Movement Synchrony in the post-pandemic work culture
Movement synchrony in the post-pandemic work culture
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12.9.2022
Movement synchrony in the post-pandemic work culture

SYMBOL LIST

WOOD
ACRYLIC PANEL
PRINTED ACOUSTIC PANEL
STRETCH FABRIC

TITLE REFERENCE

SCALE

1

EX0.00

GRAPHIC REFERENCE

MATERIAL REFERENCE

ARTIFACT REFERENCE

LIGHTING REFERENCE

MEDIA/AV REFERENCE

AREA CALL OUT

00A

DETAIL CALL OUT

1

EX0.00

EX002

EMILY SCHMIDT
MA EXHIBITION & EXPERIENCE DESIGN
FASHION INSTITUTE OF TECHNOLOGY
School of Graduate Studies
272 West 27th St
New York, NY 10011

ST. ANN'S WAREHOUSE
45 Water Street
Brooklyn, NY 11201

CLIENT
GALLUP

KEY PLAN

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DRAWN BY: EMILY YELING SCHMIDT

SCALE:

DATE: 12.9.2022

DRAWING TITLE:

SYMBOL LIST

DRAWING NO: EX002
EX100 EXECUTIVE SUMMARY
**THESIS STATEMENT**

The COVID-19 pandemic may be the most challenging crisis many leaders in the work world have faced. It has profoundly changed the landscape of our work culture and dramatically shifted how organizations operate, and leaders lead. The new post-pandemic norm affects employees’ social bonding, trust, productivity, loyalty, and collective mental health. Movement Synchrony measures the mutual influence that occurs in interpersonal interaction. It has been proposed to embody the quality of relationships. Exhibitions can provide a solution for leaders by incorporating the advantages of Movement Synchrony and putting forth new perspectives including flexibility and adaptability, and promoting naturally occurring happy hormones: Dopamine, Oxytocin, Serotonin, and Endorphin.
PROJECT PARAMETERS

SUBJECT
Fostering Movement Synchrony in the post-pandemic work culture

CLIENT
Gallup®

VENUE
St. Ann’s Warehouse, Dumbo, Brooklyn

AUDIENCE
Primary: Business Leaders
Secondary: Their Employees
Tertiary: General Public
ABOUT
Gallup is a global analytics and advice firm that helps leaders and organizations solve their most pressing problems. Gallup expertise: Employee Engagement, culture transformation, employee experience, leadership, organizational effectiveness.

MISSION
Since the unprecedented COVID-19 pandemic in 2020, Gallup conducts surveys and research on how the pandemic affects work life and workers’ mental well-being globally. To better understand the employee experience during COVID-19, Gallup has tracked the extent to which employees see their employers using three of the most effective tools they have at their disposal to support their employees: communication, concern for employees' wellbeing, and creating a climate of trust. By implementing new concepts and integrating up-to-date interactive technologies, this exhibition enables Gallup to create a new vision and gain new audience.
With a dramatic view of the Brooklyn Bridge, St. Ann’s Warehouse is equally appropriate for theater, community events, exhibitions, and major concert presentations.

St. Ann’s Warehouse has become one of New York City’s most important and compelling live performance destinations. Formerly an old Tobacco Warehouse, the roofless 19th-century building has been transformed into a spectacular 21st-century theater and event space, rising in its majestic location along the East River waterfront.

The location is an ideal venue for the following reasons:
• Near the financial districts in downtown Manhattan
• Convenient location by subways, cars, or walk over from Brooklyn Bridge
• Perfect surroundings — parks, waterfront, restaurants and historic bridges
• Flexible floor plan
AUDIENCE

PRIMARY: Business Leaders

SECONDARY: Their Employees

TERTIARY: General Public
PROJECT INTRODUCTION

The COVID-19 pandemic has changed our work culture permanently; it affects employees' social bonding, trust, loyalty, productivity, and collective mental health. Leaders face close-call decisions between what's suitable for the organization's long-term success and creating a stable, positive work environment and climate for their employees. My research focuses on finding a solution by incorporating Movement Synchrony and promoting naturally occurring happy hormones: Dopamine, Oxytocin, Serotonin, and Endorphin. This exhibition creates new perspectives on the current work climate in the post-pandemic culture.

