Training course on Health and Well-being in Sustainable Buildings

Professional Development Training Course Outline

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

Course Introduction

As individuals spend an overwhelming majority of their lives indoors, the built environment profoundly impacts human health, comfort, and productivity. Training Course on Health and Well-being in Sustainable Buildings is meticulously designed to equip architects, interior designers, real estate developers, facility managers, property owners, urban planners, public health professionals, and sustainability consultants with the expert-level knowledge and practical strategies. This specialized program focuses on core principles of indoor environmental quality (IEQ), biophilic design, active design, material health, and the application of leading health and well-being certification systems (e.g., WELL Building Standard, Fitwel), blending in-depth understanding of human physiology, environmental psychology, building science, and innovative design approaches, and the leveraging of real-world case studies and performance measurement methodologies to create spaces that actively support and enhance the physical and mental health of occupants in Kenya and globally. This comprehensive 5-day program delves into nuanced methodologies for assessing and optimizing indoor air quality (IAQ) and thermal comfort in diverse building typologies, mastering advanced techniques for integrating biophilic elements and natural light to foster occupant connection with nature, and exploring cutting-edge approaches to specifying healthy, non-toxic materials, designing for enhanced acoustics, and creating spaces that promote physical activity and mental restoration. A significant focus will be placed on understanding the interplay of various health and well-being strategies within local climatic conditions (e.g., maximizing natural ventilation in Nairobi's climate), the specific challenges and opportunities in the Kenyan context (e.g., availability of healthy materials, cultural preferences for design, and local regulatory frameworks for occupant safety), and the practical application of these principles to diverse real estate asset classes from residential and office to educational and healthcare facilities. By integrating global industry best practices in healthy building design, analyzing **real-world examples of successful health and well-being initiatives in sustainable buildings (including pioneering projects in Nairobi that have achieved international health certifications), and engaging in intensive hands-on IEQ testing simulations, biophilic design workshops, material health assessments, occupant survey design, and expert-led discussions on performance monitoring and value creation, attendees will develop the strategic acumen to confidently lead the creation of healthier and more productive built environments, fostering unparalleled human flourishing, reduced operational costs, and

long-term asset resilience, thereby securing their position as indispensable leaders in shaping a built environment that champions both planetary and human health.

Programme Curriculum

Training Course on Health and Well-being in Sustainable Buildings

Introduction:

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This comprehensive 5-day program delves into **nuanced methodologies** for **assessing and optimizing indoor air quality (IAQ) and thermal comfort in diverse building typologies,** mastering **advanced techniques for integrating biophilic elements and natural light to foster occupant connection with nature,** and exploring **cutting-edge approaches** to **specifying healthy, non-toxic materials, designing for enhanced acoustics, and creating spaces that promote physical activity and mental restoration.** A significant focus will be placed on understanding the interplay of **various health and well-being strategies within local climatic conditions (e.g., maximizing natural ventilation in Nairobi's climate), the specific challenges and opportunities in the Kenyan context (e.g., availability of healthy materials, cultural preferences for design, and local regulatory frameworks for occupant safety), and the practical application of these principles to diverse real estate asset classes from residential and office to educational and healthcare facilities.** By integrating **global industry best practices in healthy building design,** analyzing **real-world examples of successful health and well-being initiatives in sustainable buildings (including pioneering projects in Nairobi that have achieved international health certifications), and engaging in intensive hands-on **IEQ testing simulations, biophilic design workshops, material health assessments, occupant survey design, and expert-led discussions on performance monitoring and value creation,** attendees will develop the **strategic acumen** to confidently lead the creation of healthier and more productive built environments, fostering unparalleled **human flourishing, reduced operational costs, and long-term asset resilience**, thereby securing their position as indispensable leaders in **shaping a built environment that champions both planetary and human health.**

Course Objectives (13):

Upon completion of this course, participants will be able to:

