

The background of the entire page is a lush tropical illustration. It features large, dark green monstera leaves, vibrant orange and yellow Bird of Paradise flowers, and a toucan with a large orange beak and black and white feathers perched on a branch in the upper right. The overall style is artistic and hand-drawn.

NEW ARRIVALS

Spring / Summer 2023

THE DETOX OFFICE

A caring ecosystem for the workplace



sedus



NEW ARRIVALS

Spring / Summer 2023

THE DETOX OFFICE

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Foreword

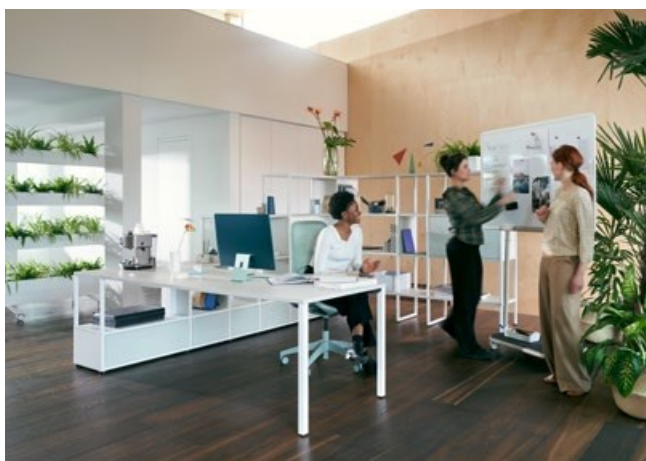
The Detox Office

**How can we
create a
harmonious
working
environment?**

The current world of work is rapidly evolving. Particularly in the age of hybrid working, it has become a reality that digital tools are being used in ever greater numbers. Whether for completing daily tasks, for video conferences or when on move – we use our smartphones, laptops, wearables etc almost all the time. However, this trend has its dark side: Constant digital accessibility and use of devices can lead to so-called “digital fatigue”.

Under the motto “The Detox Office – a caring ecosystem for the workplace”; the new arrivals will join the Sedus portfolio in Spring 2023. It is an important task for the product innovations and additions, as well as the Detox Office approach, that people will be able to work in an environment where they can counterbalance their digital work and find a change of perspective. The intention

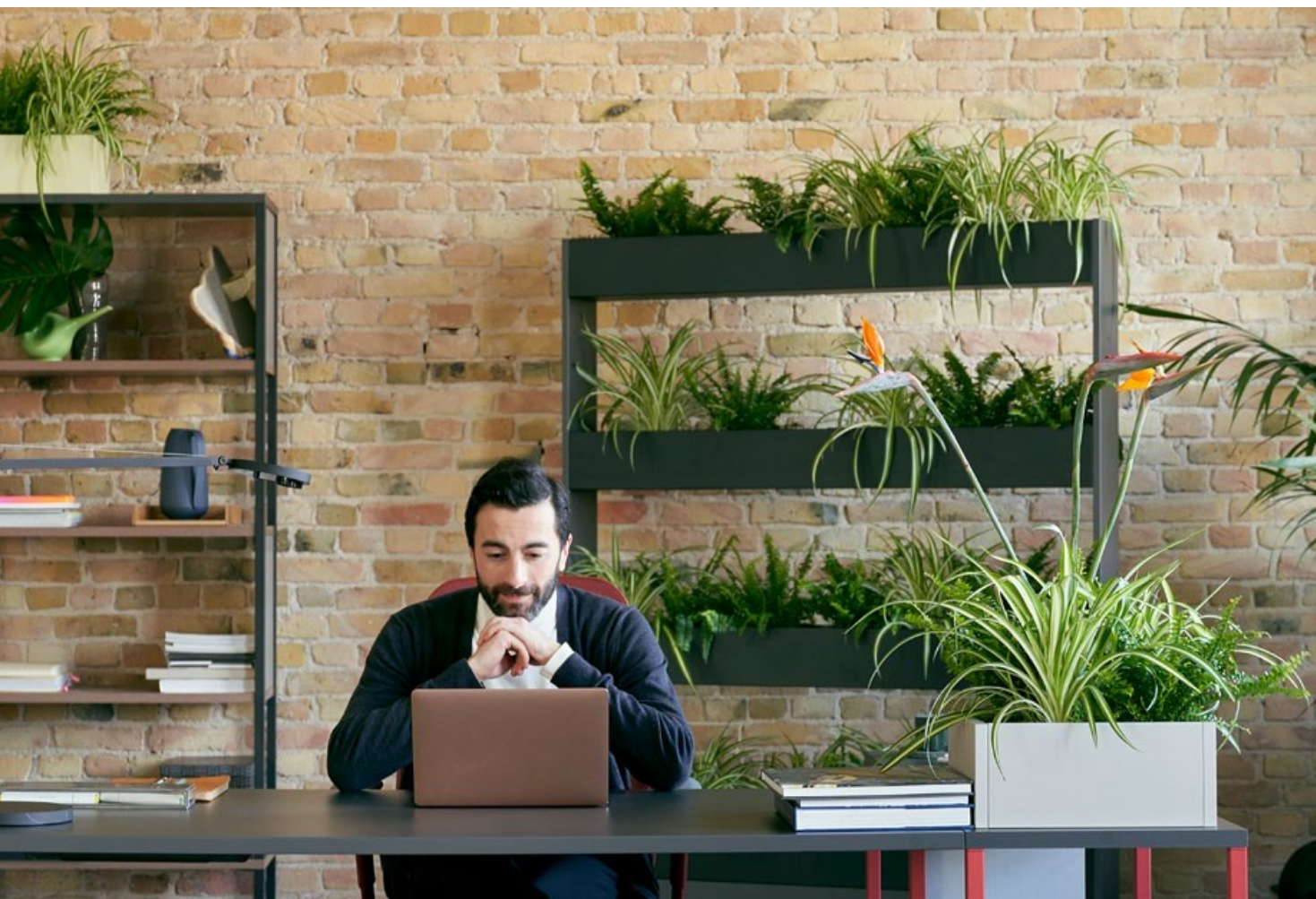
is to create an environment that promotes health and well-being. In this new ecosystem, individual work as well as collaboration are defined by a wide range of diverse workspaces. They are not strictly separated, but rather blend smoothly into one another, creating an exciting and versatile environment. Whether it's an informal exchange, sponta-





neous encounter, concentrated work or a retreat for a moment of relaxation – there is a perfect area for every occasion.

Biophilic design is a key factor in this process. The New Arrivals take up this approach by using plants, the organic shapes of furniture as well as natural and stimulating colours. They enable an office design that creates feel-good moments that employees can experience away from technical tools.



“We live in a digital world, but we
are fairly analogue creatures.

Omar Ahmad

01 Digital fatigue

Sedus INSIGHTS N° 17 addresses the challenges of the transformation of offices into digital workplaces. Alongside the advantages that technology offers, the side effects and risks to health and well-being at work, as “digital fatigue”, are becoming increasingly evident.



In the last few years, hybrid working has become extremely popular. The reason lies in the advantages it brings to both people and organisations; to enjoy the flexibility to work from home with the structure and support of the office.

Simultaneously, we have begun to see our lives more and more populated with electronic tools and technological devices. Each one promises to help in performing tasks faster or entertain us during our free time, but they also require us to adopt new personal habits and implement professional routines. This is particularly evident at work: as the ideal workplace becomes hyperconnected, the way we communicate becomes more pervasive, multitasked and multichanneled.

Although organisations and individuals are acquiring the necessary skills to better manage these aspects, a few factors, such as massive virtual interactions, excessive use of video calls or constant exposure to screens, are threatening an engaging and healthy work experience.

