



EXECUTING ON A PROVEN STRATEGY

3Q25

NYSE: HIW | #BETTERTOGETHER



FORWARD-LOOKING STATEMENTS

Some of the information in this presentation may contain forward-looking statements. Such statements include, in particular, statements about our plans, strategies and prospects such as the following: the expected financial and operational results and the related assumptions underlying our expected results; the planned sales of non-core assets and expected pricing and impact with respect to such sales, including the tax impact of such sales; the anticipated total investment, projected leasing activity, estimated replacement cost and expected net operating income of acquired properties and properties to be developed; and expected future leverage of the Company. You can identify forward-looking statements by our use of forward-looking terminology such as “may,” “will,” “expect,” “anticipate,” “estimate,” “continue” or other similar words. Although we believe that our plans, intentions and expectations reflected in or suggested by such forward-looking statements are reasonable, we cannot assure you that our plans, intentions or expectations will be achieved.

Factors that could cause our actual results to differ materially from Highwoods’ current expectations include, among others, the following: the financial condition of our customers could deteriorate; our assumptions regarding potential losses related to customer financial difficulties could prove to be incorrect; counterparties under our debt instruments, particularly our revolving credit facility, may attempt to avoid their obligations thereunder, which, if successful, would reduce our available liquidity; we may not be able to lease or re-lease second generation space, defined as previously occupied space that becomes available for lease, quickly or on as favorable terms as old leases; we may not be able to lease newly constructed buildings as quickly or on as favorable terms as originally anticipated; we may not be able to complete development, acquisition, reinvestment, disposition or joint venture projects as quickly or on as favorable terms as anticipated; development activity in our existing markets could result in an excessive supply relative to customer demand; our markets may suffer declines in economic and/or office employment growth; unanticipated increases in interest rates could increase our debt service costs; unanticipated increases in operating expenses could negatively impact our operating results; natural disasters and climate change could have an adverse impact on our cash flow and operating results; we may not be able to meet our liquidity requirements or obtain capital on favorable terms to fund our working capital needs and growth initiatives or repay or refinance outstanding debt upon maturity; and the Company could lose key executive officers.

This list of risks and uncertainties, however, is not intended to be exhaustive. You should also review the other cautionary statements we make in “Risk Factors” set forth in our 2024 Annual Report on Form 10-K and subsequent SEC filings. Given these uncertainties, you should not place undue reliance on forward-looking statements. We undertake no obligation to publicly release the results of any revisions to these forward-looking statements to reflect any future events or circumstances or to reflect the occurrence of unanticipated events.

Except as otherwise noted, all property-level operational information presented herein includes in-service wholly owned properties and in-service properties owned by consolidated and unconsolidated joint ventures (at our share). Our 2025 per share FFO outlook, as well as outlook for other metrics such as growth in same property cash NOI and year-end occupancy, reflects management’s view as of October 28, 2025 of current and future market conditions, including assumptions such as rental rates, occupancy levels, operating and general and administrative expenses, weighted average diluted shares outstanding and interest rates.

OUR MISSION IS TO CREATE ENVIRONMENTS AND EXPERIENCES THAT INSPIRE OUR TEAMMATES AND OUR CUSTOMERS TO **ACHIEVE MORE TOGETHER**. WE ARE IN THE WORK-PLACEMAKING BUSINESS AND BELIEVE THAT BY CREATING EXCEPTIONAL ENVIRONMENTS AND EXPERIENCES, WE CAN DELIVER GREATER VALUE TO OUR CUSTOMERS, THEIR TEAMMATES AND, IN TURN, OUR SHAREHOLDERS.