1. **Analyze core principles and strategic responsibilities** of **health and well-being integration** in creating truly sustainable buildings.
2. **Master sophisticated techniques** for **assessing and optimizing indoor environmental quality (IEQ)**, including air, thermal, acoustic, and visual comfort.
3. **Develop robust strategies** for **integrating biophilic design principles** to enhance occupant connection with nature and reduce stress.
4. **Implement effective solutions** for **selecting and specifying healthy, non-toxic building materials** and furnishings.
5. **Manage complex considerations** for **optimizing natural and artificial lighting** to support circadian rhythms and visual comfort.
6. **Apply robust strategies** for **designing buildings and spaces that promote physical activity (active design)** and mental restoration.
7. **Understand the deep integration of leading health and well-being certification systems** (e.g., WELL, Fitwel) for benchmarking and validation.[4]
8. **Leverage knowledge of occupant surveys and post-occupancy evaluations** to measure and improve building performance for human health.
9. **Optimize strategies for addressing specific health concerns** in the built environment, such as infectious disease transmission and mental health.
10. **Formulate specialized health and well-being plans** for **different building typologies** and climatic contexts (e.g., hot climates like Nairobi).
11. **Conduct comprehensive assessments** of existing buildings to identify opportunities for health and well-being enhancements.
12. **Navigate challenging situations** such as **balancing design aesthetics with health principles, managing material transparency, and securing stakeholder buy-in for wellness investments.**
13. **Develop a holistic, practical, and ethically conscious approach** to **health and well-being in sustainable buildings, with a focus on maximizing human potential in Kenya and globally.**

Target Audience (8):

This course is designed for professionals interested in Health and Well-being in Sustainable Buildings:

1. **Architects & Interior Designers:** Integrating health and well-being into building design and material specification.
2. **Real Estate Developers:** Seeking to enhance property value and tenant attraction through health-focused design.[5]
3. **Facility & Property Managers:** Optimizing operational practices for occupant comfort, health, and productivity.
4. **Sustainability Consultants:** Specializing in health and well-being certifications and strategies for the built environment.

5. **Building Owners & Investors:** Understanding the ROI of healthy buildings and meeting investor demands for social impact.
6. **Urban Planners & Policymakers:** Developing health-supportive urban environments and building codes.
7. **Public Health Professionals:** Bridging the gap between public health and the built environment.
8. **Construction Managers:** Ensuring healthy material use and construction practices that protect occupant health.

Course Duration: 5 Days

Course Modules (8):

- **Module 1: Foundations of Health & Well-being in the Built Environment**
  - **The Human-Building Connection**: Understanding how the built environment impacts physical and mental health.
  - **Key Health & Well-being Domains**: Air, Water, Nourishment, Light, Movement, Thermal Comfort, Sound, Mind, Community, Materials.
  - **The Business Case for Healthy Buildings**: Reduced absenteeism, increased productivity, talent attraction, enhanced asset value.[6]
  - **Sustainable Buildings & Health Synergy**: How green building practices contribute to occupant well-being.
  - **Global & Local Context**: International standards and the specific health challenges and opportunities in Nairobi's built environment.
- **Module 2: Indoor Environmental Quality (IEQ) Optimization**
  - **Indoor Air Quality (IAQ)**: Strategies for ventilation, filtration, source control, and monitoring (e.g., CO2, VOCs, particulate matter).[7]
  - **Thermal Comfort**: Designing for optimal temperature, humidity, and air movement in diverse climates (e.g., passive cooling in Nairobi).
  - **Acoustic Comfort**: Strategies for noise reduction, sound masking, and creating conducive acoustic environments.
  - **Visual Comfort**: Maximizing daylight, glare control, and designing adaptive artificial lighting systems.[8]
  - **IEQ Measurement & Assessment**: Tools and methodologies for testing and monitoring key indoor environmental parameters.[9]
- **Module 3: Biophilic Design & Connection to Nature**
  - **Principles of Biophilic Design**: Understanding the innate human connection to nature (biophilia hypothesis).
  - **Direct Connections to Nature**: Integrating plants, water features, natural light, and natural ventilation.[10]
  - **Indirect Connections to Nature**: Using natural materials, patterns, forms, and views of nature.
  - **Benefits of Biophilic Design**: Stress reduction, cognitive restoration, improved mood, and enhanced creativity.[11]
  - **Biophilic Design in Urban Contexts**: Strategies for integrating nature in high-density environments like Nairobi.
- **Module 4: Healthy Materials & Material Transparency**