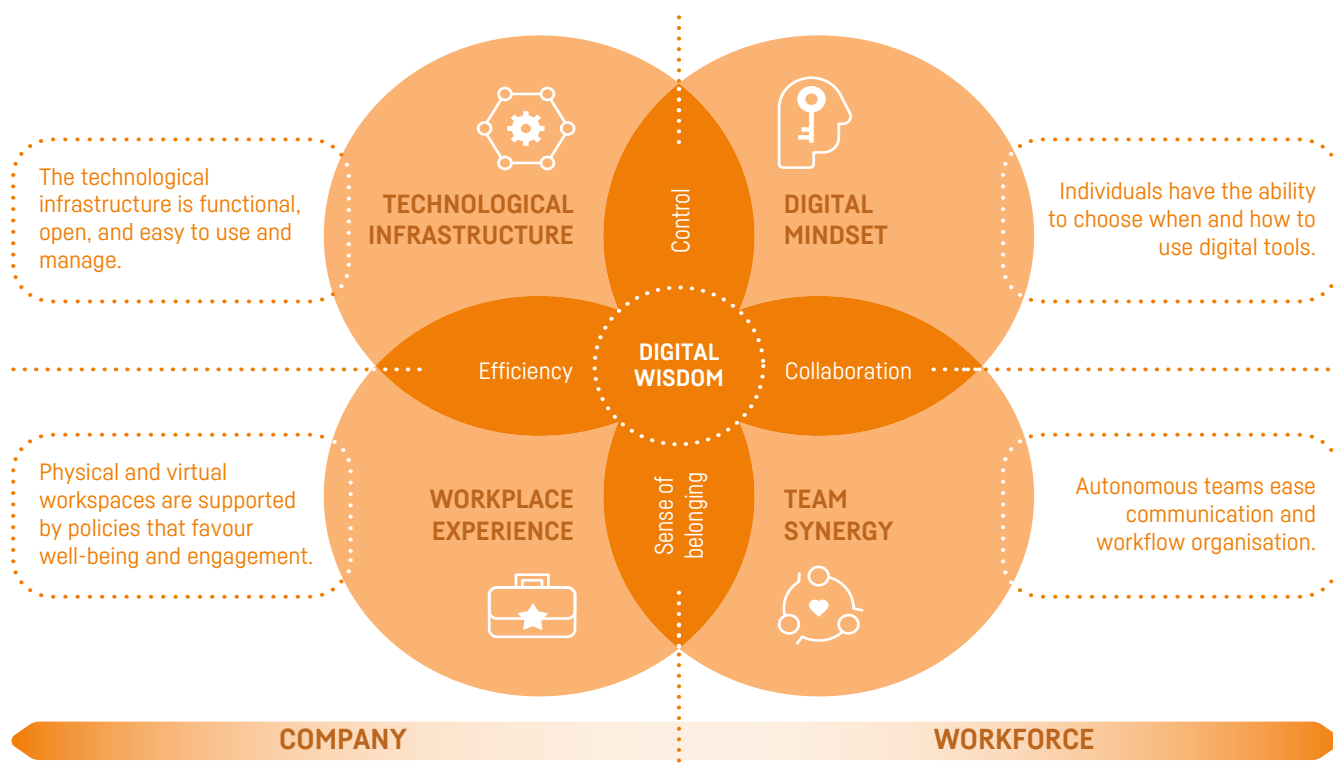
As pointed out by a growing body of research, the transformation of offices into digital workplaces requires more than just keeping up with technological innovations: there is a need for a recombination of the physical, cultural, and digital elements that shape human interactions with each other and with machinery. There is a demand that we support a different way of working, where efficiency and well-being go hand in hand. There is also the requirement

to manage relationships with digital devices, reminding us of the “analogue” limits we have as human beings.

One of the many dark sides of this hyper-connectedness is “digital fatigue”, the main symptoms of which are the feelings of being overwhelmed and exhausted as a result of too much digital stimulation. When people suffer from this condition, they find it hard to step back from technology and may feel like they are starting to become addicted to their devices.

Digital fatigue contributes to poor levels of well-being at work, either in the office or at home, characterised by distraction, frustration, disengagement, and an overall poorer employee experience.

Elizabeth Marsh, digital well-being researcher and Director of Digital Work Research, has been interviewed in this issue of Sedus INSIGHTS. She agrees, claiming that digital presenteeism can be a huge source of stress for workers in the hybrid workplace and may contribute to technostress and technostain, effects that over time can cause burnout with knock-on impacts to physical and mental health.





In her interview, she explains that the biggest challenge of digital burnout is not yet taken seriously in many companies, and managers and employees are not supported in gaining the “soft” skills to avoid it. She compares how companies understand and manage certain hazards and harms of the physical workplace in order to keep workers safe and how often the same threats in the digital workplace are ignored.

Companies and employees are together in promoting a conscious and balanced use of technology. Banning or limiting the use of technology is not the solution, rather promoting workspaces which integrate efficiency, a sense of community, collaboration and personal control.

Workers need the tools to acquire “soft skills” to enable the individual’s awareness of choosing when and how to rely on digital tools, when to opt for in-person meetings or when to set a smartphone to one side.

Companies have to offer a hyper-personalised working experience, through an appropriate technical infrastructure, a coordinated set of policies for the use of virtual and physical spaces and the creation of engaging offices.

These elements contribute to designing a working experience around people's well-being and "digital wisdom", an example of which is visible in the co-working spaces offered by The Office Group (TOG) – the topic of this Sedus INSIGHTS case study.

TOG's premium flexible workspace is designed to promote both well-being and productivity: a large variety of spaces and services are conceived to rethink the co-working model, helping people to manage stress. Biophilic elements, social and collaborative areas and personal spaces join together and work side by side. As a result, people choose TOG's spaces not simply because they are pleasant working environments, but above all because they feel good in the office.



TOG's case highlights three main characteristics in fighting "digital fatigue":

The workplace must:

- inspire and be inspired by "human-centric" values
- support well-being and a "hassle free" use of technology,
- be configured to be the best for the specific tasks each worker is called upon to perform.

An office which is able to "detox" from the misuse of digital technology must be a social space, open to collaboration and at the same time able to support employees with their performance.

It must be inspired by biophilic principles to create human-scale spaces and be supported by policies that foster productivity but not at the cost of people's well-being.

Fighting "digital fatigue" and the most severe forms of stress is not only necessary to ensure greater efficiency at work and less distraction. It is a way of providing the physical and psychological well-being of workers and creating the conditions for the office to once again become a key focal point for every employee.

Fabrizio Pierandrei
PIERANDREI ASSOCIATI

Other Sedus INSIGHTS on similar topics:

Sedus INSIGHTS N° 04: I-enjoy

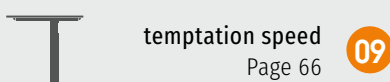
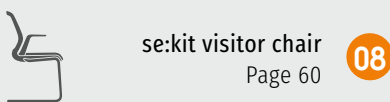
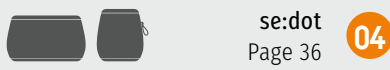
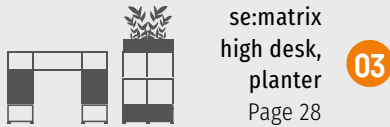
Sedus INSIGHTS N° 09: Human centred wellbeing

Sedus INSIGHTS N° 10: Nature at work

Sedus INSIGHTS N° 12: Diffuse work

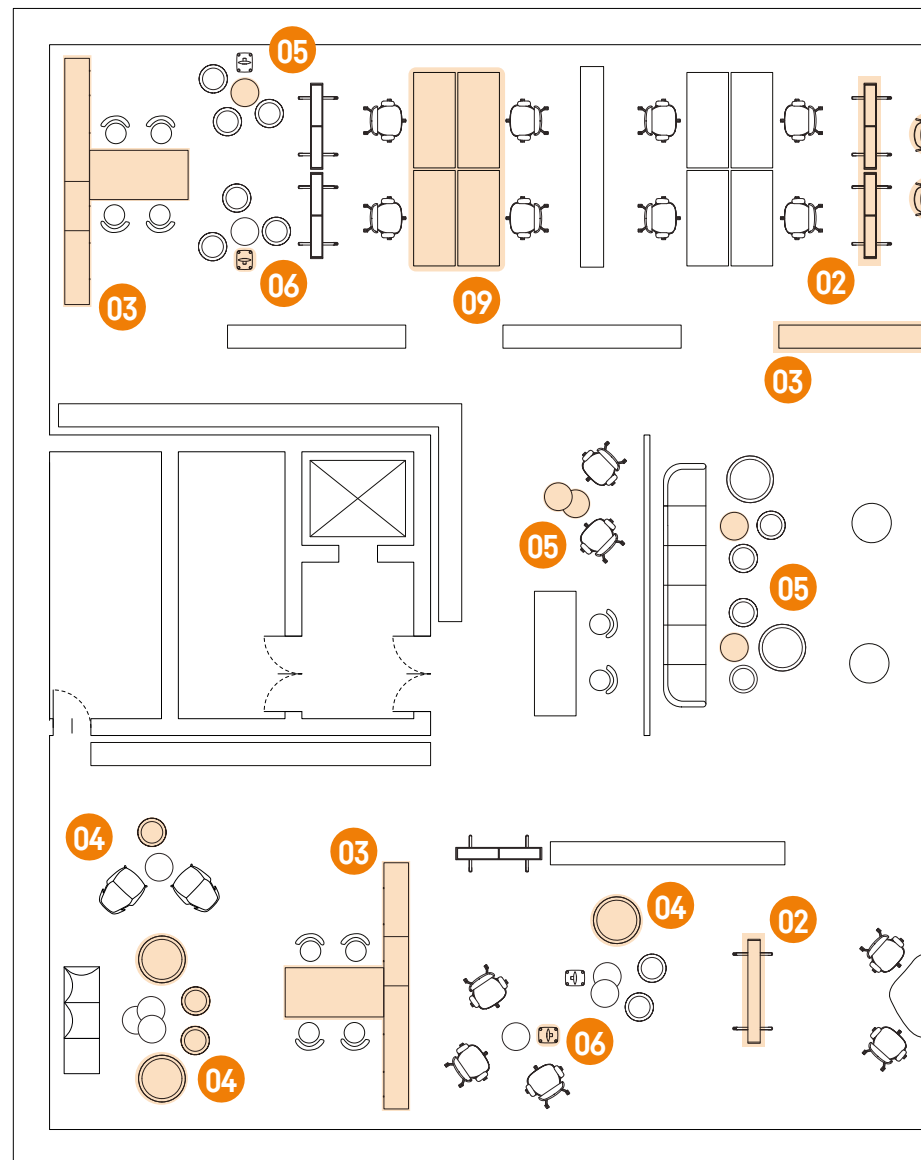
Sedus INSIGHTS N° 16: My Personal sphere