EXHIBITION INTRODUCTION

Sponsored by Gallup Inc., this project will be a month-long temporary exhibition at St. Ann’s Warehouse, located in Dumbo, Brooklyn. Throughout a series of six exhibition areas, visitors are introduced to both interactive digital and analog activities that foster Movement Synchrony and happy hormones in the current work climate. Visitors will reflect, engage, and learn by participating in the activities with the Power of Play which inspires trust, teamwork, inclusion, and adaptability as well as the importance of creating happiness in the workplace.
EXHIBIT GOALS

PROJECT GOALS
The Exhibition will:
• Incorporate Movement Synchrony into work culture
• Inspire leaders
• Build strong teamwork
• Achieve high performance/productivity
• Reconnect employees
• Enhance employer’s and employees’ relationships
• Promote four happy hormones — Dopamine, Oxytocin, Serotonin and Endorphin
• Reach new audience and promote Gallup

EDUCATION GOALS
The audience will learn:
• How to build trust with one another
• How to embrace Movement Synchrony
• The importance of mental well-being at workplace
• Humanity at workplace
• Neuroscience of happy hormones
• Happy work culture leads to a happy life
• Movement synchrony leads to job satisfaction

EXPERIENCE GOALS
Visitors will experience:
• New ways of engaging and reconnecting
• Co-creation and inclusion
• An immersive environment with digital interactive and analog activities
• The power of play
• New perspectives to embrace humanity at work
REALITY NOW
Reflects post-pandemic work culture — hybrid and fully remote models. Lack of bonding and connection at workplace

THE SIDE EFFECTS
- Social isolation
- Depression
- Disengaged
- Lack of loyalty
- Unproductive

SEEKING SYNCHRONY
- 4 Happy Hormones
- Learn & inspire
- How to create happy hormones at work?

CULTIVATING EMPATHY
- Interactive/analog activity:
  - Have fun
  - Enhances collaboration
  - Power of play
- Interactive/analog activity:
  - Humanity
  - Compassion
  - Support

DRIVES EXCELLENCE
- Inclusive
- Supportive
- Co-creation
- Inspire

PATHWAYS TO BOND
- PATHWAYS TO ENGAGE
- Interactive/analog activity:
  - Creates social bonds
  - Builds trust
  - Creates a sense of togetherness

SHOUTS OUT
- Interactive/analog activity:
  - Flexibility
  - Adaptability
  - Patience
  - Acknowledgment

Interactive/analog activity:
- Have fun
- Enhances collaboration
- Power of play

Interactive/analog activity:
- Humanity
- Compassion
- Support

Interactive/analog activity:
- Creates social bonds
- Builds trust
- Creates a sense of togetherness

Interactive/analog activity:
- Flexibility
- Adaptability
- Patience
- Acknowledgment
AUDIENCE EMOTIONAL JOURNEY

explore
remind
bond
inspire

reflect
learn
adapt
EX120 RENDERINGS
INTRODUCTION

AREA

YOUR VOICE.
MY VOICE.

PATHWAY
TO INSPIRE

REALITY
NOW

TAKE YOUR COURSE

SEEKING SYNCHRONY/
CREATING HAPPY HORMONES

JOURNEY TOGETHER

ENTRANCE

MAZE OF TRUST

02A

03A

01A

04A

05A

06A

07A

08A

01A INTRODUCTION AREA

02A REALITY NOW

03A SEEKING SYNCHRONY/ CREATING HAPPY HORMONES

04A TAKE YOUR COURSE

07A JOURNEY TOGETHER

08A MAZE OF TRUST

05A YOUR VOICE. MY VOICE.

