

# A co-design toolkit for wellbeing in the hybrid workplace.

Future  
Workplace  
Innovation  
Toolkit:  
co-design for  
well-being

## How To

Choose cards from each category:

objects (min 1, max 3)

actions (min 2, max 5)

sensing (min 1, max 2)

wellbeing (min 1, max 2).

Make your own cards if you feel creative.

Combine them to make a story and a sketch about an experience / interaction / future workplace.

If you are out of ideas, check inspiration cards.



## Intelligent buildings for wellbeing

This card toolkit is a generative design & ideation toolkit. It focuses on aspects of wellbeing in the hybrid (co-located & remote) workplace, and the experiences of the building occupants in these spaces.

The aim of the toolkit is to engage the users of the hybrid workplace in a generative co-design process; to ideate and speculate on the future of data collection and use for their wellbeing in that context.

It provides a template for generating ideas on novel experiences and interfaces that address wellbeing through sensing & actuating (responsive) spaces and objects.

The toolkit was based on the PROWELL wellbeing framework (wellbeing categories) and the Design Heuristics toolkit (design heuristics and feedback).

### Card Resources

<http://www.positivecomputing.org/p/projects.html>

<https://www.designheuristics.com/>

<https://www.youtube.com/watch?v=9vSzLuNUKVo>

<https://www.innovativeworkplaceinstitute.org/workplace-wellbeing-prowell.php>

Roy, R., 2019. Card-based design tools: a review and analysis of 155 card decks for designers and designing 63, 30.

Golembewski, M., Selby, M., 2010. Ideation decks: a card-based design ideation tool, in: Proceedings of the 8th ACM Conference on Designing Interactive Systems - DIS '10. Presented at the the 8th ACM Conference, ACM Press, Aarhus, Denmark, p. 89.  
<https://doi.org/10.1145/1858171.1858189>

# Running an ideation sprint.

Check the cards on the left. **Copy & paste** the cards of your selection to your cards- deck 01 canvas.

**Select a few cards from each category:**

**Objects:** min 1 card, max 3 cards

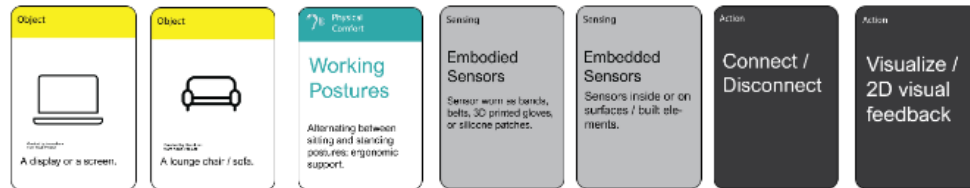
**Actions:** min 2 cards, max 5 cards

**Sensing:** min 1 card, max 2 cards

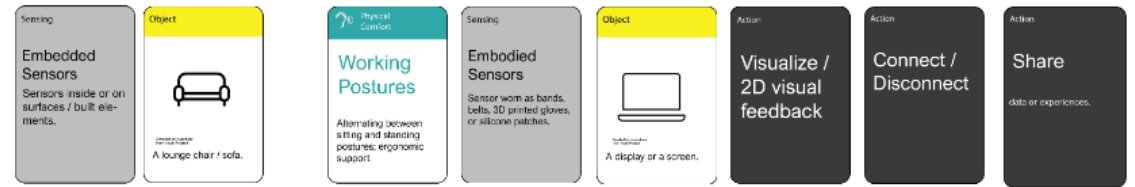
**Wellbeing:** min 1 card, max 2 cards

Do not use the same card twice.

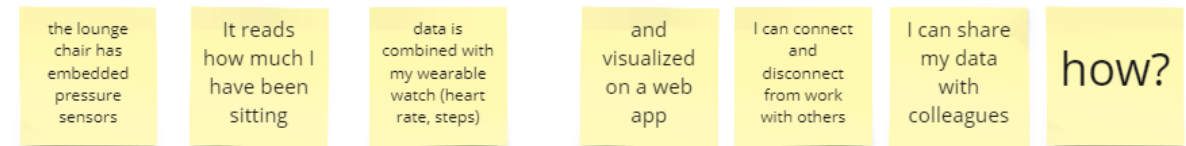
An example deck should look something like this:



Re-order the cards you selected in order to start drafting scenarios of an interactive experience. Start with something simple, and then enrich it.



Use arrows, post - it notes or text fields to write your thoughts down. An example basic scenario for the deck above would be:



You can add cards to make sense of your narrative, as long as you stay within the limits. Allow various interpretations to the action cards.

If you feel out of ideas, **check out the inspiration cards**.

# Running a design sprint.

For your group scenario, follow the next steps and create a design of a novel interface. Optionally, you can create 2 designs.

It can be the design of a sensing/actuating object, a 2D visual, or an app.

You can use paper & pencil, pictures you find online, your MIRO canvas to annotations & post - it, make a video or anything else you want.

**It's not about creating pretty things.  
It's about coming up with novel ideas.**

If you feel out of ideas, **check out the inspiration cards** at the bottom.

## 07 Develop design concepts

...around surfacing data for wellbeing & and sensing/actuating objects/interfaces.

Put pictures / sketches / notes on the canvas - work in groups.



Doodle  
rough solutions



20 min

## 08 Finalise a design concept

It can be multiple screens, a full experience, or a simple page. It's up to you. Give it a title.

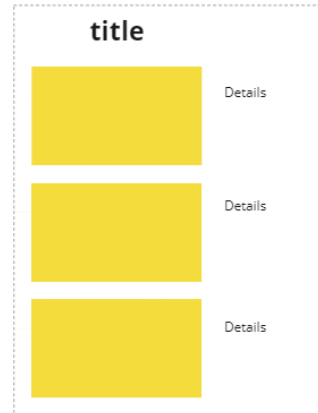
We recommend adding notes on the side, with explanations. You can use vectors or pictures - check the link below.



Self-explanatory

Ugly is okay

Add notes & annotations



15 min