26.5M

SQUARE FEET
(As of 09/30/2025)

88.7%

LEASED
(As of 09/30/2025)

2004

AVERAGE YEAR BUILT
(Value Weighted Average)

5.6

WALT (YEARS)
(As of 09/30/2025)

1.4M SF

DEVELOPMENT PIPELINE
(As of 09/30/2025)

>95%

SUNBELT
(As of % NOI)

1.9x

EMPLOYMENT GROWTH
(vs US Average 2010-2024)

3.0x

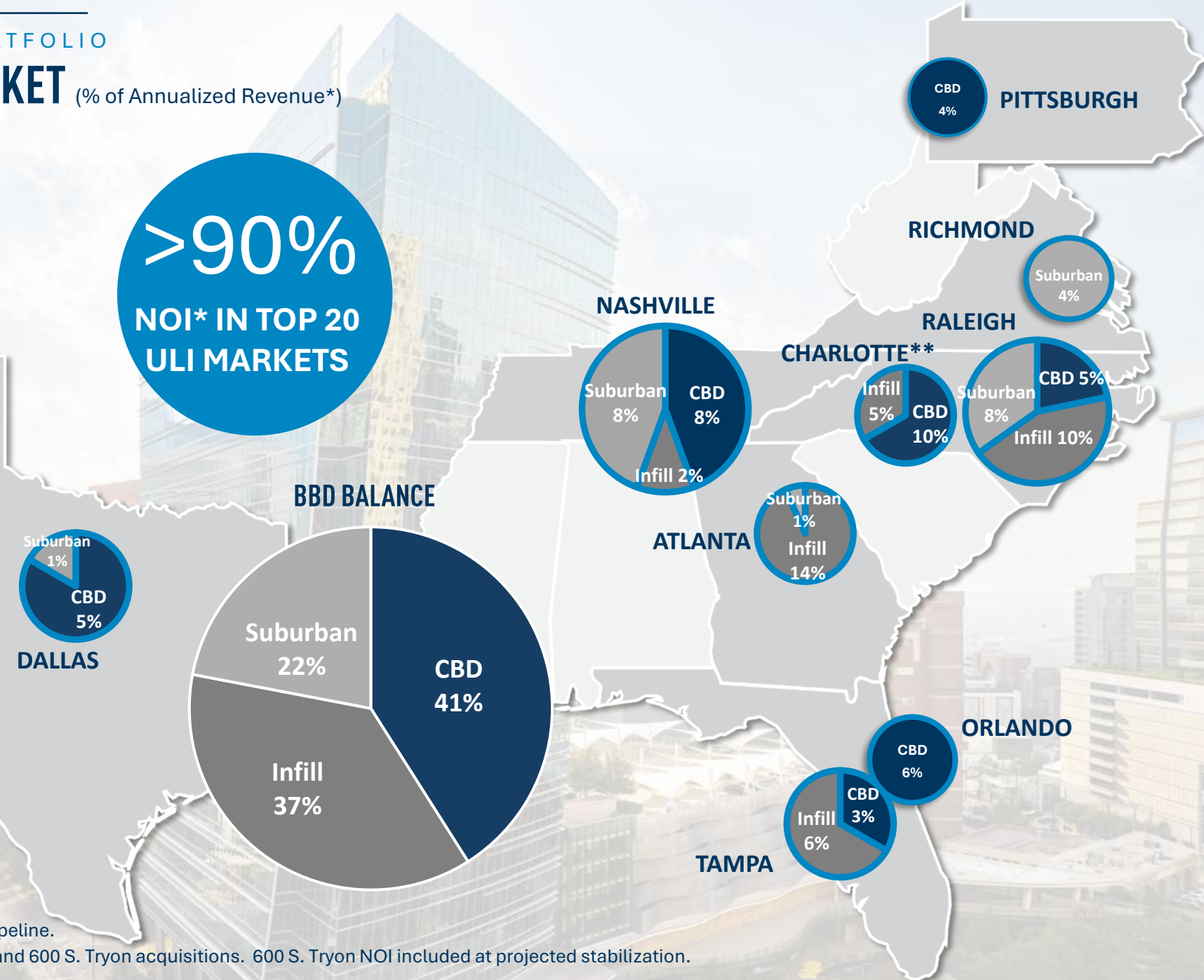
POPULATION GROWTH
(vs US Average 2010-2024)



BBD EXPOSURE BY MARKET (% of Annualized Revenue*)



