

FOR IMMEDIATE RELEASE

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Highwoods Declares Quarterly Dividends

RALEIGH, NC – October 15, 2020 – Highwoods Properties, Inc. (NYSE:HIW) announces its Board of Directors today declared a cash dividend of \$0.48 per share of common stock for the quarter ended September 30, 2020, which equates to an annual dividend of \$1.92 per share. This quarterly dividend is payable on December 8, 2020 to all holders of record as of November 16, 2020.

The Board also declared a cash dividend of \$21.5625 per share of the Company's 8 5/8% Series A Cumulative Redeemable Preferred Stock. The dividend is payable on November 30, 2020, which is the next regularly scheduled dividend payment date, to all holders of record as of November 16, 2020.

About Highwoods

Highwoods Properties, Inc., headquartered in Raleigh, is a publicly-traded (NYSE:HIW) real estate investment trust ("REIT") and a member of the S&P MidCap 400 Index. Highwoods is a fully-integrated office REIT that owns, develops, acquires, leases and manages properties primarily in the best business districts (BBDs) of Atlanta, Charlotte, Nashville, Orlando, Pittsburgh, Raleigh, Richmond and Tampa. For more information about Highwoods, please visit our website at www.highwoods.com.

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