



Neurodesign

The secret to creating brain-friendly spaces

Course Summary

Neurodesign is a 1-hour (1 learning unit) IDCEC-approved course for interior designers. *Neurodesign* connects neuroscience with interior design to show how light, sound, layout, and material choices directly affect focus, stress, and cognitive performance. Through real-world data, global case studies, and practical design moves, attendees learn to turn any workplace into a brain-first environment that boosts well-being and productivity for neurotypical and neurodivergent users alike.

Course Details

- **Certifying Body:** IDCEC (ASID, IIDA, and IDC)
- **Designation:** HSW (Health, Safety, and Welfare)

Course Outline

- **Wellness Check:** A candid look at employee burnout and the cost of poorly designed spaces
- **Prioritizing the Brain:** Introducing neurodesign principles and stress physiology
- **Brain-First Acoustics:** Strategies to absorb, block, and cover noise without killing energy
- **Brain-First Lighting:** How circadian-centric practices can subconsciously recharge (or drain) tenants
- **Brain-First Hierarchy:** Zoning and visual cues that empower employees and protect design intent
- **A Smarter Future:** Real world, brain-first examples

- **Learning Level:** Basic
- **Length:** 60 minutes (1.0 credit)

