for office workers in the CBD after office hours is relatively rare. What else is needed to support the life of the office worker, and what kind of spaces they are looking for after hours.

Several primary research methods were adopted. First, a survey of research on how the design of traditionally planned CBDs fails to support wellness of office workers was made. Then, the thesis examined what is needed to support the wellness of office workers. In order to make it be specific to the office workers in the CBD of Richmond, qualitative methodology, including interviews and video records of the daily CBD living habits were made. In addition, case studies of recently done CBDs that tackle this question. The Shibaaura House, designed by Kazuyo Sejima, located in the business district of Tokyo in Japan, will serve as a primary case study.

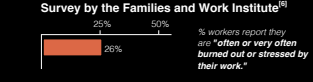
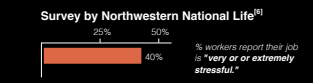
There are three aims in this research. First is the design of a series of mixed-use spaces in an existing building in the Central Business District of Richmond to support the life of office workers after office hours. It also aims to improve wellness of the office workers in the CBD of Richmond, and try to define the CBD in a new way.

The preliminary results for this research indicates the importance of the concern for office workers after hours. It is necessary to focus on the practical effect of the mixed-use building on reducing work stress, improving office workers' health and enhancing wellness of office workers.



Contemporary living office approach to work or workplace

WHAT WORKERS SAY ABOUT STRESS ON THE JOB:

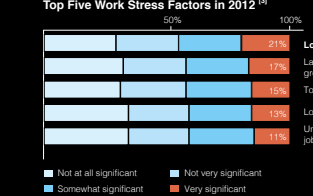
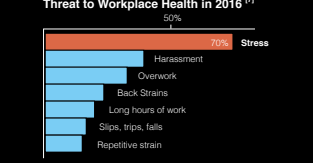


SCOPE OF STRESS IN THE AMERICAN WORKPLACE

One-fourth of employees view their jobs as the number one stressor in their lives.
Northwestern National Life^[9]

Three-fourths of employees believe the worker has more on-the-job stress than a generation ago.
Princeton Survey Research Associates

Problems at work are more strongly associated with health complaints than are any other life stressor—more so than even financial problems or family problems.
St. Paul Fire and Marine Insurance Co.^[10]



A21 HOUSE: CASE STUDY

Project designer: a21 studio
Project location: Ho Chi Minh City, Vietnam
Program: Office-house
Built area: 40.0 m²
Date Completed: 2012

The a21 house is a stylish traditional Asian studio with multilevel construct which uses natural sunlight, open spaces and skylights to create a relationship between nature and the building itself. The overall organic ambience is amplified with simple white textured walls and hints of greenery growing indoors.

This project inspiring the way of bringing green from outside to inside, and it's lack of fussy details, reuse of existing structure and surfaces, abundance of natural light, open breezy spaces, integration with trees and plants, an overall relaxed style and effortless beauty in the simplicity.

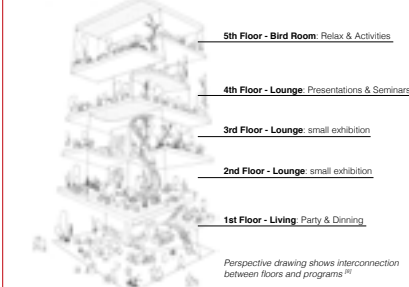


Image and cross section present the area plants go through between floors^[13]

SHIBAURA HOUSE: CASE STUDY

Project designer: Kazuyo Sejima & Associates
Project location: Tokyo, Japan
Program: Office, event space, lounge, cafe
Built area: 95.1 m²
Date Completed: 2011

The Shibaaura House represents a new spirit for mixed-use spaces. It is a multistory building containing flexible workshop spaces which provide diverse areas within the various levels. It is capable of supporting a wide range of functions and activities, and individuals or groups may hold meetings, conferences, events, lectures and exhibitions within the unique interior and terraced plan arrangements. For example, the first floor is equipped with a kitchen and drinking and eating is possible. It is great for a party. Also it is suitable for talks and workshops. The second floor is great to use as a lounge space, when using the 1st floor for a party. It is also a fitting space for a small exhibition as there is natural light from the southern terrace. The third floor is gently divided into two spaces, by a glass window and the terrace, which is suitable for presentations and seminars. The way of mingling different programs but also making them be relatively independent is what I am looking for in the thesis project.