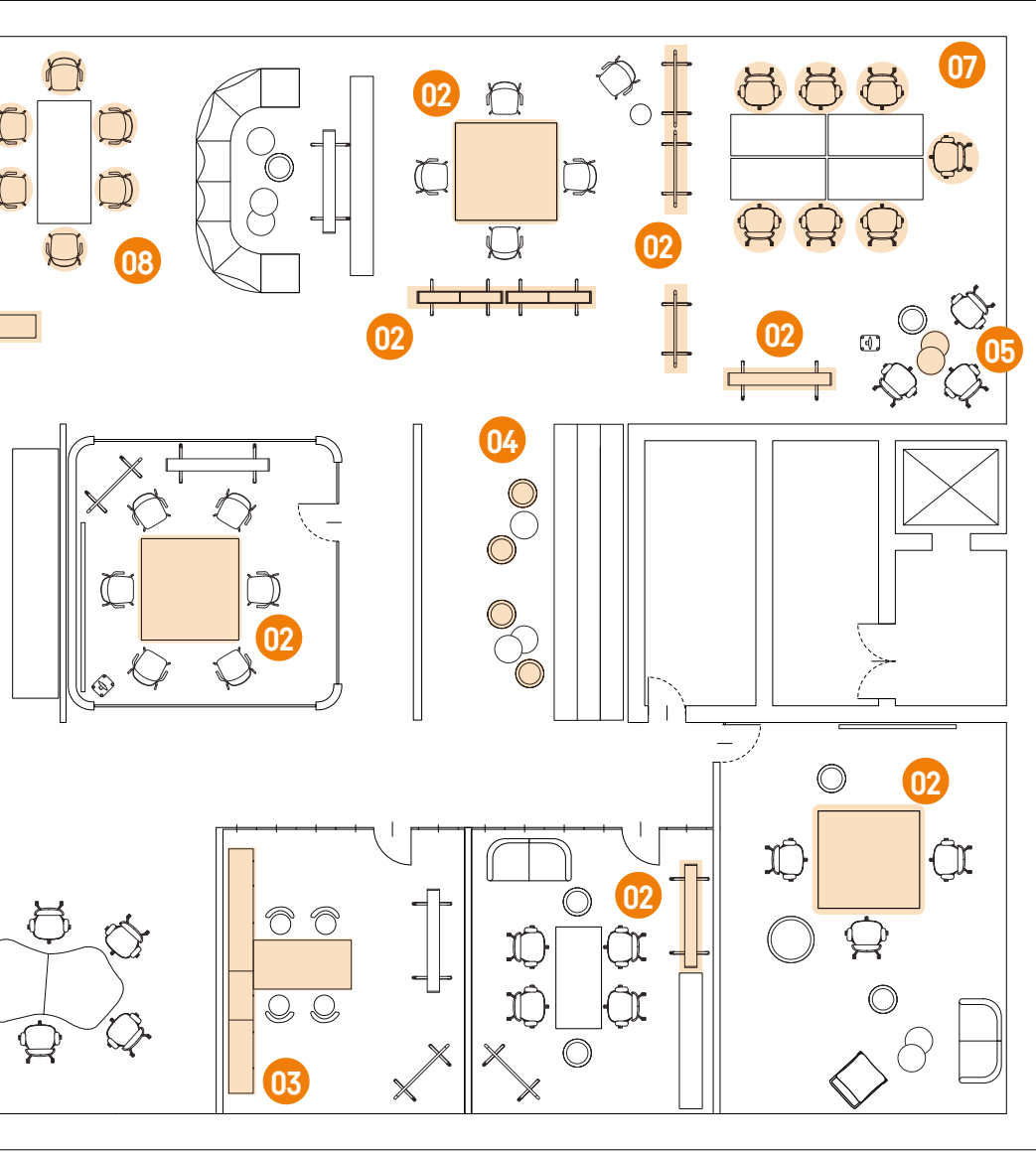
NEW ARRIVALS



The Detox Office

In this new ecosystem, individual work as well as collaboration are defined by a wide range of diverse workspaces.







“Mobile and flexible to use:
The se:lab product family unites
a harmonious design language and
best features for agile working.

The new workshop elements se:lab pin & write, se:lab mobile planter, se:lab fabric wall and se:lab monitor wall offer pragmatic solutions and timeless design in meeting and project rooms. With these new zoning elements, flexibility and cosiness easily find their way into any working environment.

se:lab update

Solutions for agile working

02

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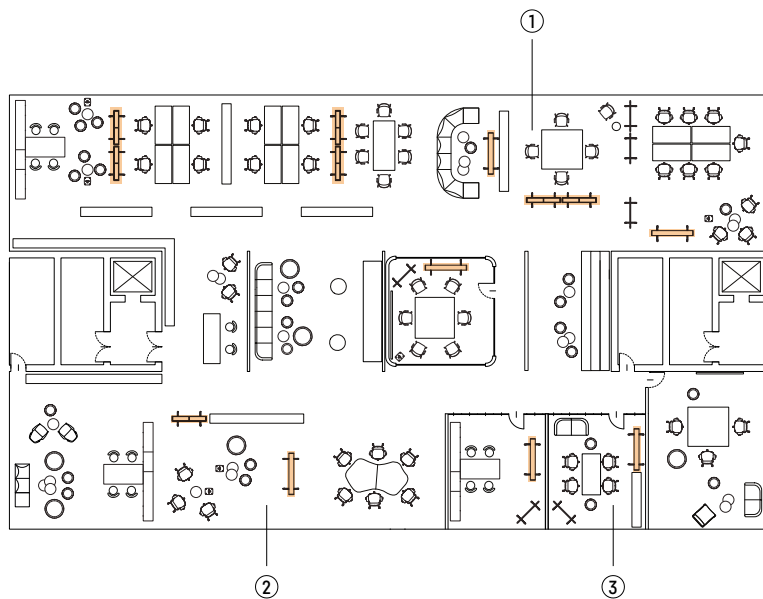


se:lab mobile planter

- Brings cosiness and green areas to every environment
- Planters available in different colours
- Optionally available with separate planters

se:lab monitor wall

- Designed for the use of flat screens up to 65 inches
- Mobile and flexible for use in different areas
- Optimal technical integration



