

# Management Pillar: Your Ideal Environment For Productivity



Your physical work environment can literally make or break your productivity and energy levels. In order to get the most done, create the most value... and (maybe most importantly) FEEL the best physically, logically and emotionally, you must design an environment that supports you in every way possible. Start with the basics, and improve as you find adjustments that add leverage.

## The "Core" Environment

You probably spend at least 80% of your "work time" in one position. Most people sit at a desk during the time they work. Try standing for a week, to contrast how you feel overall. Whether you choose to sit or stand, make sure that you're supporting your physical core (meaning your spine and abdominal muscles) and supporting proper posture. What do you need to add so that you are using proper posture during the 80% of your day when you're in your in your "key work position"?

## Your Tools And Materials

What do you need to add to create an "ergonomic" environment? Where is the ideal level to position your computer screen? Where is the ideal place to put your keyboard and mouse? What is the ideal telephone and headset to use? What is the ideal desk for you to use? What are the ideal "break tools" to use so you can take healthy breaks that allow you to stretch and move your body throughout the day? What other tools and materials would support you best?