06A PATHWAY TO INSPIRE
EXHIBITION INTRODUCTION

When visitors enter the exhibition, they will immediately be enchanted by the vibrancy, cheer and boldness of In-Sync branding and spatial design. In-Sync’s graphic look & feel is contemporary, approachable and clean. It evokes team spirit and partnerships. A strong graphic statement of 3D + transparent layerings + rounded shapes and lines (symbols which evoke unity), speak the story of synchronization. St. Ann’s Warehouse, a 24-feet ceiling interior with a truss system throughout the space is pictured above. Acoustic suede materials will be used for seating and will also absorb echo.
Upon embarking on the In-Sync journey, visitors will find a poster with a message "To be in-sync, please put down your phone. Enjoy the Power of Play!" At the 1st corridor to the left, visitors reflect upon the familiar post-pandemic side effects that include social isolation, disengagement and loneliness. To the right, are post-pandemic artifacts that most of us recognize: a backpack, a laptop with virtual meeting on the screen, airpods, sanitizing wipes and a mask. Here is our new normal!
SEEKING SYNCHRONY

Visitors enter the 2nd corridor to discover Movement Synchrony and the importance of applying the theory to our current work climate. They also learn about the four happy hormones on the right panel — Dopamine, Oxytocin, Serotonin and Endorphin (D.O.S.E.) — and discover why it is essential for business performance. These four happy hormones and Movement Synchrony are inter-related and are keys to boost happiness, trust, and bonding at work.
CREATING HAPPY HORMONES
Visitors enter the last corridor. Through the interactive floor, visitors step on the typographic area to read the content of four happy hormones. They see themselves on the wall and the interaction process starts. It is a spontaneous way to engage with each other. Visitors will learn that happy hormones are naturally occurring in their bodies when they are excited, engaged, and motivated. The Power of Play empowers team work, trust, creativity and happiness in the workplace.
TAKE YOUR COURSE

After passing through the last corridor, visitors will find a mini-golf course game called “Take Your Course” to learn post-pandemic leadership skills — patience, adaptability, flexibility, honesty and empathy. This activity can be played solo or with a few partners competing to be the first to make it to the final hole.
TAKE YOUR COURSE (cont.)

When the visitors hit the ball into the holes, the light will shine from the holes triggered by the motion sensor. The light stays on for 15 seconds and then shuts off. After visitors make it to the last hole, the Gobo light will immediately shine on the floor surface and say “You just released Serotonin and Endorphin — The Will Power & Reward hormones!” Serotonin is also known as a hormone of leaders and Endorphins reduce stress, anxiety and relieve pain.
YOUR VOICE. MY VOICE.

As visitors approach "Your Voice. My Voice." area, they will find 3 touchscreens. Facilitators will be presented to assist visitors. Visitors choose either the leader or employee option to answer a few questions on touchscreens: “What are the most challenging issues at your workplace during the post-pandemic work environment?” Data will transfer to the hard-drive and then to the iPads that are embedded inside the curved wall, allowing visitors to read their concerns or feedback. Their voices will be updated constantly.
“When we get together now, let’s be together, be intentional and meaningful. We should embrace the opportunity to share and inspire one another.”

“Too many virtual meetings even when we are in the office. Everyone has airpods on them, it is so hard to make a conversation these days. I feel isolated.”

ANONYMOUS VOICE FROM A LEADER

ANONYMOUS VOICE FROM AN EMPLOYEE

YOUR VOICE. MY VOICE. (cont.)
Visitors can read the honest anonymous feelings and challenges from either the leaders’ or employees’ perspectives by peeking through holes in the circular wall. The aim is to create empathy for each other. This layers of transparency and honesty is essential for today’s norm — to put yourself in someone’s shoes.
PATHWAY TO INSPIRE

When visitors enter “Pathway To Inspire”, they will see pathways crossing all over the floor. If they follow any of the pathways to the end and then activate the buttons on the wall, letters will appear and spread out to form a quote from an influential leader around the world. It is important for great leaders to get inspired, receive advice and take action for their organizations and teams. “Pathway To Inspire” aims to inspire, remind and reflect today’s leadership skills that are essential to the post-pandemic work environment.
JOURNEY TOGETHER

As visitors enter the activity area of Journey Together, they will see a Gobo light projected on the floor labeled “Creating Dopamine”. It is exciting to see the giant and colorful origami boats that are hanging from the truss!
JOURNEY TOGETHER (cont.)

