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PRESS RELEASE

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ADURO's Spin on the Activity-based Workspace

June 17, 2013 - A call center without cubicles? ADURO has rolled out their new Coaching Pods – part of their re-design plans for the company's workspace. These phone booths on wheels are lined inside with sound proof audio foam akin to a recording studio, while white boards don the outside, offering ADURO's Human Performance Team a collaborative environment for new idea generation in one moment, and individual, distraction-free phone booths in the next. When they couldn't find what they wanted, they designed and built the pods themselves.

"The quality of a coaching conversation starts with the coach being centered and focused and creating the space for the client to learn, explore and grow," says Dr. Toni Best, Director of Human Performance. "At the same time, "next dream," change-producing initiatives require spontaneous collaboration often brought on by great calls with clients. Our new workspace was designed with both in mind."

ADURO knows that to develop great initiatives for clients that result in positive and lasting change and help companies meet their goals, they have to walk the talk. Creating a workspace that offers opportunities for coaches to be active, collaborative and productive allows them to be fully alive in their workspace and show up strong for clients.

"One minute we can be working together, generating ideas in an open environment, and the next we can each be in a private nook by ourselves while we are on a call with a coaching client. I truly look forward to coming to work every morning knowing my work environment has been designed around my changing needs throughout the day." -Coach Molly D.

The new design has created a space that can be transformed from a conference room to private pod worlds, from a workspace to a play space, and has both stable and mobile desks. Spontaneous group and individual movement like jump squats or push-ups can be seen between coaching calls, and wall sits during meetings means making every word count. The re-design of the Human Performance Lounge truly has unlocked the key in balancing collaboration, individual productivity, and an active and healthy lifestyle with an open-concept workspace.

See a six second video of our Human Performance Lounge in action!

https://vine.co/v/bLKQrZPlmL?fb_action_ids=10151407748515997&fb_action_types=vine-app%3Apost&fb_source=aggregation&fb_aggregation_id=288381481237582

About ADURO, Inc.

ADURO is an end-to-end health and productivity solution providing evidence-based, outcomes-focused programs and research-driven thought leadership on behavior change in employee communities. ADURO drives engagement through culturally aligned programs, facilitates sustained behavior change through complete ecosystem management, and keeps the healthy, healthy in addition to decreasing health risks. ADURO currently serves over 100 employers across a variety of industries nationwide. Additional information about ADURO may be found at ADUROLife.com.

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