

## A Workplace That Works: How to Create a Workspace That Improves Productivity

Every day, businesses encourage their employees to be more productive. But in an office setting, what exactly does that mean?

"Workplace productivity isn't about getting from point A to point B in the fastest amount of time, but, rather, getting the job done in the most efficient manner possible while still maintaining a level of happiness and well-being," said Jamie Fertsch, director and co-founder of XDesk, a U.S.-based company that creates customized, ergonomic desks out of environmentally friendly materials.



In the process of designing the firm's signature desks, Fertsch learned how much of an impact an individual's space can have on their work. "Your personal workspace is one of the most overlooked factors that affect productivity," she said. "Whether it's rummaging through your drawers to locate an important document or having too many knick-knacks, a clean and efficient desk setup is key to your success."

Wondering how to create a productive work environment? Fertsch shared her tips for creating a workspace that promotes productivity and keeps you focused on the task at hand.

Create opportunities for movement.

"The best way that I stay focused during a long day of work is to acknowledge when I've hit a productivity wall and to take lots of short, quick breaks to gain a new perspective on what I'm working on," says Fertsch. (...)

Sometimes unexpected changes have a big effect on productivity, said Fertsch, like keeping a small plant on your desk or in your office. "I like to make my space feel a little more alive," she explained.

Fertsch stated that houseplants are not a traditional method of creating a productive workspace, but that doesn't mean their impact is imaginary. In 2014, a research team in the United Kingdom found that having plants in the office boosted productivity by up to 15 percent, along with increasing workplace satisfaction and how engaged employees felt with their work.

By Katharine Paljug, adapted from *www.businessnewsdaily.com*, August 20<sup>th</sup>, 2018