“Journey Together” reflects the essentials of collaboration, inclusion and co-creation. Visitors learn how to fold the origami boats from instructions that are provided. Meaningful communication and conversation can occur during the process. A facilitator is available to help with materials.
MAZE OF TRUST

As visitors approach the Maze of Trust, they notice that it is made of transparent acrylic panels allowing them to be seen through by outsiders. Maze of Trust is a team icebreaker where all participants will be blindfolded except the leader. The leader will give instructions and guide the participants out of the maze through trust and clear communication.
MAZE OF TRUST (cont.)

In today’s climate, leaders have to be confident, communicative, empathetic and courageous. A great leader acts in the face of fear and uncertainty and inspires others to follow with trust and dedication.
SUMMARY:
6 EXHIBITION AREAS

PATHWAY TO INSPIRE
REALITY NOW
TAKE YOUR COURSE
MAZE OF TRUST

CLIENT
GALLUP

KEY PLAN

DRAWN BY: EMILY YEUNG SCHMIDT
DATE: 12.9.2022
SCALE: N/A
DRAWING TITLE: MOVEMENT SYNCHRONY IN THE POST-PAND EMEIC WORK CUL TURE
DRAWING NO: EX136

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Movement synchrony in the post-pandemic work culture

EMILY SCHMIDT
MA EXHIBITION & EXPERIENCE DESIGN
FASHION INSTITUTE OF TECHNOLOGY
School of Graduate Studies
272 West 27th St
New York, NY 10011

ST. ANN’S WAREHOUSE
45 Water Street
Brooklyn, NY 11201

CLIENT
GALLUP

KEY PLAN

DRAWN BY: EMILY YEUNG SCHMIDT
DATE: 12.9.2022
Drawn by

EX137
3D MODEL PHOTO SURVEY
DRAWING NO: N/A
EX200 SCHEDULES & LISTS
### GRAPHIC SCHEDULE

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<td>04A.01.L01</td>
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<td>Area sign</td>
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<td>06A.01.GR02</td>
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<td>06A.01.Av01</td>
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<td>07A.01.GR03</td>
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**DRAWN BY:** EMILY YEUNG SCHMIDT

