

The Power of Focus

A well-designed workspace significantly boosts productivity

when it enables focus work, supporting one of six key activities of The Intentional Office. The reality of work today is that employees often experience a hybrid environment where some days, employees can be hyper-focused at home but then, when they head into the office the next day, they are facing distractions. And while focus could happen at home, having a dedicated workstation for focusing in the office creates a clear and physical transition in and out of your workday. We can optimize opportunities for focus in the office with strategic applications to allow for a more well-rounded work experience.



Interactions in today's workplace often begin at the reception area, where team members frequently juggle multiple roles. Research shows that on average, it takes someone 23 minutes to refocus after a distraction¹. As the typical welcome to the workplace, these centrally located employees face more distractions than other employees, so it can be even more critical to create a space for meaningful work. Silea® Welcome Stations make a stunning first impression to the workplace. The optionality of the shapes and configurations available enables offices to design a setup that is both welcoming and functional, incorporating surrounding panels to enhance focus.

Over the past few years, employees have been seeking companies who prioritize health and wellness in the workplace. Altitude® has many ergonomic benefits with its offering of height-adjustable tables, screens, and power. Studies¹ show that alternating sitting and standing during work can actually boost productivity. Increased blood flow due to standing helps increase focus and attention². With Altitude, users have autonomy in how they focus. Altitude blends privacy for focused work with movement and ergonomics that keeps the user comfortable while focusing for long periods.

Every individual in any given office has varying reactions to sensory inputs: auditory, visual, or even textural. Because it's not possible to design the perfect solution for everyone, offering diverse options within the workplace for employees to focus allows for more intentionality in the way they work. With Stride®, we create purposeful spaces for focus with a refined design and peak performance capabilities.



Whether accommodating dedicated workspaces where frictionless power access is top of mind or touchdown zones where acoustics and privacy are key, Stride offers aesthetic mixed-material panels for elevated in-office experiences. Being adjacent to coworkers allows for quick answers for questions, increasing effectiveness of focus. And when power is not needed, Gallery Panels can replace traditional panels with a sophisticated laminate alternative without sacrificing the ability to focus.



While the way we focus has and will continue to evolve, the meaningful focus that occurs in the office is integral to creating an intentional and positive experience in the workplace. Having the right solutions to support the focus needed for efficiency and worker productivity is the best way to overcome the challenges of focus like burnout, interruption and creativity loss. As we continue to explore what “return to office” means for all of us, optimizing the environments for the right kind of focus can make the commute more worthwhile.

To see more applications, view these resources below.

[View Silea Reception Idea Starters](#) →

[View Altitude Idea Starters](#) →

[View Stride and Gallery Panel Idea Starters](#) →

Resources

1 [The Cost of Interrupted Work: More Speed and Stress](#)

2 [Comparisons of musculoskeletal complaints and data entry between a sitting and a sit-stand workstation paradigm](#)

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