Biophilic Design Principles Training Course

Professional Development Training Course Outline

Category	Architectural Engineering	**Duration**	5 Days
Base Fee	$1,500 USD	**Delivery Mode**	Online / On-site Hybrid

Course Introduction

Biophilic Design Principles represent a transformative approach to architecture, interior design, and urban planning that integrates nature, natural systems, and human-centric wellness into built environments. Rooted in biophilia theory, this design philosophy enhances mental well-being, productivity, air quality, and sustainability performance by reconnecting people with nature through direct, indirect, and spatial experiences. In today's rapidly urbanizing world, biophilic design has become a leading trend in green building innovation, ESG compliance, regenerative design, and wellness-focused architecture, aligning with global frameworks such as LEED, WELL Building Standard, and climate-resilient infrastructure strategies.

Biophilic Design Principles Training Course provides a comprehensive exploration of biophilic design strategies, sustainable materials, nature-based solutions, and human-environment interaction principles. Participants will gain practical and theoretical knowledge to design spaces that promote stress reduction, cognitive restoration, energy efficiency, and ecological balance. The program is tailored for modern design professionals seeking to integrate smart sustainability, wellness real estate, circular design thinking, and nature-inspired innovation into their projects across residential, commercial, healthcare, and urban development sectors.

Programme Curriculum

Biophilic Design Principles Training Course

Introduction

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Course Duration

5 days

Course Objectives

1. Understand biophilic design principles and frameworks
2. Apply nature-based solutions in modern architecture
3. Integrate sustainable interior design strategies
4. Enhance occupant wellness and mental health outcomes
5. Optimize daylighting and natural ventilation systems
6. Implement green infrastructure and urban ecology concepts
7. Design using eco-friendly and regenerative materials
8. Align projects with LEED and WELL certification standards
9. Develop climate-resilient built environments
10. Incorporate water, vegetation, and natural patterns in design
11. Strengthen ESG-driven design thinking and sustainability metrics
12. Improve energy efficiency through passive design strategies
13. Create human-centered, restorative environments

Target Audience

1. Architects and Architectural Designers
2. Interior Designers and Space Planners
3. Urban Planners and Landscape Architects
4. Civil and Environmental Engineers
5. Real Estate Developers and Property Managers
6. Sustainability and ESG Consultants
7. Construction and Project Management Professionals
8. Students and Researchers in Built Environment Fields

Course Modules

Module 1: Foundations of Biophilic Design

- Biophilia theory and human-nature connection
- Direct, indirect, and spatial nature experiences
- Core biophilic design patterns
- Psychological and physiological benefits
- Global design trends and applications

- **Case Study:** Amazon Spheres, Seattle – immersive biophilic workspace integrating rainforest ecosystems.

Module 2: Nature-Based Architectural Design

- Biomimicry in architecture
- Organic building forms and geometry
- Landscape integration strategies
- Natural airflow and shading systems
- Site-responsive design approaches
- **Case Study:** Eden Project, UK – biome structures inspired by natural ecosystems.

Module 3: Sustainable Interior Environments

- Natural materials and textures
- Indoor planting systems and green walls
- Acoustic comfort using natural elements
- Circadian lighting systems
- Air quality enhancement techniques
- **Case Study:** Google Offices – biophilic interiors improving creativity and productivity.

Module 4: Environmental Psychology & Wellness Design

- Stress reduction through design
- Cognitive restoration theory
- Human behavioral responses to nature
- Healing environments in healthcare
- Workplace wellness optimization
- **Case Study:** Khoo Teck Puat Hospital, Singapore – healing garden-based healthcare design.

Module 5: Green Infrastructure & Urban Biophilia

- Urban forests and green corridors
- Water-sensitive urban design
- Public parks and regenerative cities
- Biodiversity integration in cities
- Climate adaptation strategies
- **Case Study:** Singapore City in a Garden Strategy – nationwide urban greening model.

Module 6: Smart Sustainability & ESG Integration

- ESG frameworks in design projects
- Carbon-neutral building strategies
- Circular economy in construction
- Sustainable procurement systems
- Smart building technologies
- **Case Study:** The Edge, Amsterdam – world’s most sustainable smart office building.

Module 7: Biophilic Materials & Technology Innovation

- Low-impact natural materials
- Recycled and regenerative materials

- Smart glass and adaptive façades
- IoT-enabled environmental monitoring
- Energy-efficient building systems
- **Case Study:** Bullitt Center, USA – net-zero energy and material innovation benchmark.

Module 8: Future of Regenerative Design

- Regenerative design principles
- Climate-positive architecture
- Nature-positive development models
- AI in sustainable design optimization
- Future cities and ecological resilience
- **Case Study:** Masdar City, UAE – experimental sustainable and low-carbon urban model.

Training Methodology

This course employs a participatory and hands-on approach to ensure practical learning, including:

- Interactive lectures and presentations.
- Group discussions and brainstorming sessions.
- Hands-on exercises using real-world datasets.
- Role-playing and scenario-based simulations.
- Analysis of case studies to bridge theory and practice.
- Peer-to-peer learning and networking.
- Expert-led Q&A sessions.
- Continuous feedback and personalized guidance.

Register as a group from 3 participants for a Discount

Send us an email: info@fineskilltrainingcenter.org or call *+254769199797*

Certification

Upon successful completion of this training, participants will be issued with a globally- recognized certificate.

Tailor-Made Course

We also offer tailor-made courses based on your needs.

Key Notes

a. The participant must be conversant with English.

b. Upon completion of training the participant will be issued with an Authorized Training Certificate

c. Course duration is flexible and the contents can be modified to fit any number of days.

d. The course fee includes facilitation training materials, 2 coffee breaks, buffet lunch and A Certificate upon successful completion of Training.

e. One-year post-training support Consultation and Coaching provided after the course.

f. Payment should be done at least a week before commence of the training, to Fineskill Training Center account, as indicated in the invoice so as to enable us prepare better for you.

Upcoming Scheduled Sessions

Start Date	End Date	Location	Price
23 Nov 2026	27 Nov 2026	Online	$1,000
23 Nov 2026	27 Nov 2026	Physical	$1,500
23 Nov 2026	27 Nov 2026	Physical	$3,000
23 Nov 2026	27 Nov 2026	Physical	$3,000
23 Nov 2026	27 Nov 2026	Physical	$6,000
23 Nov 2026	27 Nov 2026	Physical	$4,500
23 Nov 2026	27 Nov 2026	Physical	$6,000
23 Nov 2026	27 Nov 2026	Physical	$6,000

Ready to enroll or request a customized program? Book online or contact us:

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