



## Oliver Heath

### MEDIA PERSONALITY

Oliver Heath is a UK-based designer and founder of Oliver Heath Design who helps organisations and homeowners apply biophilic design principles to create healthier built environments.

- Founder and Director of Oliver Heath Design, a consultancy specialising in wellbeing and biophilic design.
- Author of *Design a Healthy Home* and *Urban Eco Chic*.
- Television design presenter with appearances on BBC programmes including *Changing Rooms* and *DIY SOS*.
- Media spokesperson for UK energy and resource organisations including WRAP and the Energy Saving Trust.
- Consultant focused on applying research-informed biophilic design principles to residential and workplace environments.

## Oliver Heath's 2026 Biography

### Key speaking topics

- Biophilic design in the built environment
- Healthy homes and interior design
- Wellbeing-focused workplace design
- Nature connection and human health
- Sustainable and eco-conscious design principles
- Applying research to residential and commercial spaces

### Ideal for

- Corporate real estate and workplace leaders
- Architects and interior designers
- Sustainability and ESG professionals
- Facilities and workplace experience teams

### Audience outcomes

- Clear understanding of biophilic design principles
- Practical insights for improving wellbeing in homes and workplaces
- Greater awareness of research linking nature and health
- Strategies for integrating nature-inspired design into built environments

### Why organisations work with Oliver Heath

- Brings combined experience as a designer, author and media presenter.
- Translates research on wellbeing and nature into practical design applications.

### AVAILABLE FOR

- After Dinner Engagement
- Speaking

### OLIVER'S SPEAKING THEMES

- Climate Action and Sustainability
- Employee Wellbeing
- ESG Strategy
- Health & Wellbeing

### LANGUAGES: English

- Offers credible expertise across residential and commercial environments.
- Aligns design strategy with organisational wellbeing and sustainability priorities.

## Biography

Oliver Heath is a UK-based designer and founder of Oliver Heath Design, a consultancy specialising in wellbeing and biophilic design in the built environment. His work focuses on helping organisations and homeowners apply research-informed principles that connect people more closely with nature through the spaces they occupy.

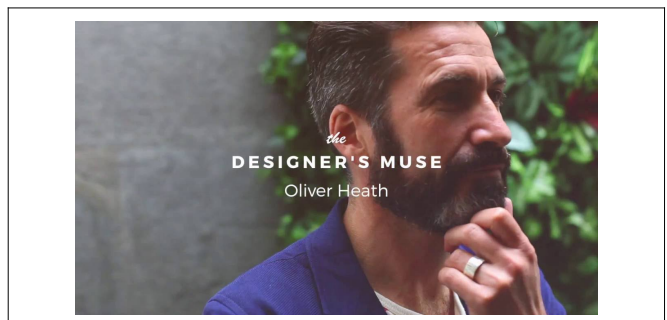
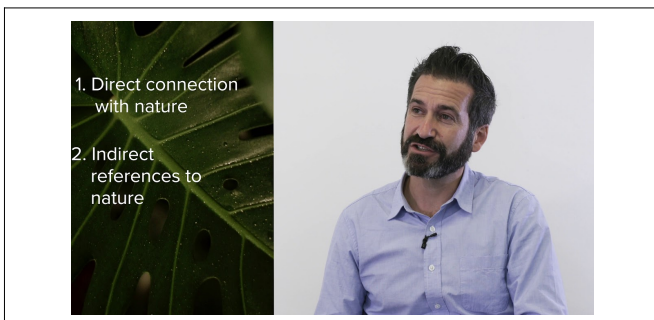
Through his consultancy, Heath works across residential and workplace environments, translating evidence on nature and human health into practical design strategies. His approach supports organisations seeking to align workplace experience, wellbeing and sustainability priorities within their built environment.

He is the author of *Design a Healthy Home* and *Urban Eco Chic*, publications that explore how interior design and architecture can positively influence health and daily life. His writing reflects a consistent focus on making wellbeing-led design accessible and actionable.

In addition to his consultancy and authorship, Heath is an established television design presenter, with appearances on BBC programmes including *Changing Rooms* and *DIY SOS*. He has also acted as a media spokesperson for UK energy and resource organisations, including WRAP and the Energy Saving Trust, contributing to public understanding of sustainable and healthy living.

Oliver Heath brings together design expertise, media experience and a clear understanding of wellbeing in the built environment, making him a relevant voice for organisations navigating the intersection of workplace strategy, sustainability and human performance.

## Oliver Heath's Videos





## What Oliver Heath's clients say

We had the pleasure of having Oliver Heath presenting a seminar during our internal Sustainability Exhibition. The issues of sustainability and biophilic design were beautifully outlined by Oliver with all our questions being answered in a professional and friendly way. The turnout for the event was outstanding, with many people taking a genuine interest in Interface and their biophilic approach.

**Corina Dragomirescu**

*Materials Librarian, Foster + Partners*

Oliver was a really engaging speaker and clearly very passionate about Biophilic Design. I especially enjoyed the way he always linked the theory back to real world examples to reinforce the benefits of the design principles.

**Matt McCreith**

*CIAT*

I'd like to extend our thanks for such an interesting and engaging seminar, and for providing the hospitality to all our guests. I've received extremely positive and enthusiastic feedback from the attendees.

**Gillian Scott**

*Architect*

He (Oliver) is an energetic and passionate ambassador of Biophilic Design. Oliver has the gift to easily connect with his audience and knows how to inspire people for the relevance of wellbeing in a built environment.

**Susanne Mundle**

*Interface*

Really happy, very positive feedback from delegates regarding his talk. Many thanks

**Katie Whitehouse**

*BeaconHouse Events, BIM Show Live 2020*

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*Fosters and Partners*

Great conference speech by Oliver Heath

**Mickael Cornou**

*Marketing Manager, France, Interface*

So inspiring listening to Oliver Heath.

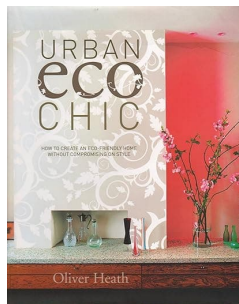
**Catherine Ross**

*Planet PR*

## OLIVER'S LATEST BOOKS



**Design a Healthy Home: 100 ways to transform your space for physical and mental wellbeing**



**Urban Eco Chic: How to Create an Eco-Friendly Home Without Compromising on Style**