



## Oliver's biography

## Oliver Heath

**Industry recognised expert in Biophilic Design, Sustainable Architecture and Interior Design**

Oliver Heath is a global expert on Biophilic Design and would love to tell you how to create happier & healthier places for people to live & work by strengthening connections to nature.

### About Oliver Heath

Oliver Heath is a writer, researcher, designer, and passionate advocate for healthy & sustainable buildings. Over the last 24 years Oliver has used his media platform working for terrestrial TV channels to discuss how to create happier, healthier places to live that are truly fit for the future.

He is the [author](#) of 3 books most recently “Design a Healthy Home” (DK Books) exploring how to create healthy eco-friendly spaces to live in, no matter the budget.

His approach to Biophilic Design investigates how enhanced nature connections in the built [environment](#) can help to reduce stress, aid recuperation, and build more resilient communities, to bring measurable financial benefits to building and business owners; reducing negative costs like absenteeism and staff turnover, whilst improving outcomes.

This evolutionary design approach will transform the way you think about the buildings and spaces around you, helping you to understand their impact on our physical, mental, and emotional [wellbeing](#), and unlock numerous benefits.

If sustainability and carbon focussed conversations are feeling tired, this fresh approach to falling in love with our planet, whilst supporting mental & physical wellbeing will inspire and motivate you into action.

### Oliver's talks

- **How to improve mental and physical wellbeing in the built environment**
- **Biophilic Design – enhancing human & nature connections to realise tangible financial savings and occupant benefits**

- **Designing for the senses to create inclusive spaces for all**
- **Sustainable homes – saving [energy](#) and cutting costs**
- **Regenerative design: going beyond sustainability to improve spaces for people & planet**

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