

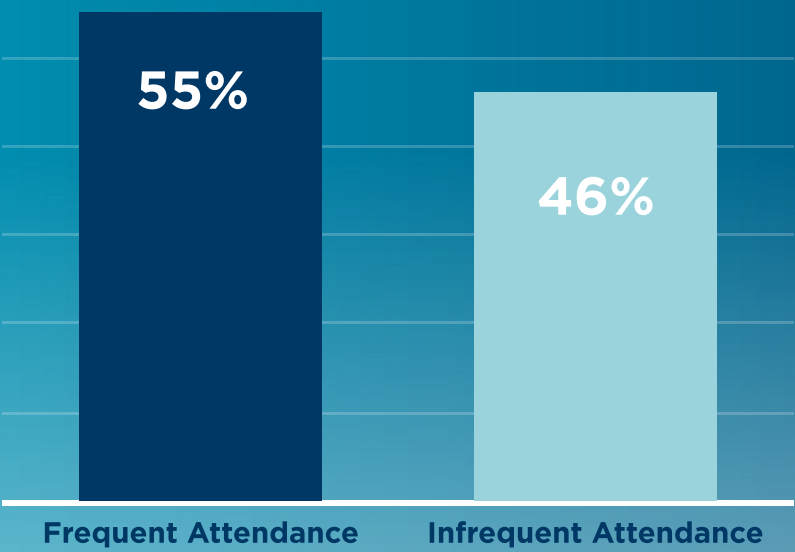


# Three Reasons the Office Boosts Energy

Experience per Square Foot™ (XSF) research shows that frequent office attendance leads to better work-life balance, high levels of inspiration and the ability to get enough time away from work.

## HERE’S WHAT WE’VE SEEN

### Percentage of Employees Reporting High Energy Throughout the Day



Regardless of where an employee spends time in the hybrid work ecosystem, energy is low – but coming to the office more frequently can help.

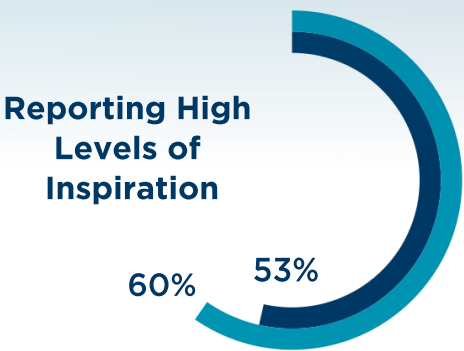
XSF measures how energized employees feel throughout the day. The findings indicate that employees who come into the office more frequently report higher energy levels than their peers.

The reasons for this boost are associated with better *Work-Life Balance*, higher levels of *Inspiration*, and more *Time Away From Work*.

Through XSF we are digging deeper into the relationship between place and employee energy and overall wellbeing. We invite you to join us in this study to uncover practical ways to optimize the energy levels, performance and wellbeing of your employees.

### Three Energy-Related Experience Measures Benefiting from Frequent Office Attendance

Percentage of Employees Reporting Sufficient Work-Life Balance, High Levels of Inspiration, and Enough Time Away from Work by Office Attendance Frequency



n=18,615 global workers  
Source: C&W XSF Survey

## WHAT YOU SHOULD DO



## XSF IN ACTION

### BUSINESS PROBLEM

Does improving my XSF score 5% make a big difference? Is there a connection between employee experience and business performance?

#### YES!

- Improved Workplace Experience & Employee Engagement
- Improves productivity in the workplace
  - Improves morale in the workplace
  - Reduces absenteeism
  - Provides better customer service
  - Lowers attrition and reduces costs to hire and onboard new hires

### SOLUTION

XSF provides data driven insight to how the workplace environment impacts the employee experience. Focused XSF improvements can help drive company profitability.

Improving engagement can pay dividends:  
A 5 point increase in employee engagement is linked to a **3 point increase in revenue growth** in a subsequent year.

Source: Aon Hewitt Research

Leveraging experts in real estate, HR, design and technology, alongside global best practice insights, we developed the industry’s first workplace experience diagnostic and are deploying it for Fortune 500 companies across the globe.

- 6 million+ data points
- 125K+ employee respondents
- 100+ companies
- 100+ countries

For more information visit [Experience Per Square Foot™](#)