

FOR IMMEDIATE RELEASE**Ref: 23-19**

Contact: Brendan Maiorana
Executive Vice President and Chief Financial Officer
brendan.maiorana@highwoods.com
919-872-4924

Highwoods Elects Candice Todd to Board of Directors

Raleigh, NC – November 16, 2023 – Highwoods Properties, Inc. (NYSE:HIW) today announced that Candice W. Todd, 58, has been elected to join the Company's Board of Directors effective January 30, 2024.

Carlos E. Evans, Chairman of the Board of Highwoods Properties, said, *"With extensive experience as a real estate investment and finance professional, Candice's seasoned skillset will serve Highwoods well. We look forward to the contributions Candice will make to our Company as we focus on continuing to deliver long-term shareholder value and supporting our local communities."*

Ms. Todd served as Managing Director/Global Chief Financial Officer of Morgan Stanley Real Estate Investments from 2019 until her retirement in February 2023. Ms. Todd first joined a predecessor of Morgan Stanley in 1994 and served in a variety of real estate investment, finance and accounting roles, including Global Chief Financial Officer of Morgan Stanley's open-end funds (Prime Property Fund U.S., Prime Property Fund Europe, and Prime Property Fund Asia). Ms. Todd is currently chair of the National Council of Real Estate Investment Fiduciaries. She earned a Master of Accountancy and a B.S. in Human Resources from the University of Alabama.

About Highwoods

Highwoods Properties, Inc., headquartered in Raleigh, is a publicly-traded (NYSE:HIW), fully-integrated office real estate investment trust ("REIT") that owns, develops, acquires, leases and manages properties primarily in the best business districts (BBDs) of Atlanta, Charlotte, Dallas, Nashville, Orlando, Raleigh, Richmond and Tampa. Highwoods is in the work-placemaking business. We believe that by creating environments and experiences where the best and brightest can achieve together what they cannot apart, we can deliver greater value to our customers, their teammates and, in turn, our stakeholders. For more information about Highwoods, please visit our website at www.highwoods.com.