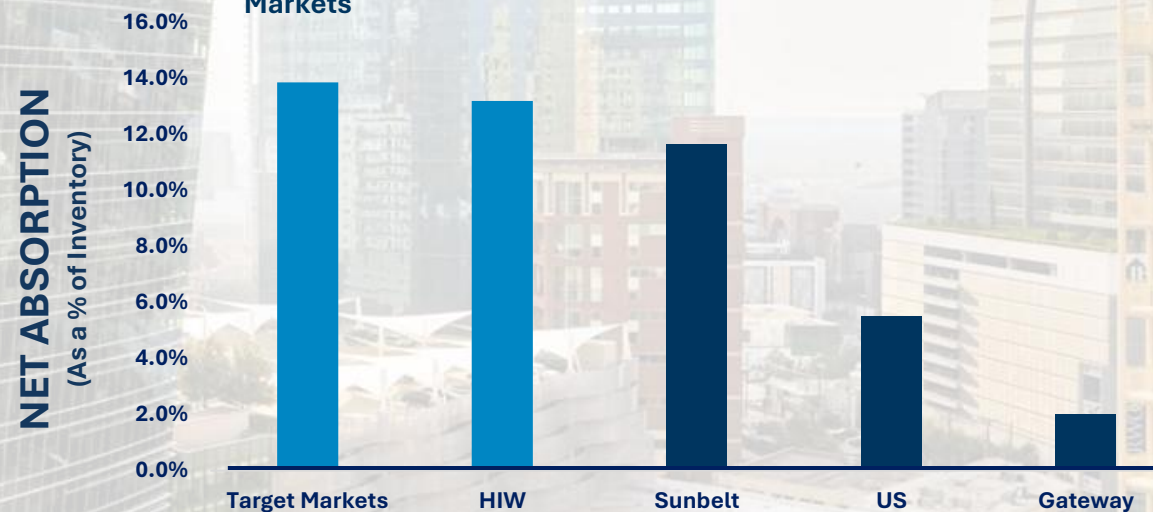
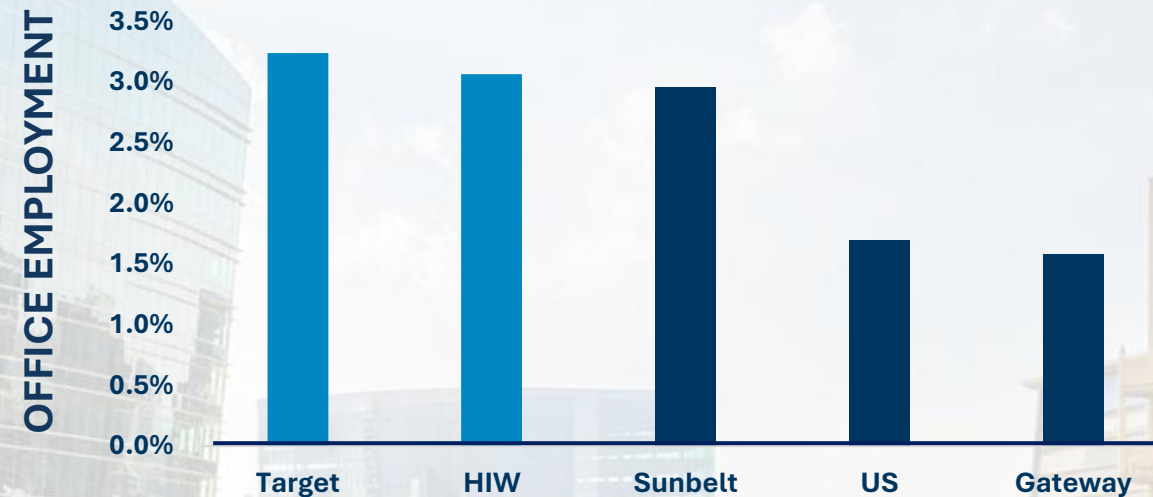
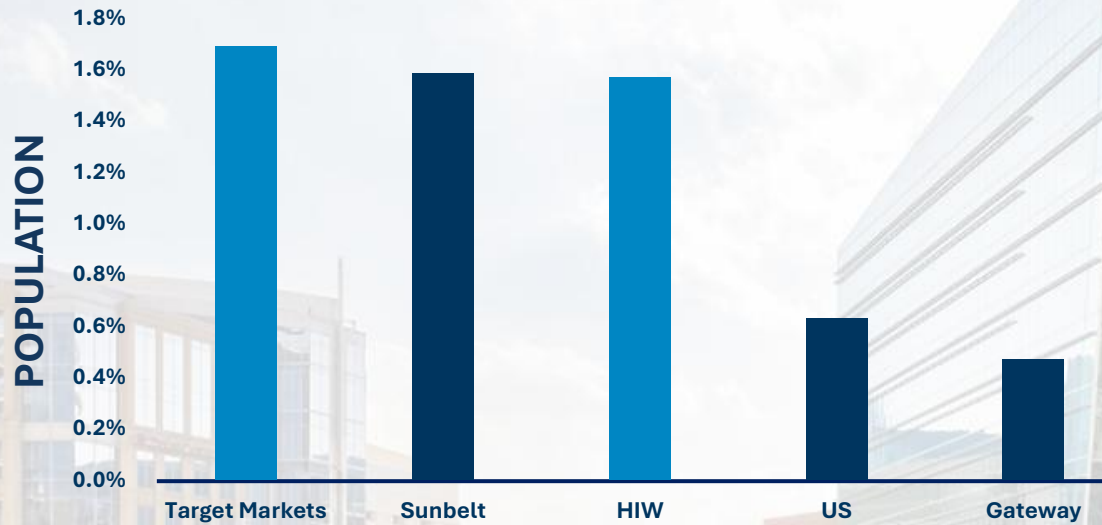
>90%
NOI* IN TOP 20
ULI MARKETS



