

[New Global Headquarters for Johnson & Johnson Human Performance Institute® Reimagines Workplace Wellbeing](#)

Multi-sensory Experience Fuels Physical, Mental, Emotional and Spiritual Energy for Higher Performance and Purposeful Living

Johnson & Johnson Human Performance Institute® [i] today announced the opening of its new global headquarters in Lake Nona Medical City in Orlando, Florida. The state-of-the-art campus blends Design Thinking with the science of human performance in a holistic, multi-sensory approach to enhance the end-to-end Human Performance Institute® experience. In the immersive course, participants learn how to perform in the face of unrelenting stress, while also maintaining their health, wellbeing and sense of purpose.

“Johnson & Johnson’s investment in enhancing its Human Performance Institute® experience in Lake Nona is a direct reflection of our Company’s purpose to profoundly change the trajectory of health for humanity,” said Lowinn Kibbey, Global Head of Johnson & Johnson Human Performance Institute®. [ii] “Enabling wellbeing is central to achieving this. The short, but intensive experiences we offer at Human Performance Institute® have been clinically proven to elevate wellbeing by inspiring purposeful living and fostering sustained improvements in participants’ energy levels.”

Johnson & Johnson has been a part of the Orlando community for nearly 30 years, dating back to when Human Performance Institute® co-founders Dr. Jim Loehr and Dr. Jack Groppe opened the doors to the first facility in the 1990s. Since then, thousands have experienced the science-based training solutions offered by our world-class behavioral, exercise and nutrition experts at Human Performance Institute® to help them expand and maximize their energy for high performance and resilience at work and in life.

“Based on decades of research, results and insights, and true to Human Performance Institute’s purpose, the redesigned experience reflects the particular combination of ‘grace’ and ‘guts’ we recognize is needed to unleash human potential and achieve peak performance,” said Ernesto Quinteros, Chief Strategic Design Officer at Johnson & Johnson. [iii] “Throughout the new global headquarters, we have employed a holistic, multi-sensory design approach that sets intention, hones focus and creates meaningful experiences that promote behavior change, which our participants can call upon even after they leave the facility.”

The LEED-certified training and research facility doubles Human Performance Institute’s teaching capacity and puts experience first from start to finish through:

- Floor to ceiling windows that deliver clear views of nature and allow natural light to illuminate community spaces, applying biophilic design principles that can reduce stress and improve wellbeing;
- Curated scent and sound inspiration that energizes and relaxes participants at different points throughout their on-campus experience to help create long-term rituals, drawing upon science that links smell and hearing to memory;

- A larger fitness center featuring top-rated equipment, Official Johnson & Johnson 7 Minute Workout® App stations and a unique outdoor workout space to help build physical energy; and
- Interactive reflections, including a mindfulness walking path with a 16-second meditation, that offer the opportunity to recover and reset in today's 24/7, always "on" world.

"As technology continues to blur the lines between our personal and professional lives, it will be more important than ever for organizations to treat corporate wellbeing as a business imperative," said Cathy Engelbert, CEO of Deloitte.^[iv] "Employees bring their best selves to work when they feel energized and supported by their organizations, and this is achieved when companies create a wellbeing culture that evolves with the needs of its people."

In October 2018, Human Performance Institute® opened its first facility outside the United States in Singapore to bring its courses to individuals, teams and organizations in the region. To complement its physical expansion, Human Performance Institute® also transformed the brand expression across all key touch points to provide course participants with the latest practical insights, case studies and research on expanding energy capacity and improving personal performance. For more information, visit [HumanPerformanceInstitute.com](https://www.humanperformanceinstitute.com).

About Johnson & Johnson Human Performance Institute®

Johnson & Johnson Human Performance Institute® is a pioneer in proven, sustainable behavior change with more than 30 years of research and results in the fields of performance, resilience and leadership. We help individuals and companies maximize energy and improve wellbeing – fueling higher performance and inspiring purposeful living. Our holistic, multidisciplinary approach helps individuals become physically energized, mentally focused and fully engaged in the moments that matter – for real results at work and at home. Our work with professional athletes, military Special Forces and Fortune 500 CEOs proves that when you bring your best energy to work and life, you can accomplish remarkable things. For more information about Johnson & Johnson Human Performance Institute®, visit [HumanPerformanceInstitute.com](https://www.humanperformanceinstitute.com) | follow on [LinkedIn](https://www.linkedin.com/company/human-performance-institute).

About Johnson & Johnson Health and Wellness Solutions

Johnson & Johnson Health and Wellness Solutions, Inc. helps individuals stay engaged in long lasting behaviors that drive positive health habits and improve outcomes. Expertise focuses on designing interventions through a science-based, adaptive learning platform to sustain health behavior change. Businesses, partners and healthcare providers can benefit from enhanced patient and consumer experience to meet the demands of the changing healthcare environment. For more information about Johnson & Johnson Health and Wellness Solutions, visit [JJHS.com](https://www.jjhs.com).

^[i] Johnson & Johnson Human Performance Institute® is a division of Johnson & Johnson Health and Wellness Solutions, Inc.

⁽ⁱⁱ⁾ Lowinn Kibbey is employed by Johnson & Johnson Health and Wellness Solutions, Inc.

⁽ⁱⁱⁱ⁾ Ernesto Quinteros is employed by Johnson & Johnson Consumer Inc.

^(iv) Deloitte works with Johnson & Johnson as well as other entities as it continues to evolve its corporate wellbeing.