

# Boosting Confidence in Teamwork through Embodied Emotion



## The Serenity Seat

### WHY?

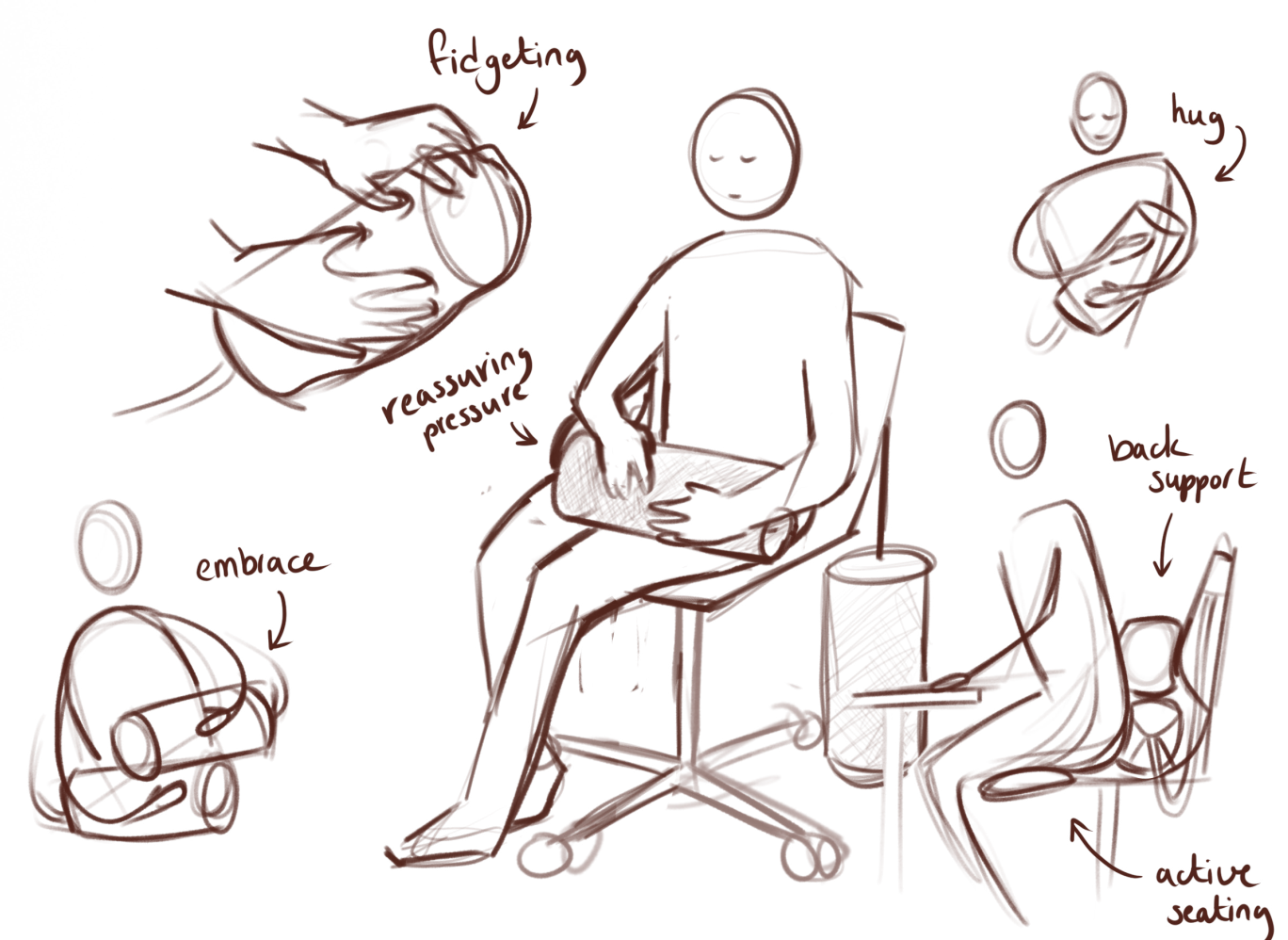
Teamwork is a fundamental part of our lives. It is present in our jobs, our families, friend groups, sports, and wherever two or more people are working together towards a common goal. Teams are essential to effective collaboration and play a great role in work and educational environments (Ayoko & Pekerti, 2008; Huang & Lajoie, 2024). However, good teamwork does not always come naturally. It is dependent on a variety of factors, one of which is the interplay of emotions. Self-confidence is an emotion that can benefit the individual by making them feel secure and at ease, believing in themselves and their abilities.

Circumstances and factors such as team dynamics can cause a student to experience moments where they lack this self-confidence. This project aimed to understand the needs, difficulties and general experiences of Industrial Design Engineering (IDE) students regarding such moments.

### WHAT?

Taking the theory of embodied emotion as inspiration, this led to the concept of a chair that playfully provides both tactile comfort and reassurance in times of insecurity as well as encouragement to switch back to an active participations state.

During brainstorming sessions, multiple factors can contribute to individuals feeling unheard or undervalued. This can cause them to switch to a negatively connotated, passive participation state in which they begin to lose passion for the project, following others without expressing their own opinions, while feeling tense and uncomfortable. The Serenity Seat functions as a playful tool that provides individuals with a way of self-soothing, offering a subtle way to embrace these moments of retreat, while simultaneously encouraging them to switch back to an active state whenever they feel ready.



### THE BIGGER GOAL

The Serenity Seat aims to enhance collaboration and the individual experiences in brainstorming session, by normalising both the active and passive state. Aspiring to reduce the negative connotations people have with switching to a passive state, making it more nuanced. After all, it is not a final withdrawal, but a moment of rest and reflection. Recharging yourself in a moment of passive participation, still being present and part of the team, to then actively engage vocally again.



Sitting back in the chair, the backrest surrounds the user in a soft embrace, and the dangling, cushiony armrests can be used in a variety of ways, such as heightening this safe-feeling embrace by providing a soft, reassuring pressure on their lap or as a tactile stimulation tool for focus. The rounded front part of the seating area facilitates an active, open posture, encouraging active participation.

Hannah van de Ree  
Boosting Confidence in Teamwork through  
Embodied Emotion  
July 14, 2025  
Design for Interaction

**Committee** Prof. dr. ir. Pieter Desmet  
Dr. Gijs Huisman

 TU Delft