*Assumes stabilization of current development pipeline.

**Includes proforma impact of 720 Parking Deck and 600 S. Tryon acquisitions. 600 S. Tryon NOI included at projected stabilization.

DEMOGRAPHIC & MARKET TRENDS



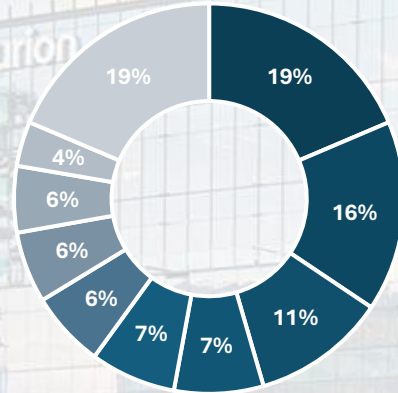
Source: CoStar. Annual growth 2010 – 2025.

HIW - weighted average by market NOI. HIW Proforma – weighted average by market NOI assuming PIT exit and stabilization of the current development pipeline and full quarter impact from 720 Parking Deck acquisition and acquisition and stabilization of 600 S. Tryon.

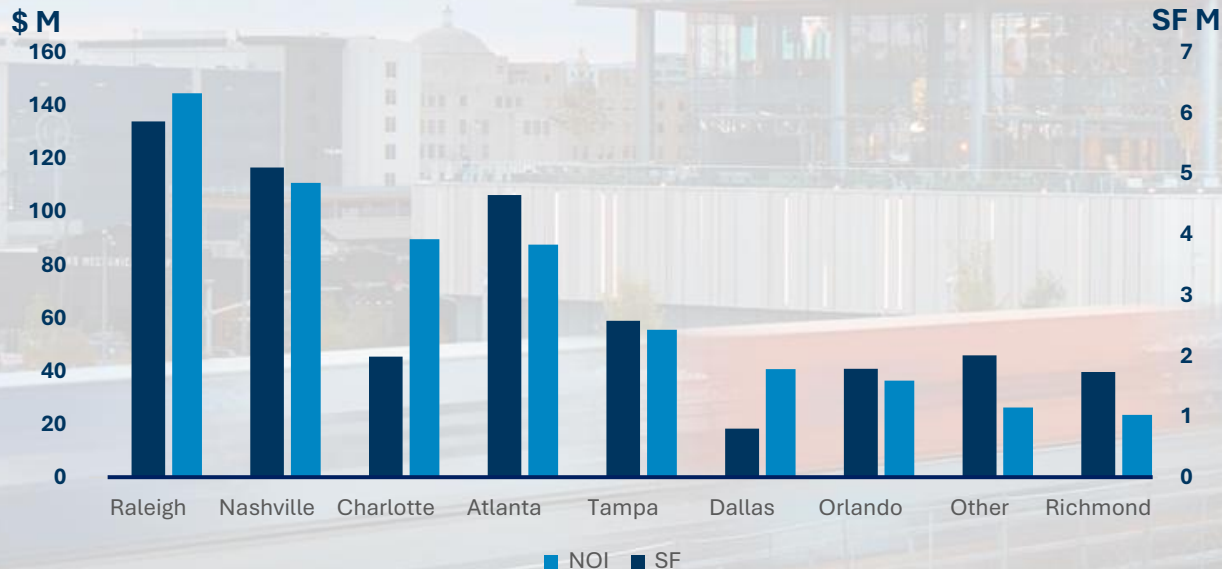
Sunbelt includes: ATL, AUS, CLT, DAL, HOU, NAS, ORL, PHX, RAL, TAM. Gateway includes: BOS, LA, NYC, SF, SEA, DC.