Application areas

se:lab mobile planter

- Project rooms and workshops (1)
- Hubs and intermediate areas (2)
- Open Space

se:lab monitor wall

- Project rooms and workshops (1)
- Hubs and intermediate areas (2)
- Meeting and seminar rooms (3)
- Open Space









se:lab fabric wall

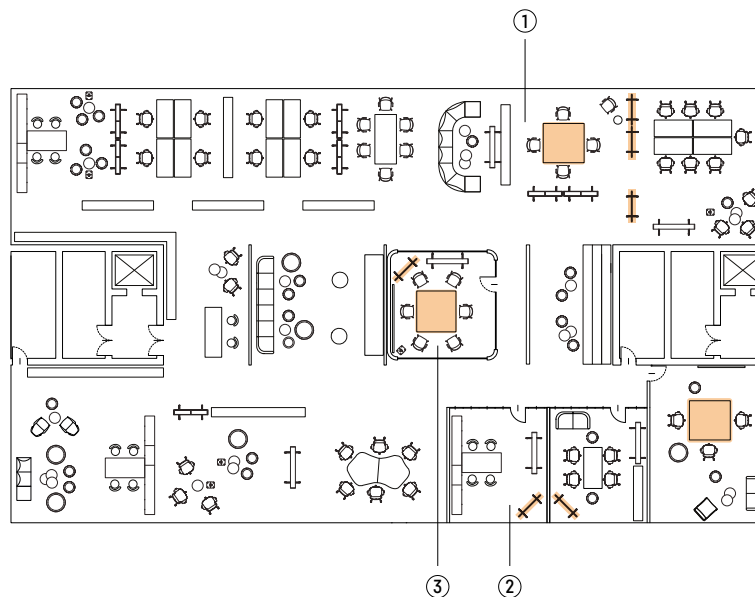
- Fabric-covered screen
- Simply pin up a note or poster
- Suitable for use as a zoning element, stackable

se:lab pin & write

- Mobile and flexible use, stackable
- One side whiteboard: writable, Post-it-compatible, magnetic
- One side cork: notes easily pinned up
- Suitable for use as a zoning element

se:lab meet & stand

- Motorised, height-adjustable meeting table
- Depending on size, for up to 10 people in the sitting area
- Promotes change of posture and more movement



Application areas

se:lab fabric wall / pin & write

- Project rooms and workshops (1)
- Hubs and intermediate areas
- Meeting and seminar rooms (2)
- Open Space

se:lab meet & stand

- Project rooms and workshops (1)
- Meeting and seminar rooms (2)
- Video conferences (3)



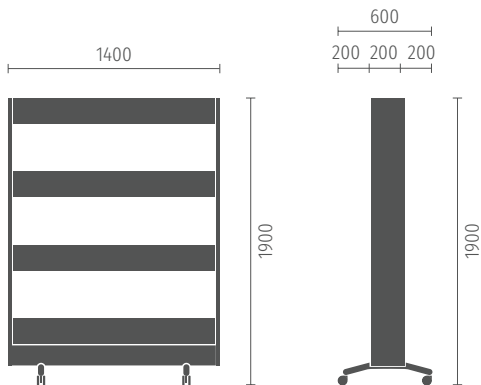
se:lab mobile planter



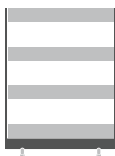
Features (standard)

- Lockable castors
- Removable attachments for the planter tray

Dimensions



Colours



Carcass

The carcass is available from the melamine collections Wood Selection, Architecture Line, Colour Harmony and veneers (Page 68).



Planters & base



Black



Clear white



Fjord green



Cayenne red



Sand beige



se:lab monitor wall



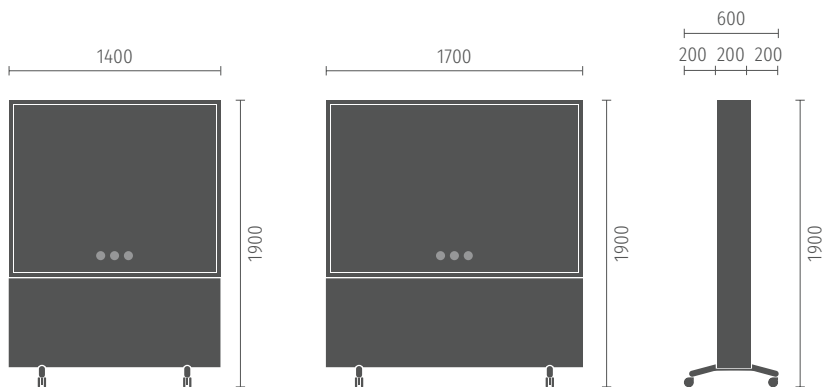
Features (standard)

- Lockable castors
- Depending on the size, for monitors up to 65 inches
- 5-metre connection cable

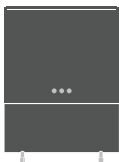
Options/accessories

- Technical integration with HDMI through-type coupling and/or power and/or USB-A/C
- Back panel as a pinnable fabric element or ready to accommodate a se:lab board (Size M)

Dimensions



Colours



Carcass

The top and the bottom units are available from the melamine collections Wood Selection, Architecture Line, Colour Harmony and veneers (Page 68). The colours for the upper and lower sections can be selected independently of each other.



Base



Black



Clear white



Fjord green



Cayenne red



Sand beige



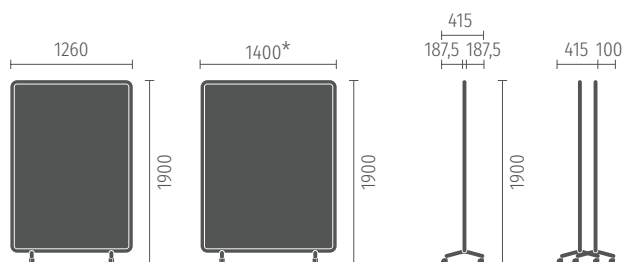
se:lab fabric wall



Features

- Covered with pinnable fabric on both sides
- Lockable castors/stackable in a space-saving way

Dimensions



*W 1400 only for se:lab fabric wall

Colours



Surface
Fabric wall

Front and back can be configured independently from each other within one fabric collection and can be selected from the following fabric collections in the Sedus portfolio: Atlantic, Connect, Cura, Era, Fame, Milano, Sophie Screen, Nova, Remix, Step, Step Melange, Tempt (Page 70).



Surface
pin & write



Cork



Whiteboard

The se:lab pin & write has two sides: One side is fitted with pinnable cork, the other side with a whiteboard surface.



Frame



Black



Clear white



Fjord green



Cayenne red



Sand beige

se:lab pin & write



Features

- Front and back in different designs
- Whiteboard side: writable, magnetic, Post-it compatible
- Cork side: pinnable
- Lockable castors/stackable in a space-saving way



se:lab meet & stand



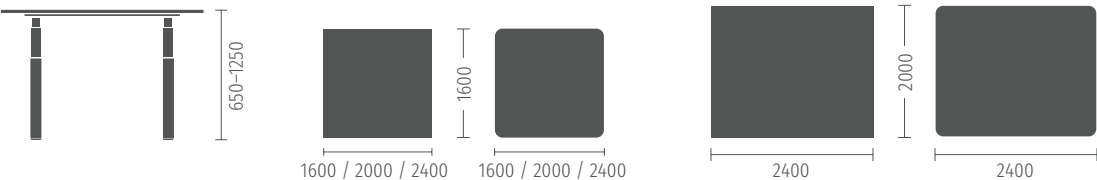
Features (standard)

- 4-leg meeting table
- Motorised height adjustment: 650–1250 mm
- Square or rectangular table top
- Control element, up/down
- Sensor disconnection

Options/accessories

- Table top with rounded corners
- Cable tray and electrical connection options
- Sliding control element with display/USB or memory function
- Additional control element
- Rectangular columns

Dimensions



Colours

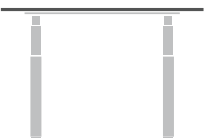
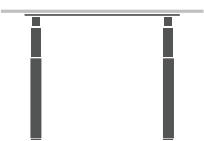


Table top

The table top colours are available from the melamine collections Wood Selection, Architecture Line, Colour Harmony, Soft Touch (HPL) and Veneers (depending on the table top size) (Page 68).



Base



Black



Clear white



“Attractive design for the office of the future – with se:matrix, modern room and space design becomes easy and efficient.