**SCALE:** N/A

**DATE:** 12.9.2022

**DRAWING TITLE:** GRAPHIC SCHEDULE

**DRAWING NO.:** EX201
## GRAPHIC SPECIFICATION LIST

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<td>A1</td>
<td>3/4 Thick white oak plywood with direct print and clear protective over-laminate</td>
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<tr>
<td>A2</td>
<td>5” thick direct prints white ply wood</td>
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<tr>
<td>A3</td>
<td>2” thick printed white ply wood</td>
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<tr>
<td>A4</td>
<td>1/2” thick direct prints white ply wood</td>
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<tr>
<td>B</td>
<td>Sublimation print on 1/2” aluminum panels</td>
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<tr>
<td>C</td>
<td>Graphic prints on 1/2” acrylic sheet</td>
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<tr>
<td>D</td>
<td>Direct prints on 1/4” acrylic</td>
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<tr>
<td>E</td>
<td>A4 size direct prints on card stock Tyvek Paper</td>
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<tr>
<td>F</td>
<td>Direct prints on adhesive vinyl</td>
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<tr>
<td>G</td>
<td>Opaque stretch fabric on 240 GSM matte opaque tension fabric to be assembled with freestanding aluminum frame</td>
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<tr>
<td>H</td>
<td>Sublimation print on area rug</td>
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<tr>
<td>I</td>
<td>Sublimation print on Duraclear Vinyl</td>
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<tr>
<td>J</td>
<td>Graphic on custom GOBO projector</td>
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<tr>
<td>K</td>
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<tr>
<td>L</td>
<td>Digital graphic on Touchscreen</td>
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<td>M</td>
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<td>X-ML-01</td>
<td>ENTRY SIGNAGE</td>
<td>POWDER COATED EXTRUSION ALUMINUM (CUSTOM COLORS TO MATCH)</td>
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<td>ALUMINUM</td>
<td>X-ML-02</td>
<td>PATHWAY TO INSPIRE</td>
<td>28MM TUBULAR ALUMINUM FRAME</td>
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</tr>
<tr>
<td>ACOUSTICAL FABRIC</td>
<td>X-FB-01</td>
<td>INTRODUCTION</td>
<td>CUSTOM SEATING</td>
<td><img src="image" alt="Acoestical Fabric" /></td>
</tr>
<tr>
<td>WOOD</td>
<td>X-WD-01</td>
<td>CORRIDORS, TAKE YOUR COURSE AND YOUR VOICE</td>
<td>3/4&quot; THINK WHITE OAK PLYWOOD</td>
<td><img src="image" alt="Wood" /></td>
</tr>
<tr>
<td>ACOUSTIC PANELS</td>
<td>X-PN-01</td>
<td>MAZE OF TRUST &amp; TAKE YOUR COURSE</td>
<td>CUSTOM SIZES</td>
<td><img src="image" alt="Acoustic Panel" /></td>
</tr>
<tr>
<td>ACRYLIC</td>
<td>X-VL-01</td>
<td>MAZE OF TRUST</td>
<td>2.5&quot; CLEAR ACRYLIC SHEETS 5' X 8' by Acrylite</td>
<td><img src="image" alt="Acrylic" /></td>
</tr>
<tr>
<td>ARTIFICIAL GRASS</td>
<td>X-GR-01</td>
<td>TAKE YOUR COURSE</td>
<td>GOLF COURSE COVER</td>
<td><img src="image" alt="Artificial Grass" /></td>
</tr>
<tr>
<td>CARPET</td>
<td>X-CP-01</td>
<td>MAZE OF TRUST</td>
<td>CUT TO SIZE</td>
<td><img src="image" alt="Carpet" /></td>
</tr>
<tr>
<td>3M ADHESIVE TINTED FILM</td>
<td>X-TF-01</td>
<td>MAZE OF TRUST</td>
<td>LAMINATED ON CLEAR VINYL</td>
<td><img src="image" alt="3M Adhesive Tinted Film" /></td>
</tr>
<tr>
<td>TENSION FABRIC</td>
<td>X-FB-02</td>
<td>PATHWAY TO INSPIRE</td>
<td>TENSION FABRIC ROOM MADE FROM A TUBULAR ALUMINUM FRAME AND PRINTED FABRIC GRAPHIC SKIN</td>
<td><img src="image" alt="Tension Fabric" /></td>
</tr>
</tbody>
</table>
**LIGHTING SCHEDULE**

<table>
<thead>
<tr>
<th>CODE</th>
<th>TYPE</th>
<th>MANUFACTURER</th>
<th>DESCRIPTION</th>
<th>THUMBNAIL</th>
</tr>
</thead>
<tbody>
<tr>
<td>L1</td>
<td>LED TRACK LIGHT</td>
<td>WAC LIGHTING</td>
<td>LED2020 SILO X20 BEAM SHIFT TRACK HEAD. 2700K–4000K COLOR TEMPERATURE</td>
<td><img src="image1" alt="LED TRACK LIGHT" /></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>15° SPOT TO 50° FLOOD</td>
<td></td>
</tr>
<tr>
<td>L2</td>
<td>LED STRIP LIGHT</td>
<td>BYIBA</td>
<td>ACCENT LIGHT. 24V LED, 3000K AND CRI 90. LUMEN OUTPUT 630LM. OUTDOOR APPLICATION.</td>
<td><img src="image2" alt="LED STRIP LIGHT" /></td>
</tr>
<tr>
<td></td>
<td>LSV</td>
<td>SILICONE BENDABLE LED</td>
<td></td>
<td></td>
</tr>
<tr>
<td>L3</td>
<td>MOTION LIGHT</td>
<td>N/A</td>
<td>FABRICATOR TO ADVISE</td>
<td>N/A</td>
</tr>
<tr>
<td>L4</td>
<td>CUSTOM GOBO PROJECTORS</td>
<td>GOBO SOURCE</td>
<td>TRUSS MOUNTING. COLOR TEMPERATURE 6,000K. 2,400LM EFFECTIVE LUMINOUS FLUX. MEDIUM LEN: F=70MM/20 DEGREES: 28MM (11 IN)</td>
<td><img src="image3" alt="CUSTOM GOBO PROJECTORS" /></td>
</tr>
<tr>
<td></td>
<td>ECO SPOT LED B40E</td>
<td>ECO SPOT LED B40E</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>GOBO PROJECTOR</td>
<td>GOBO PROJECTOR</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
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</tbody>
</table>
## ARTIFACT SCHEDULE

