



## Membership Update

**Samantha Brodt**

### Hidden Trash and DIRTTy Walls

The office at Goodmans Interior Structures is part functional workspace, part art museum, part showroom...and all awesome.

As part of the “Nap & Learn” networking event and happy hour held on May 10th we got a tour of their incredible building from 3<sup>rd</sup> generation owner Adam Goodman, whose family started the locally owned office furniture business in Phoenix in 1954. Over some artisanal snacks, craft beer and wine, Adam told us about Goodmans’ approach to creating truly collaborative spaces where employees are encouraged to move around, huddle up and even take naps.

The “Energy Pod” allows employees to downshift during the day and grab a brief nap to boost energy, help focus attention, and promote well-being. Citing Ariana Huffington’s book *Sleep Revolution*, Adam explained that “sleep is as important to our health and well-being as it is to our workday performance”. Jim Hammond chivalrously volunteered to test drive the Energy Pod, proclaiming it to be the perfect spot for a midday nap.

Attendees engaged in a lively dialogue about the clinically proven benefits (physical, emotional and fiscal) of tactical breathing, as Shawn Bradford, CEO of Breathe & Work, led us through a guided exercise to help release tension and reduce stress. The wine \*may have\* helped a little with that also.

In addition to making workspaces more functional, Goodmans is helping to make them less expensive. A revolutionary system called DIRTT allows for customizable prefab walls that can be installed in renovations or new builds in a fraction of the time. DIRTT has a clinical solution as well, designed for physicians and practitioners. (Check out <https://www.dirtt.net/healthcare> for more information!)

The networking event was a great opportunity to connect with peers, colleagues and new friends. Special thanks to Adam and his team for hosting the event, providing a fun and memorable tour of the office, and supplying a Colin Firth lookalike (just ask Leslie Flake!).

If you’re interested in learning how hiding your trash cans can make your team more efficient, or are curious about the Star Trek Command Center desk, please stop in and say hello to Adam Goodman. Tell him HFMA sent ya!

Special thanks to our friends and partners – Goodmans Interiors and Breathe & Work.

[www.goodmans.com](http://www.goodmans.com)

[www.breatheandwork.com](http://www.breatheandwork.com)



David Brown from DIRTT



*Shawn Bradford, CEO of Breathe & Work*



*Az HFMA Attendees listening to Shawn Bradford discuss the benefits of tactical breathing*



*Az HFMA President, Chuck Ribbe, testing the Star Trek Command Center Desk*



*Goodmans Interior Structures-- part functional workspace, part art museum, part showroom*