Modern, modular and multifunctional: The new additions to the open shelf make it even cosier and more individual. The se:matrix high desk provides practical work space and the se:matrix planter can be flexibly integrated, allowing for effortless creation of green areas in the workspace.

se:matrix update

Zoning element for
efficient space design

03

29
NEW ARRIVALS – May 2023 |





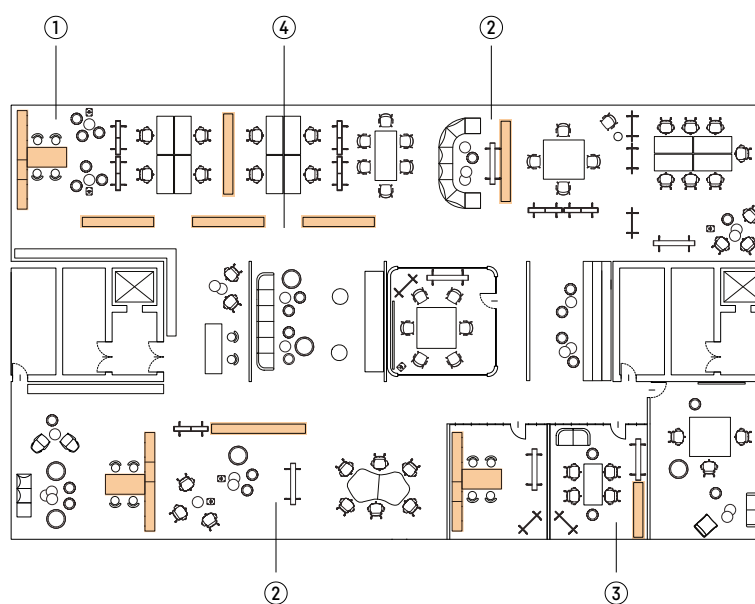


se:matrix high desk

- Practical high desk to use as an addition and extension
- Meeting place for exchange and informal meetings
- Promotes change of posture and movement

se:matrix planter

- Green areas and cosiness for every environment
- Can be used as a privacy screen and for spatial zoning
- Improved room climate due to plants increases the sense of well-being in the office



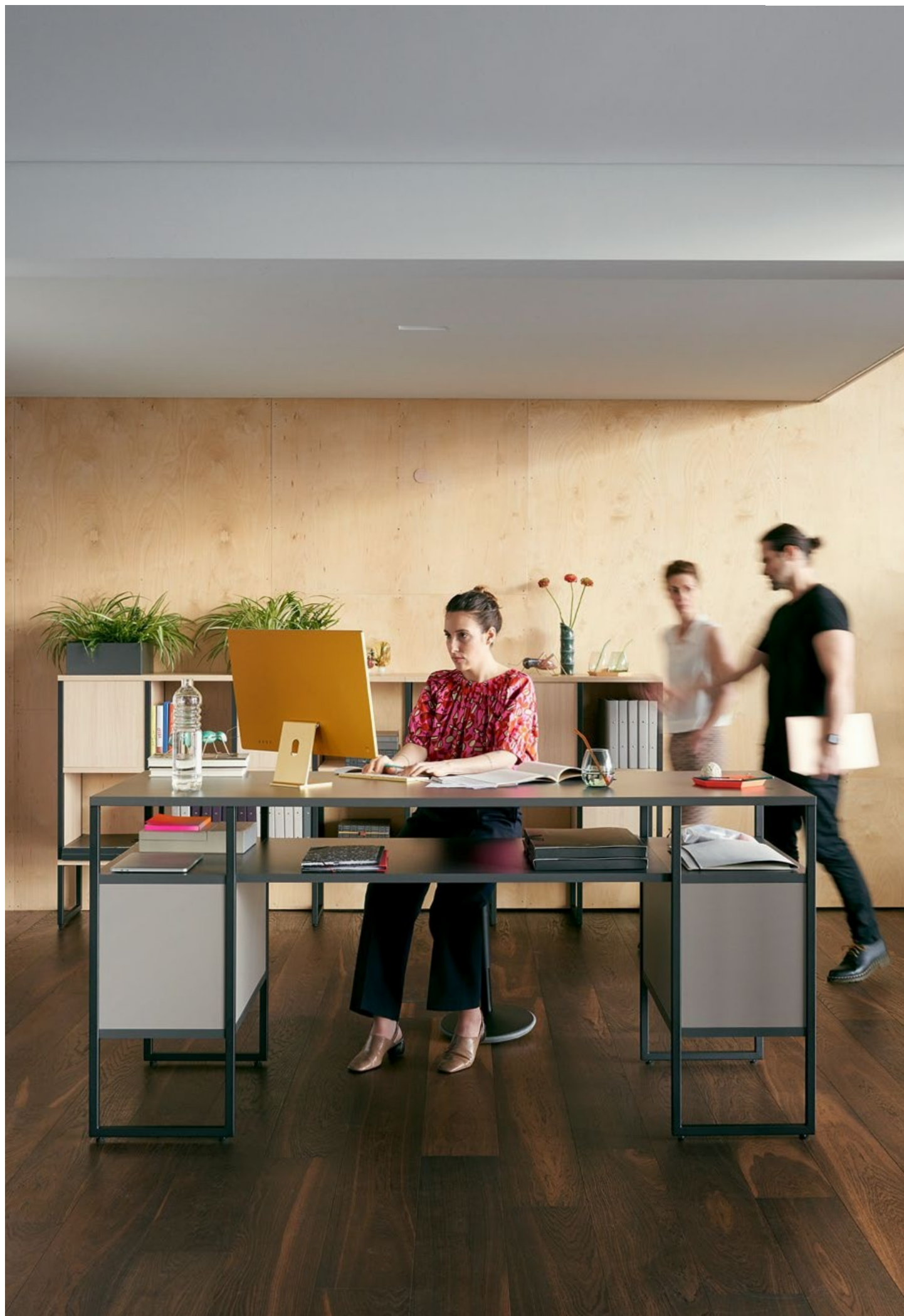
Application areas

se:matrix high desk

- Project rooms and workshops (1)
- Canteen, bistro and cafeteria
- Hubs and intermediate areas (2)
- Meeting and seminar rooms (3)

se:matrix planter

- Canteen, bistro and cafeteria
- Quiet zones and retreats
- Lounge and reception areas
- Hubs and intermediate areas (2)
- Open Space (4)



se:matrix high desk



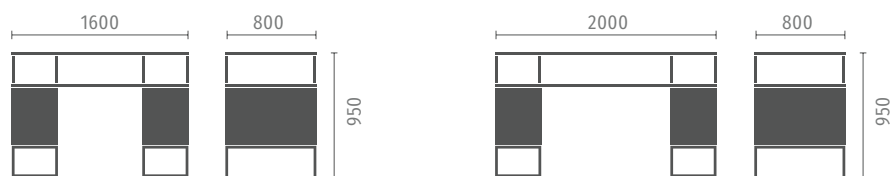
Features (standard)

- Standing table in two sizes
- Table depth matches the grid of the se:matrix shelving modules

Options/accessories

- Intermediate shelf
- Compartment dividers
- Doors

Dimensions



Colours

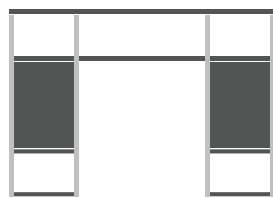
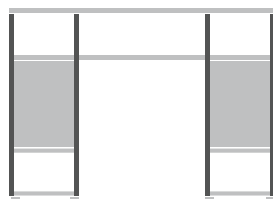


Table top, intermediate shelves, side and back panels

The components are available from the melamine collections Wood Selection, Architecture Line and Colour Harmony (Page 68). Various colours in the elements offer a wide range of design options.



Posts



Black



Clear white



Fjord green



Cayenne red



Sand beige



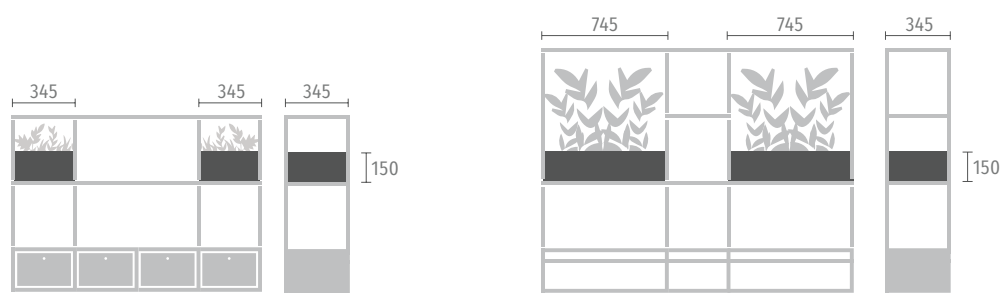
se:matrix planter



Features (standard)

- Two sizes available
- Removable, waterproof plastic trays
- Non-slip rubber at the bottom

Dimensions



Colours



Exterior planter

The planter is available from the melamine collections Wood Selection, Architecture Line and Colour Harmony (Page 68)



“A homely element that adds that extra feel-good factor: The universal se:dot stool stands out with its comfortable seat and cosy look.