INDUSTRY DIVERSIFICATION (% of Annualized Revenue)

- Finance and Banking
- Legal and Accounting Services
- Insurance
- Health Care and Social Assistance
- Tech, Info, Media & Telecom
- Manufacturing
- Real Estate
- Architectural, Engineering & Related Services
- Retail Trade
- Other



MARKET DIVERSIFICATION*



*NOI is calculated based on annualized 3Q'25 GAAP NOI for HIW's share of consolidated and unconsolidated properties and assumes stabilization of current development pipeline. Dallas NOI assumes stabilization of current development pipeline. Charlotte NOI assumes full quarter impact from 720 Parking Deck and acquisition and stabilization of 600 S. Tryon.

CUSTOMER DIVERSIFICATION

TOP 10 CUSTOMERS	ANNUALIZED GAAP REVENUE %**
Bank of America	3.9%
Asurion	3.6%
Federal Government	2.7%
Metropolitan Life Insurance	2.7%
Bridgestone Americas	2.5%
PPG Industries	1.4%
Advance Auto Parts	1.3%
Mars Petcare	1.3%
Vanderbilt University	1.2%
J.P. Morgan Chase & Co.	0.8%
Total Top 10	21.4%
Total Top 20	28.2%

Less than 1% of total revenues in 26.6M SF portfolio derived from co-working.

**Annualized GAAP Revenue is September 2025 GAAP rental revenue multiplied by 12.

AVERAGE RENT FOR ALL IN-PLACE LEASES



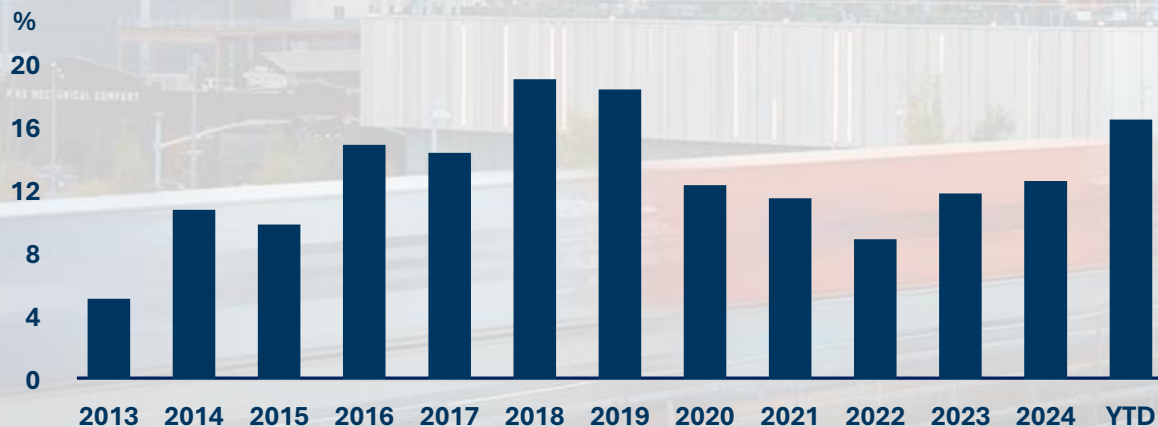
SAME PROPERTY CASH NOI GROWTH



*2019 excludes balance sheet write-offs associated with LSI's sudden closure in Q1'19 and one-time costs associated with closure of our GBO and MEM offices.