THIRD PLACE

Oldenburger calls one's "first place" the home and those that one lives with. The "second place" is the workplace — where people may actually spend most of their time. **Third places**, then, are "anchors" of community life and facilitate and foster broader, more creative interaction.^[15]

Oldenburger suggests the following hallmarks of a true "third place":
Free or inexpensive
Food and drink, while not essential, are important
Highly accessible: proximate for many (walking distance)
Involve regulars — those who habitually congregate there
Welcoming and comfortable
Both new friends and old should be found there^[16]

LIVING OFFICE - Human-centered approach

After researching on workplace stress and health, wellness of office workers and the Central Business District environment, this proposed mixed-use building program will include a cafe, fitness center, work lounge, workshop rooms and a roof terrace. Most of the program supports entertainment and support spaces which help office workers relax after office hours. However, the concept of the work lounge (public lounge + private offices) in this building is resembles a living office.

Living Office is a high-performing workplace that delivers an elevated experience of work for people, it provides an updated understanding of people and their work, founded on elements that are naturally human—how we experience the world and what motivates us. Informed by this understanding, Living Office offers considerations for the arrangement of surroundings, furnishings, and tools to meet the needs of people and deliver an elevated experience of work.^[17] Food choices, high-quality lighting, water and air all serve to create healthier, energized surroundings.^[18]

From privacy-as-a-luxury to privacy-on-demand^[19]
As work activities have become more interactive and communal, the need for privacy hasn't gone away. Private workstations or offices are no longer the way to provide this privacy. Many organizations are taking their exclusive-yet-vacant private offices and transforming them into smaller, better-equipped Haven Settings, where anyone can work.

From standard conference rooms to a variety of group settings.^[20]
People do a variety of activities throughout the day. A majority of these activities are social and collaborative in nature, like dividing and conquering work on a project, having a conversation, or co-creating an idea for a new product. Hence, it is necessary to create workplaces with a variety of settings, each specifically designed to support different people and their work.

From oversized conference rooms to precision-fit meeting spaces:^[21]
Large, traditional conference rooms (think long rectangular tables with seats lining the sides) are still prevalent in many offices today, but most are underutilized: people only use two-to-four seats in spaces designed to accommodate six-to-twelve.

From required circulation to desired connection.^[22]
In the past, circulation space was viewed as a necessary evil: of cses had to have it so people could comfortably move from Point A to Point B. But circulation space can be far more than a conduit for people. When purposefully planned—with people's needs, experiences, and activities in mind - it can become active connective space.