Light, flexible, sustainable: With its stylish appearance and a variety of possible applications, se:dot is a perfect fit for informal meetings as well as lounge and retreat areas. Minimalist or colourful, it can be configured to create new design approaches for the office.

se:dot

Universal stool

04

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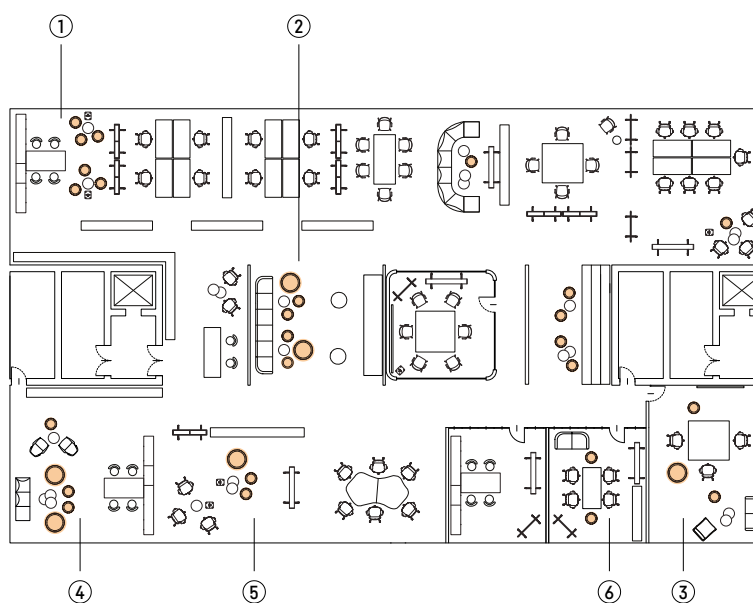






se:dot

- Flexible and mobile, suitable for use in various areas
- Two-colour design possible
- Sustainable due to the small number of components that can be separated by type



Application areas

- Project rooms and workshops (1)
- Canteen, bistro and cafeteria (2)
- Quiet zones and retreats (3)
- Lounge and reception areas (4)
- Hubs and intermediate areas (5)
- Meeting and seminar rooms (6)

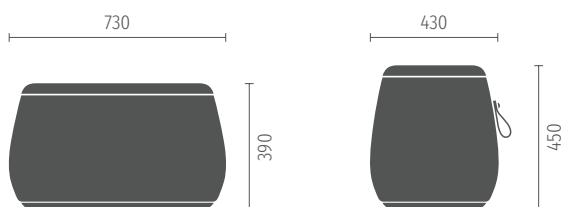


Features (standard)

- Available in two sizes
- Secure stand due to anti-slip underside
- Low weight due to the small number of components
- High slim stool with leather strap for easy portability



Dimensions



Colours



Seat upholstery

The seat upholstery is available from the entire Sedus upholstery collection.



Upholstered on the sides

The upholstery on the sides is available from the entire Sedus upholstery collection: Atlantic, Breeze Fusion, Connect, Cura, Era, Fame, Leather, Imitation Leather, Milano, Morph, Nova, Phoenix, Remix, Steelcut Trio 3, Step, Step Melange, Tempt (Page 70). Different covers for the seat and side upholstery are possible.



Underside

The anti-slip fabric in black on the underside ensures it feels secure when sitting.



“Filigree appearance, compact dimensions, design in black – with the se:tea side table, every working and resting area gets an upgrade.

se:tea is both an eye-catcher and a practical helper. As a universal side table solution, it can be flexibly used and offers space for all kinds of utensils. Thus, mobile phone, laptop and coffee cup are always at hand.

se:tea

Universal side table

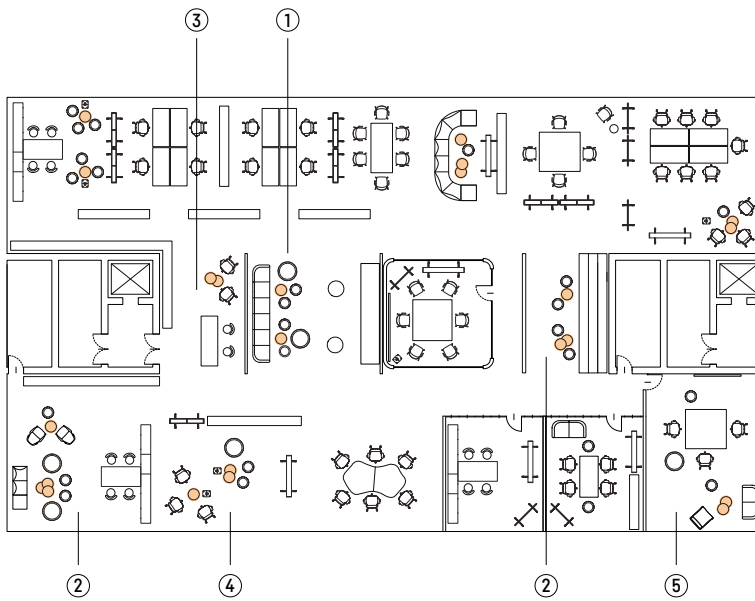
05

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se:tea

- Flexible to use in various environments
- Easy to move due to its low weight
- Offers space for utensils and decoration



Application areas

- Canteen, bistro and cafeteria (1)
- Quiet zones and retreats (2)
- Lounge and reception areas (3)
- Hubs and intermediate areas (4)
- Meeting and seminar rooms (5)
- Home office





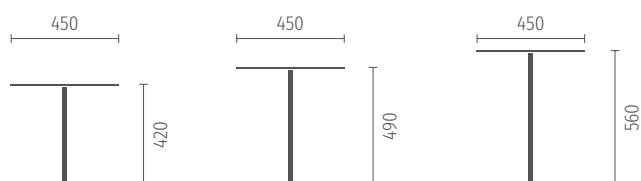


Features (standard)

- Available in three sizes
- Sleek design in black
- Low weight
- Material: powder-coated metal



Dimensions



Colours





“Power for every user at any location – the search for a power outlet is a thing of the past.

Location-independent charging solutions are particularly important for agile work settings. This way, power is supplied to laptops, mobile phones etc whenever it is needed. The mobile power supply is suitable for flexible use due to its low weight and cable length of 5 metres.

mobile power supply

Mobile power supply
everywhere

06

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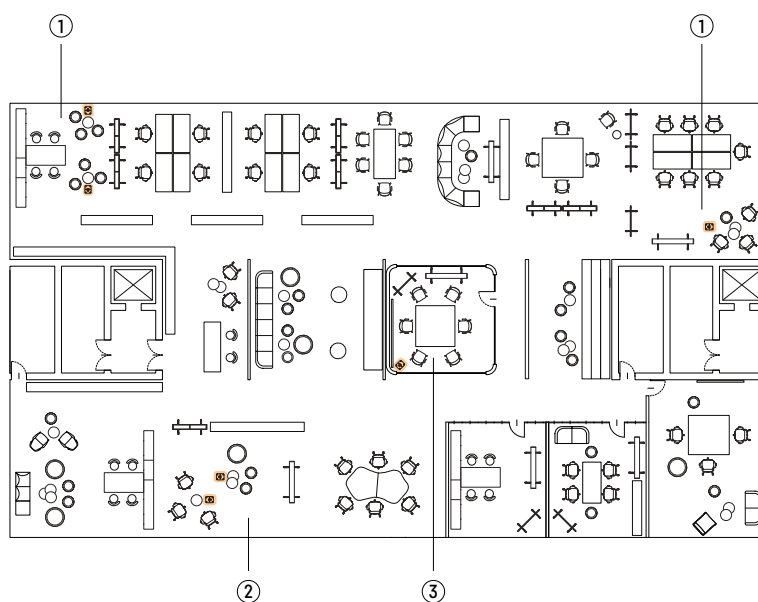