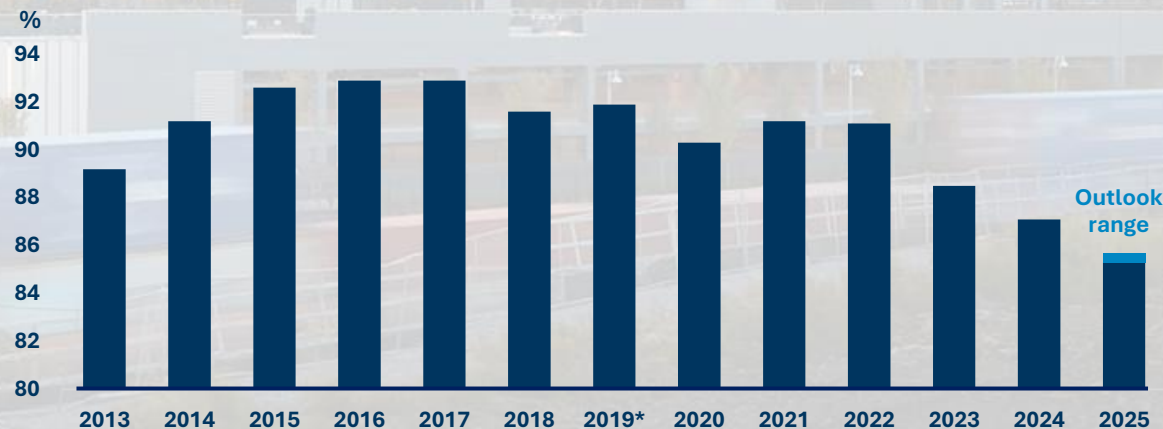
2025 Outlook "as Adjusted" excludes Two Alliance Center, Symphony Place, Westwood South and 625 Liberty.

RENT GROWTH ON 2ND GEN LEASES SIGNED*

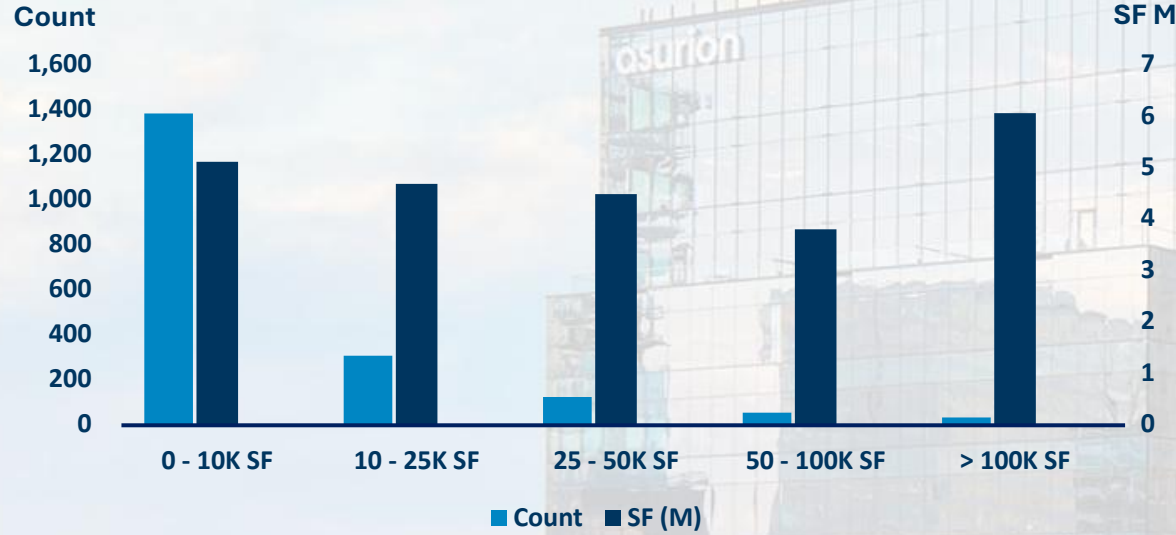


*Calculated on GAAP basis.