[1] Taylor, C. (2005). Work-related stress and depression disorders. *Journal of psychosomatic medicine*, 17(5), 307-324.
[2] James, S., Smith, A., Cox, T. (2005). Work organization and stress. *Work and Organization: A Handbook of the Work, Health and Organization Research Program*.
[3] American Psychological Association. (2012). *Stress in the Workplace Survey*. Retrieved from [http://www.apa.org/pubs/journals/psp/17\(5\)/307-324.pdf](http://www.apa.org/pubs/journals/psp/17(5)/307-324.pdf)
[4] Eibach, R., & Bockley, M. (2007). The workday: Stress, energy, and well-being. *Current Directions in Psychological Science*, 16(2), 88-92.
[5] American Psychological Association. (2012). *Stress in the Workplace Survey*. Retrieved from [http://www.apa.org/pubs/journals/psp/17\(5\)/307-324.pdf](http://www.apa.org/pubs/journals/psp/17(5)/307-324.pdf)
[6] American Psychological Association. (2012). *Stress in the Workplace Survey*. Retrieved from [http://www.apa.org/pubs/journals/psp/17\(5\)/307-324.pdf](http://www.apa.org/pubs/journals/psp/17(5)/307-324.pdf)
[7] American Psychological Association. (2012). *Stress in the Workplace Survey*. Retrieved from [http://www.apa.org/pubs/journals/psp/17\(5\)/307-324.pdf](http://www.apa.org/pubs/journals/psp/17(5)/307-324.pdf)
[8] Families and Work Institute. (2011). *Work and Family: The New Normal*. Retrieved from <http://www.fwi.org/research/2011/01/20/11-01-20-Work-and-Family-The-New-Normal>
[9] Northwestern National Life. (2011). *Work and Family: The New Normal*. Retrieved from <http://www.nnlife.com/press-releases/2011/01/20/11-01-20-Work-and-Family-The-New-Normal>
[10] St. Paul Fire and Marine Insurance Co. (2011). *Work and Family: The New Normal*. Retrieved from <http://www.stpaulfire.com/press-releases/2011/01/20/11-01-20-Work-and-Family-The-New-Normal>
[11] American Psychological Association. (2016). *Work and Family: The New Normal*. Retrieved from [http://www.apa.org/pubs/journals/psp/17\(5\)/307-324.pdf](http://www.apa.org/pubs/journals/psp/17(5)/307-324.pdf)
[12] American Psychological Association. (2012). *Stress in the Workplace Survey*. Retrieved from [http://www.apa.org/pubs/journals/psp/17\(5\)/307-324.pdf](http://www.apa.org/pubs/journals/psp/17(5)/307-324.pdf)
[13] a21 studio. (2012). *A21 House*. Retrieved from <http://www.a21studio.com/a21-house>
[14] Sejima, K., & Nishizawa, M. (2011). *Shibaaura House*. Retrieved from <http://www.sejima.com/shibaaura-house>
[15] Oldenburger, J. (1989). *The Third Place*. Retrieved from <http://www.thirdplace.com>
[16] Oldenburger, J. (1989). *The Third Place*. Retrieved from <http://www.thirdplace.com>
[17] Living Office. (2017). *Living Office*. Retrieved from <http://www.livingoffice.com>
[18] Living Office. (2017). *Living Office*. Retrieved from <http://www.livingoffice.com>
[19] Living Office. (2017). *Living Office*. Retrieved from <http://www.livingoffice.com>
[20] Living Office. (2017). *Living Office*. Retrieved from <http://www.livingoffice.com>
[21] Living Office. (2017). *Living Office*. Retrieved from <http://www.livingoffice.com>
[22] Living Office. (2017). *Living Office*. Retrieved from <http://www.livingoffice.com>

Mingming Zhao
MFA Candidate | Interior Design
Virginia Commonwealth University
Thesis Advisor: Roberto Ventura
Committee Member: Sara Reed

WORK CITED

1 Tennant, C. (2001). Work-related stress and depressive disorders. *Journal of psychosomatic research*, 51(5), 697-704.

2 Leka, S., Griffiths, A., Cox, T. (2004). Work organization and stress. World Health Organization, 3. Retrieved from http://www.who.int/occupational_health/publications/stress/en/

3 American Psychological Association. (2012). Workplace Survey. Retrieved from <https://www.apa.org/news/press/releases/phwa/workplace-survey.pdf>

4 Elsbach, K. D., & Bechky, B. A. (2007). It's more than a desk: Working smarter through leveraged office design. *California management review*, 49(2), 80-101.

5 Oldenburg, Ray (2000). *Celebrating the Third Place: Inspiring Stories about the "Great Good Places" at the Heart of Our Communities*. New York: Marlowe & Company.

6 Sauter SL, Murphy LR, Hurrell JJ, Jr. [1990]. Prevention of work-related psychological disorders. *American Psychologist* 45(10):1146-1158.

7 Armstrong, M. (2016). Stress Is Biggest Threat To Workplace Health. *Stress at Work*. Retrieved from <https://www.statista.com/chart/6177/stress-is-biggest-threat-to-workplace-health/>

8 Confidential and proprietary research with Fortune 500 companies conducted by Herman Miller, 2014.

9 Slowey, k. (2017). The next wave' of design: Why wellness-minded spaces are on the rise. Retrieved from <http://www.constructiondive.com/news/the-next-wave-of-design-why-wellness-minded-spaces-are-on-the-rise/434764/>

IMAGE CITED

1 <http://www.myledlightingguide.com/office-lighting>

2 <http://www.sradigitalsolutions.com/the-company/>

3 Confidential and proprietary research with Fortune 500 companies conducted by Herman Miller, 2014.

4 <http://www.shibaurahouse.jp/en>

5 <http://www.archdaily.com/246049/a21house-a21-studio>