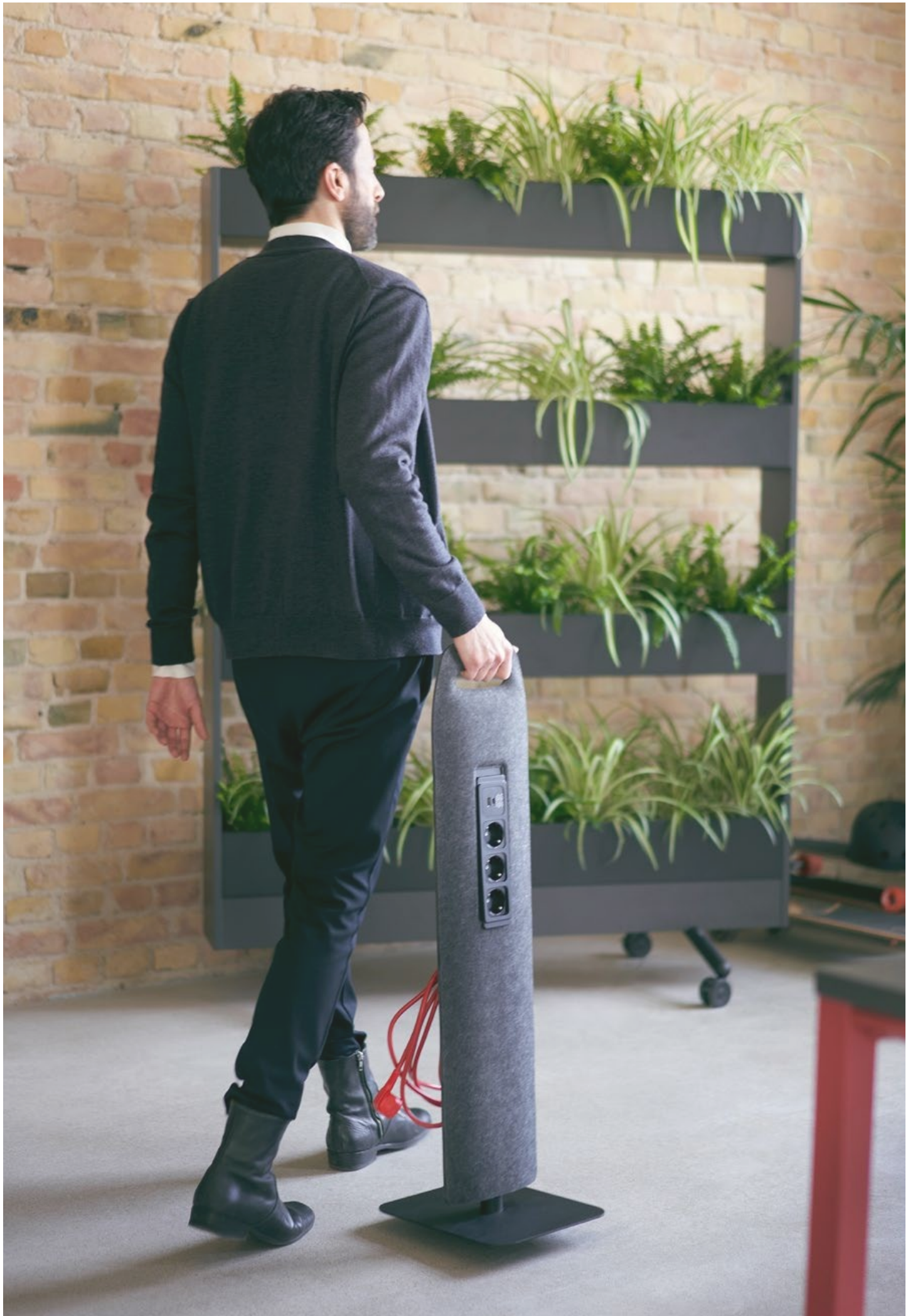
mobile power supply

- 4-way power socket integrated into a PET-felt column with a stable metal base
- Flexible and mobile for every workstation



Application areas

- Project rooms and workshops (1)
- Hubs and intermediate areas (2)
- Meeting and seminar rooms (3)



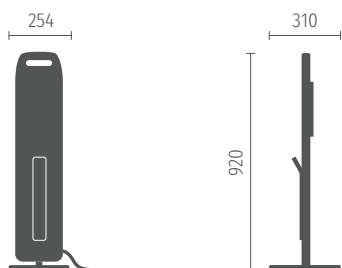
Features (standard)

- Column made from recycled PET felt
- 4-way power socket is available in three versions
- Cable holder and 5-m cable

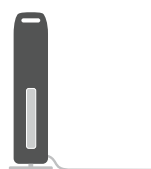
Options

- 4× power
- 2× power + 2× A/C charger
- 3× power + 1× A/C charger

Dimensions/weight



Colours



Column

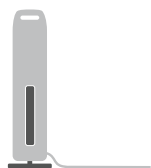
Recycled PET felt



Anthracite



Light grey



Base and
cable holder



Black



Clear white



Fjord green



Cayenne red



Sand beige



“Lightness meets colour: The hybrid swivel chair offers an ergonomic working experience with a light, future-oriented design now in three additional new colours.

Lightness, dynamic appearance, colourful look: With its monochrome design, the membrane-covered se:air now also impresses in sage green, ruby red and midnight blue. The swivel chair stands for comfortable working with automatic weight adjustment in a colourful look.

se:air update

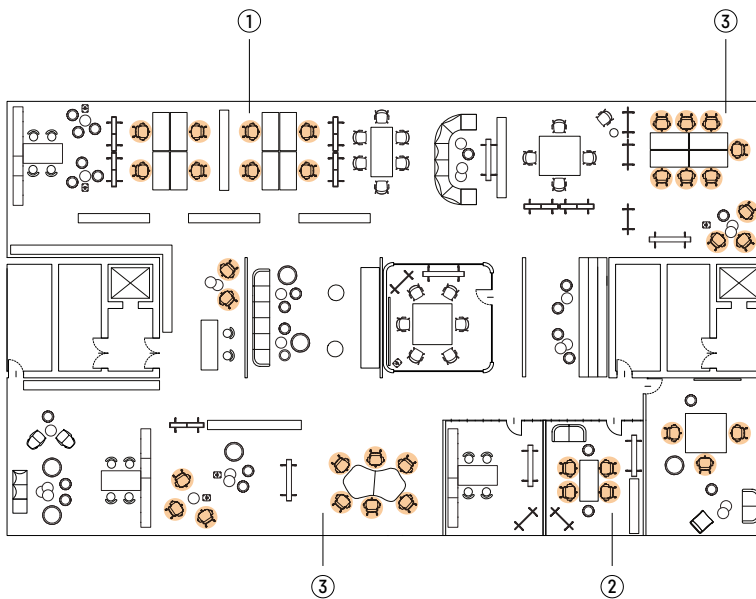
Hybrid swivel chair
in light design



07

se:air

- Light, breathable knitted membrane for seat and backrest
- The monochrome organic design blends harmoniously into any working environment
- Ergonomic without any need for adjustment due to innovative “Kinetic Swing” mechanism
- Economical and environmentally friendly:
The membrane is “Made in Germany”



Application areas

- Team workstations for desk sharing and bench workstations (1)
- Conference and meeting rooms (2)
- Project rooms & agile workshops (3)
- Single workstations and home office







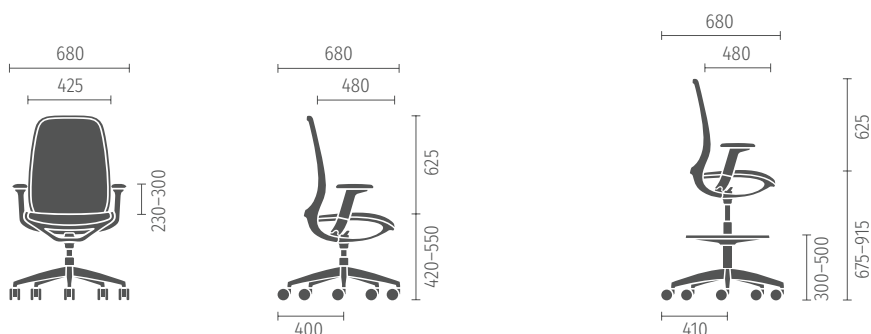
Features (standard)

- Five monochrome colour versions
- “Kinetic Swing” mechanism
- Seat height adjustment
- Backrest opening angle of 18° (locking possible)
- Height-adjustable armrests incl. rotating and movable (depth/width) pads with a floating effect

Options/accessories

- Height-adjustable lumbar support
- Counter version

Dimensions



Colours

						
	Frame, armrests, base incl. castors, lumbar support	 Black	 Clear white	 Midnight blue	 Ruby red	 Sage green
	Membrane	 Black	 Silver grey	 Midnight blue	 Ruby red	 Sage green
	Armrest pads, technical components*	 Black Basalt grey	 Basalt grey	 Basalt grey	 Basalt grey	 Basalt grey

*Technical components always in basalt grey



“Always feeling welcomed: The se:kit visitor chair provides comfortable seating and brings a sense of ease to any area.