    - **Impact of Building Materials on Health**: Understanding volatile organic compounds (VOCs), endocrine disruptors, and other harmful chemicals.
    - **Material Health Red Lists & Restricted Substances**: Identifying and avoiding hazardous materials.
    - **Material Transparency & Disclosure**: Leveraging tools like Declare, Health Product Declarations (HPDs), and Environmental Product Declarations (EPDs).
    - **Sustainable & Healthy Material Selection**: Prioritizing low-VOC, durable, and naturally derived materials.[12]
    - **Local Material Sourcing**: Exploring opportunities for healthy, locally available materials in Kenya.
- **Module 5: Active Design & Movement**
    - **The Sedentary Lifestyle Challenge**: Understanding the health risks associated with prolonged sitting.
    - **Principles of Active Design**: Encouraging physical activity through building and site design.[13]
    - **Staircase Design**: Making stairs appealing and accessible alternatives to elevators.
    - **Creating Active Commutes**: Promoting cycling, walking, and public transport access.
    - **Integrating Fitness & Recreation Spaces**: Providing gyms, outdoor recreational areas, and walking paths.[14]
- **Module 6: Mind, Community & Social Health**
    - **Designing for Mental Well-being**: Creating spaces for restoration, mindfulness, and stress reduction.
    - **Social Connectivity & Community Building**: Designing spaces that foster interaction and a sense of belonging.
    - **Access to Healthy Food**: Promoting healthy food choices within or near buildings (e.g., community gardens, healthy food vendors).[15]
    - **Equity & Inclusivity**: Designing spaces that are accessible and welcoming to diverse populations.
    - **Post-Occupancy Evaluation (POE) for Well-being**: Collecting occupant feedback to continuously improve building performance.
- **Module 7: Health & Well-being Certification Systems & Frameworks**
    - **WELL Building Standard**: In-depth exploration of its concepts (Air, Water, Nourishment, Light, Fitness, Comfort, Mind, Community, Materials, Sound) and certification process.
    - **Fitwel Certification**: Understanding its evidence-based strategies for promoting health in buildings.[16]
    - **Other Relevant Frameworks**: Exploring the health aspects within LEED, BREEAM, and EDGE, and the WorldGBC's Health & Wellbeing Framework.
    - **Local Green Building Standards**: How the Safari Green Building Index (SGBI) and other Kenyan initiatives address health.
    - **Implementing Certification**: Strategies for achieving specific health and well-being certifications for projects.
- **Module 8: Integrated Design, Implementation & Future Trends**
    - **Integrated Design Process**: Collaboration among diverse professionals (architects, engineers, health experts) for holistic design.[17]
    - **Cost-Benefit Analysis of Healthy Buildings**: Quantifying the value of health and well-being interventions.
    - **Policy & Regulatory Influence**: Advocating for health-supportive building codes and urban planning.
    - **Emerging Trends**: Personalized indoor environments, smart health monitoring, and neuro-architecture.

- **Practical Application & Workshop**: Participants develop a comprehensive health and well-being strategy for a proposed or existing building in Nairobi, considering local context and specific design interventions.

Training Methodology

- **Interactive Workshops:** Facilitated discussions, group exercises, and problem-solving activities.
- **Case Studies:** Real-world examples to illustrate successful community-based surveillance practices.
- **Role-Playing and Simulations:** Practice engaging communities in surveillance activities.
- **Expert Presentations:** Insights from experienced public health professionals and community leaders.
- **Group Projects:** Collaborative development of community surveillance plans.
- **Action Planning:** Development of personalized action plans for implementing community-based surveillance.
- **Digital Tools and Resources:** Utilization of online platforms for collaboration and learning.
- **Peer-to-Peer Learning:** Sharing experiences and insights on community engagement.
- **Post-Training Support:** Access to online forums, mentorship, and continued learning resources.

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

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