



Press Information: for immediate release

RO Real Estate and guests talk wellbeing in the workplace: fad or trend?

On 9 May 2019 in Southampton, RO Real Estate is hosting a round table discussion on one of the most pressing issues for businesses right now – Employee Wellbeing. Guest speakers and experts from real estate developers, HR specialists and end users will join the debate entitled “Wellbeing in the Workplace: Fad or Trend?”, looking at wellbeing’s rise to the top of the corporate agenda, what is driving it and if it will stay there.

The chair of the discussion will be Helen Parton, an architecture and interiors journalist with over 15 years’ experience. Helen specialises in writing about how well-designed workspaces can make people happier and more productive.

The specialist participants of the roundtable include:

- **Emma Meredith**, Regeneration and Development Manager at [Hampshire County Council](#)
- **Gary Helm**, Founder of [obo](#)
- **Gary Wilburn**, Managing Director of [HPW Architecture Ltd](#), and Chair of the [AECB](#), Board Member of [Future South](#) and Steering Group and Founding Member of [Green Halo](#).
- **Georgia Elliott-Smith**, Director of [Element 4](#), a [WELL Accredited](#) Professional and [Fitwel](#) Ambassador
- **Lynn Murphy**, Workplace Wellbeing Coordinator for the [Southampton City Council Wellbeing@Work](#) service to businesses in the city.
- **Nella Pang**, Director, Head of Business Space & Development in the South Coast at [JLL](#)
- **Nick Moore**, Head of Investment at [RO Real Estate](#)
- **Stuart McLennan**, Director at [LAH Property Marketing](#)

The event will investigate questions, such as:

- 1) Wellness has become something of a buzz phrase over the last few years, to truly incorporate wellness into a business strategy how do you see beyond the hype and what are the pitfalls to avoid?
- 2) At what stage is wellness in the workplace being considered in the construction, design and build processes, how has this changed in recent years? Is the entire supply chain now more aware of wellness and are we all on the same page about what it really means?
- 3) What are the key drivers for wellness in the workplace - how does happiness and productivity of staff sit alongside a developer's desire to monetise the space, a tenant's wish to use the space efficiently and HR's priority of attracting and retaining top talent?
- 4) What are the top three things that will have the biggest impact on wellbeing in the workplace both now and in the future?

Nick Moore, Head of Investment at RO Real Estate says:

“RO Real Estate is one the front line of tenant requirement from their office space and we know that decisions are no longer made on cost alone. In order to thrive, enlightened organisations need well designed space that caters for its employees them both physically and mentally, creating the ultimate workplace experience. Bringing together forward-thinking experts to talk on this topic and report the outcome is essential to ensure it remains a high priority for business.”

RO Real Estate recently launched One Dorset Street, the first building in Hampshire to achieve Fitwel certification, the world's leading system for designing and operating buildings that actively improve occupant health. Health and wellness is of the highest priority for forward thinking organisations and the investment in One Dorset Street aims to support occupiers who understand that employee wellbeing is critical to commercial success.

For more information on One Dorset Street, please contact the marketing agents Nella Pang Nella.pang@eu.jll.com or Nik Cox ncox@vailwilliams.com #feelbetterworkbetter

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About RO Real Estate:

RO Real Estate is a family owned company developing, managing and investing in commercial property throughout the UK with a focus on the South of England.

RO Real Estate is a wholly owned subsidiary of the RO and has an established track record of maximising value through active asset management, refurbishment and development. It invests in all commercial property sectors and have significant experience working with joint venture partners and managing assets on behalf of third parties. RORE has a strong balance sheet and a long-established reputation for conducting business diligently, thoroughly and efficiently.

<http://www.rorealestate.co.uk>

About FITWEL:

Fitwel is a high impact building certification designed to support healthier workplace environments and improve occupant health & productivity. Released in USA in 2017, it is an international standard for the design and operation of health buildings.

<https://fitwel.org/>