<table>
<thead>
<tr>
<th>ARTIFACT</th>
<th>CODE</th>
<th>LOCATION</th>
<th>DESCRIPTION</th>
<th>QTY</th>
</tr>
</thead>
<tbody>
<tr>
<td>02A.01.AR01</td>
<td>REALITY NOW</td>
<td>OBJECT - BACKPACK</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>02A.01.AR02</td>
<td>REALITY NOW</td>
<td>OBJECT - LAPTOP</td>
<td>1</td>
<td></td>
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<tr>
<td>02A.01.AR03</td>
<td>REALITY NOW</td>
<td>OBJECT - AIRPODS</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>02A.01.AR04</td>
<td>REALITY NOW</td>
<td>OBJECT - MASK</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>02A.01.AR05</td>
<td>REALITY NOW</td>
<td>OBJECT - DISINFECTING WIPES</td>
<td>1</td>
<td></td>
</tr>
</tbody>
</table>

### DRAWING

**DATE:** 12.9.2022

**SCALE:** N/A

**DRAWING TITLE:** ARTIFACT SCHEDULE

**DRAWING NO.:** EX205

---

**STICKER**

**TEXT**

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**DRAWN BY:** EMILY YEUNG SCHMIDT

**SCALE:** N/A

**DATE:** 12.9.2022

**DRAWING TITLE:** ARTIFACT SCHEDULE

**DRAWING NO.:** EX205
EX300 PLANS & SECTIONS
Movement synchrony in the post-pandemic work culture

00A: Exterior Entry
01A: Introduction
02A: Corridors — Seeking Synchrony
03A: Creating Happy Hormones
04A: Take Your Course
06A: Pathway To Inspire
07A: Journey Together
08A: Maze of Trust
Movement synchrony in the post-pandemic work culture

1" = 30'
Movement synchrony in the post-pandemic work culture

SCALE 1" = 30'

MATERIAL PLAN

ENTRANCE

EXIT

DRESSING ROOM

RESTROOM

STUDIO

1

EX306
Movement synchrony in the post-pandemic work culture

ARTIFACT PLAN

SCALE 1" = 30'

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SECTION ELEVATION 1

SCALE: 1" = 20'
VISUAL COMMUNICATION

The graphic look and feel for In-Sync tells visitors a story — the essentials of creating trust, collaboration, togetherness and happiness in the post-pandemic work culture. Lines represent pathways or challenges of unprecedented workplace environment after the pandemic. Dots connect pathways, creating the in-sync spirit. The halftone shading indicating a burst of joy, emerges when the happy hormones are created in our bodies. The colors are pulled from the brand identity which is vibrant, positive and cheerful. Translucent color overlaps black & white photos, which speaks to clear communication.

In-Sync branding illustrates a sense of movement that embodies the human connection. Gill Sans Nova speaks harmony that pairs well with the logo and applies throughout the system. The In-Sync logo expresses joyfulness, connection and unity.
in-sync

Movement synchrony in the post-pandemic work culture

---

*Support each other when you are loss*
*Cultivating empathy*
*Create drytocin (trust or be trusted)*

---

Wall with different color is with words/graphics
COLOR PALETTE

PRIMARY COLOR
- PMS 1375C
- PMS 382C
- PMS 319C
- PMS 219C
- PMS 2593C

SECONDARY COLOR
- PMS 7665C
- PMS Warm Red C
- PMS 7740C
- PMS 3935C
- PMS 7705C
- PMS 7629C
- PMS Black C
- Solid White

TYPE | GILL SANS NOVA

Gill Sans Nova | Book

ABCDEFGHJKLMNOPQRSTUVWXYZ
abcdefghiJKLMNOPQRSTUVWXYZ

Gill Sans Nova | Bold

ABCDEFGHIJKLMNOPQRSTUVWXYZ
abcdefghijklmnopqrstuvwxyz1234567890

abcdefghiJKLMNOPQRSTUVWXYZ
abcdefghiJKLMNOPQRSTUVWXYZ
Movement Synchrony in the post-pandemic work culture