With its subtle appearance as well as different configurations, the se:kit visitor chair can be easily combined with other furniture. In open spaces, meeting or waiting areas: The visitor chair easily adapts to any restructuring of the surrounding space.

se:kit

Visitor chair

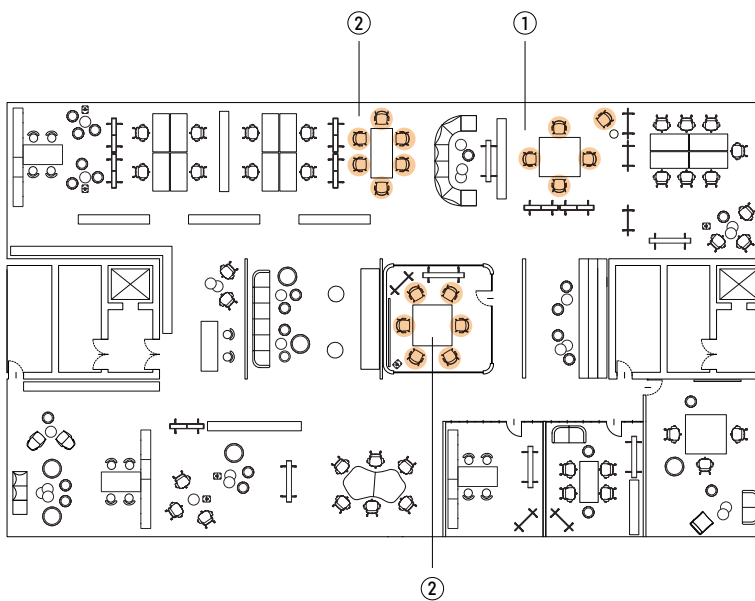
Harmoniously designed
four-leg and cantilever chair

08



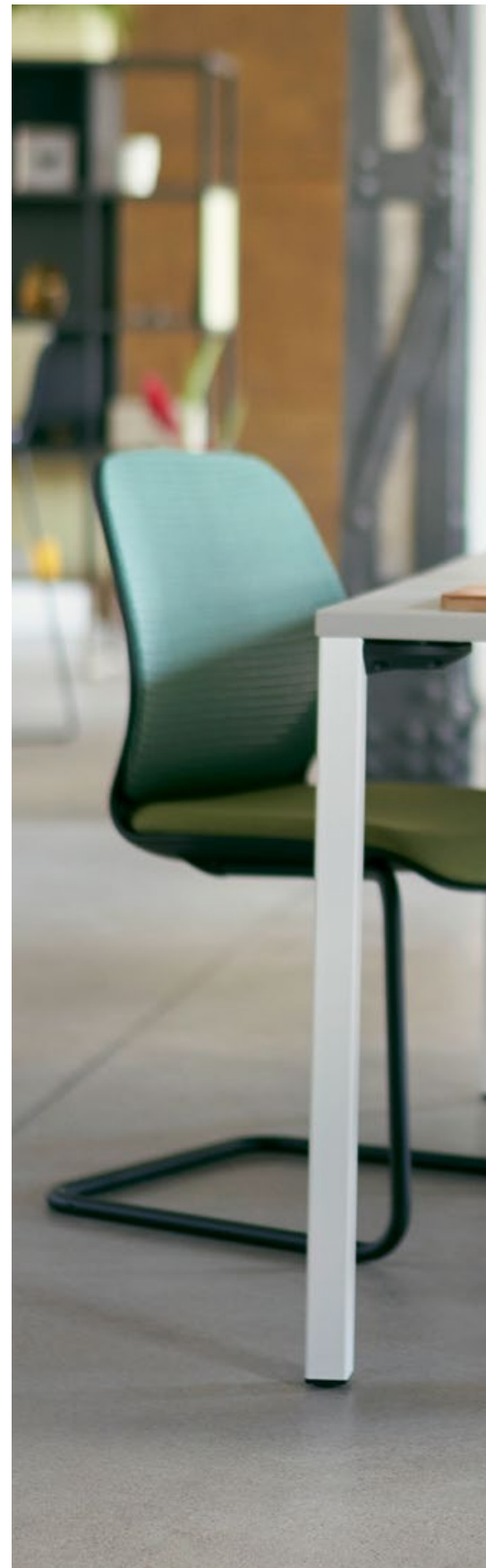
se:kit visitor chair

- Future-proof design and reliable quality
- Ergonomic sitting due to optimal pressure distribution
- Design adaptable to the environment and se:kit swivel chair
- Suitable for waiting areas as well as conference rooms



Application areas

- Project rooms and workshops (1)
- Canteen, bistro and cafeteria
- Lounge and reception areas
- Meeting and seminar rooms (2)





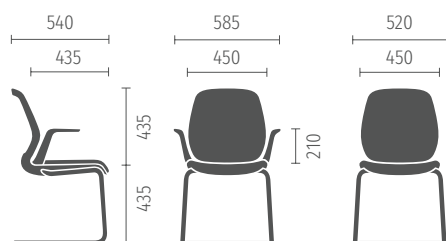




Features

- Available as a four-leg chair (optionally with castors) or a cantilever chair
- With membrane or fully upholstered
- With or without armrests
- Various glides available

Dimensions



Colours



The seat and backrest upholstery are available from the entire Sedus fabric collection (see below). The colour of the back upholstery dependent on the model colour.



The seat upholstery is available from the entire Sedus fabric collection: Atlantic, Breeze Fusion, Connect, Cura, Era, Fame, Leather, Imitation Leather, Milano, Morph, Nova, Phoenix, Remix, Steelcut Trio 3, Step, Step Melange, Tempt (Page 70). Different covers for the seat and back are possible.

09

Motorised desks

A future-proof change of posture

Switching from sitting to standing is important for movement and a change of posture in the workplace. For this reason, height-adjustable motorised desks are among the core products in the Sedus portfolio. With the optimisation update, a higher speed of operation is now available for the height adjustment. At 50 mm per second, the height is quickly and easily adjusted. This is a significant improvement compared to the previous speed of 35 mm per second.



50 mm/sec as standard



temptation c smart



temptation smart twin



se:lab meet & stand

The world's fastest motorised desk



temptation speed

 **150 mm/sec**
as standard

The temptation speed motorised desk with its speed of 150 mm per second remains the fastest motorised desk in the world – with the highest standards for intuitive operation.

Finishes/varnishes

★ = Update 2023

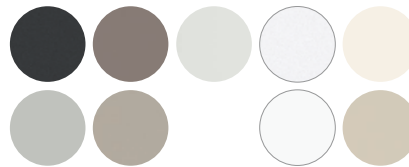
Veneers



Melamine Wood Selection



Melamine Architecture Line



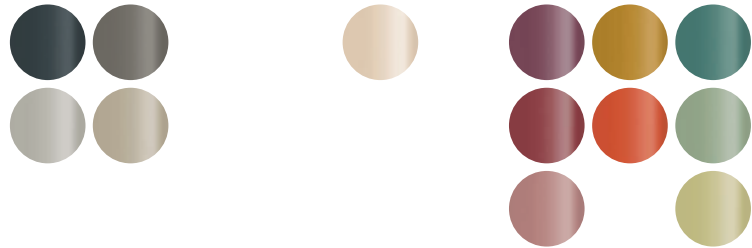
Melamine Colour Harmony



Soft touch (HPL)

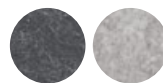


Varnishes (se:cube & se:cube max)



Other

PET felt



Frames/bases

Aluminium, painted, or steel, powder- coated



Wood



You can find these
colours and materials
in detail in the [Sedus
Surfaces Overview](#)





You can find these colours and materials in detail in the [Sedus Cover Materials Overview](#)



PG 9										PG 4									
Atlantic		Era				Nova		Phoenix		Connect		Cura		Fame		Pure			
																			
																			
																			
																			
																			
																			
																			
																			

PG 4		PG 2		PG 1		PG 0				
Step/ Step Melange		Imitation leather	Milano	Remix	Tempt	Breeze Fusion	Morph	Steelcut Trio 3	Leather	Aniline leather ¹
										
										
										
										
										
										
										
										
										
										
										
										
										
										
										
										
										
										

¹ only for open up modern classic and se:line

						front back	se:motion net
						front back	se:motion AIR KNIT
							se:motion SILVERTEX

PG 9	
Atlantic Screen (9)	                   
Era Screen (9)	                   
Nova (9)	                   
Sophie Screen (9)	                   
PET felt ²	                   

² Anthracite and light grey for se:lab screen
Light grey for se:cube and se:cube max