GILL SANS NOVA SEMI-BOLD

in-sync
Movement synchrony in the post-pandemic work culture

KEY PATTERNS

Halftone

Lines
Movement Synchrony in the post-pandemic work culture

MAY 1 - MAY 30

SPONSORED BY
GALLUP
Movement synchrony in the post-pandemic work culture

SPONSORED BY GALLUP
Movement synchrony in the post-pandemic work culture
Movement synchrony in the post-pandemic work culture

WAYFINDING APPLICATIONS 3

DRAWN BY: EMILY YEUNG SCHMIDT
SCALE: N/A
DATE: 12.9.2022
DRAWING TITLE: WAYFINDING APPLICATIONS 3
DRAWING NO: EX411
Movement synchrony in the post-pandemic work culture

Why are happy hormones essential for business performance?

CREATING happy hormones

In our new work... Be transparent and honest
EX500 DETAILS
Movement synchrony in the post-pandemic work culture
Movement synchrony in the post-pandemic work culture

REALITY NOW

FRONT VIEW

SIDE VIEW

ELEVATION 01A-02-GR02

SCALE: 1/2" = 1'-0"
Movement synchrony is a powerful workplace bonding mechanism. Strong team building enhances mental well-being and productivity in our work culture. Studies show that synchronous multisensory stimulation leads to self-other merging and multi-sensory integration can affect social perception and create a sense of self-other similarity.
Why are happy hormones essential for business performance?

- **Dopamine**: Literally drives our brain's reward system, urging us to seek pleasure and motivating us to achieve goals. It also regulates our emotional responses, enabling us not only to identify where rewards might be, but also to take action to move toward them.
  - Low levels of Dopamine can result in a lack of enthusiasm & motivation and in self-doubt & procrastination and it can also lead to obsessive and/or addictive behaviour.

- **Serotonin**: The synthesis of serotonin occurs in the brainstem, being responsible, among others, for self-control or emotional stability. It is the chemical we experience when we are respected, appreciated, and given preferential treatment. This adds to our trust and makes us feel incredible. It is the chemical responsible for strong leadership.
  - Low levels of Serotonin can cause anxiety, irritability, insomnia, pain, panic and depression as well as difficulty focusing and memory loss.

- **Oxytocin**: Produced in both the brain and blood. Among some classifications, oxytocin is considered by a large number of scholars as the chemical of trust, because this feeling causes the brain to release oxytocin. Lack of trust is lack of oxytocin, and the opposite is also true. This hormone should be considered a fundamental factor in the management of the organizational environment because it is a mechanism through which social actors reduce the internal complexity of their interaction system by believing in the credibility of a person or a system.

- **Endorphin**: Regulate emotional responses by interacting with the opiate receptors (our natural painkillers) in the brain, enabling us to cope more effectively with stress and anxiety. They also regulate physiological responses, enabling us to cope with physical ailments and both physical and emotional pain.
  - Low levels of Endorphins can manifest in lethargy, reduced tolerance to pain, anxiety and a myriad of physical disorders.
TOTAL PANEL CURVE LENGTH: 38'-0"

Graphic Type A1
05A.01.GR03

ELEVATION 05A.01.GR03
SCALE: 3/8" = 1'-0"

PLAN VIEW 05A.01.GR03
SCALE: 3/8" = 1'-0"

IN OUR NEW NORM: BE TRANSPARENT AND HONEST
What are the most challenging issues in your workplace during post-pandemic?

1. TOUCHSCREEN TO START
2. SELECTS LEADER OR EMPLOYEE
3. LEADER — ENTERS ANSWER
4. EMPLOYEE — ENTERS ANSWER

DIGITAL GRAPHIC 05A.01.AV01
SCALE: 1" = 1'-0"
Movement synchrony in the post-pandemic work culture

1. ACRYLIC PANEL INSTALLATION X-VL-01
   SCALE: 3/4" = 1'-0"

2. ACRYLIC PANEL INSTALLATION DETAIL
   SCALE: NTS
Movement Synchrony in the post-pandemic work culture