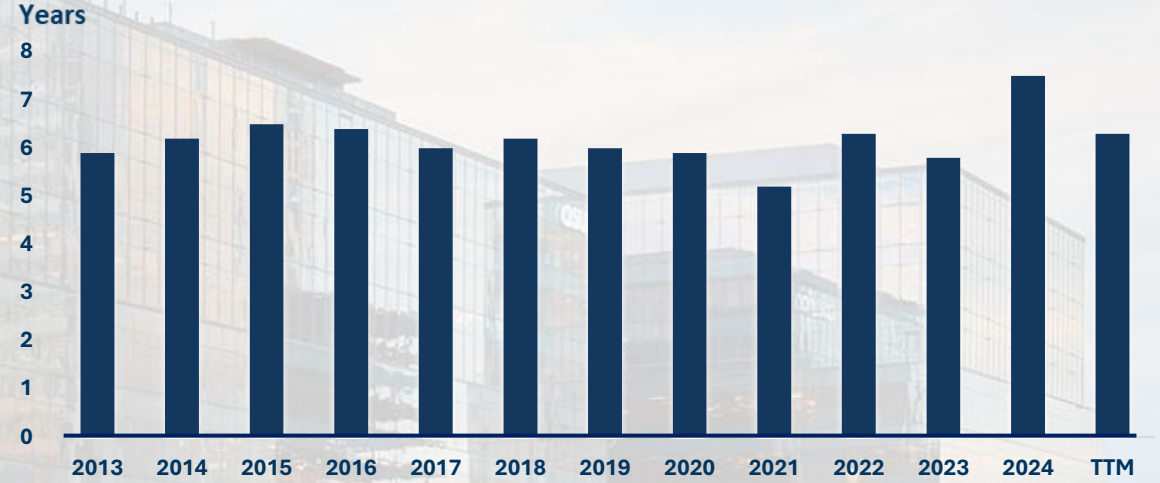
AVERAGE OCCUPANCY



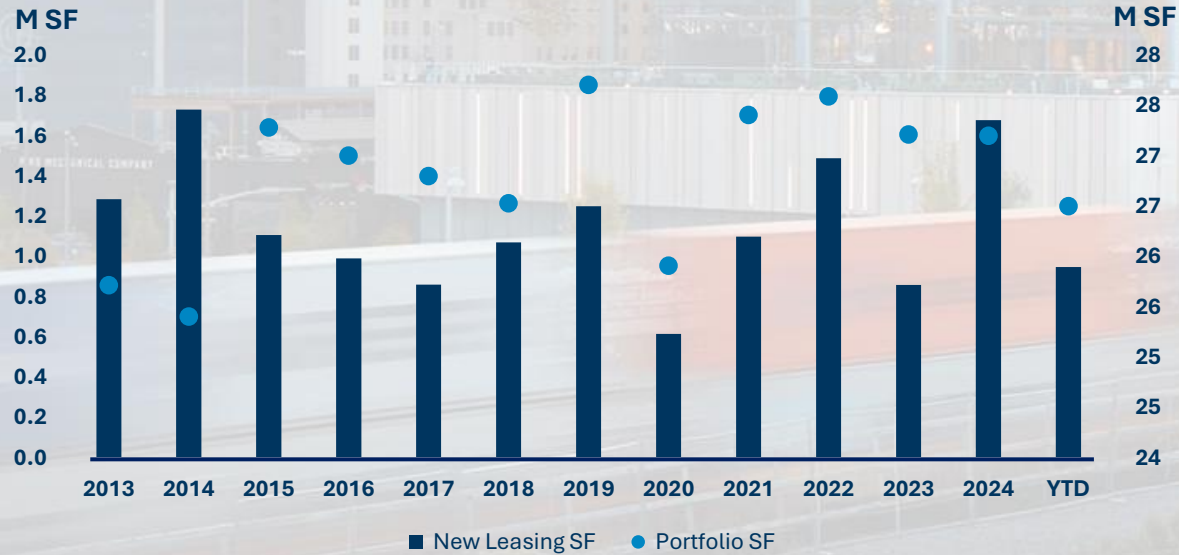
LEASE STRATIFICATION



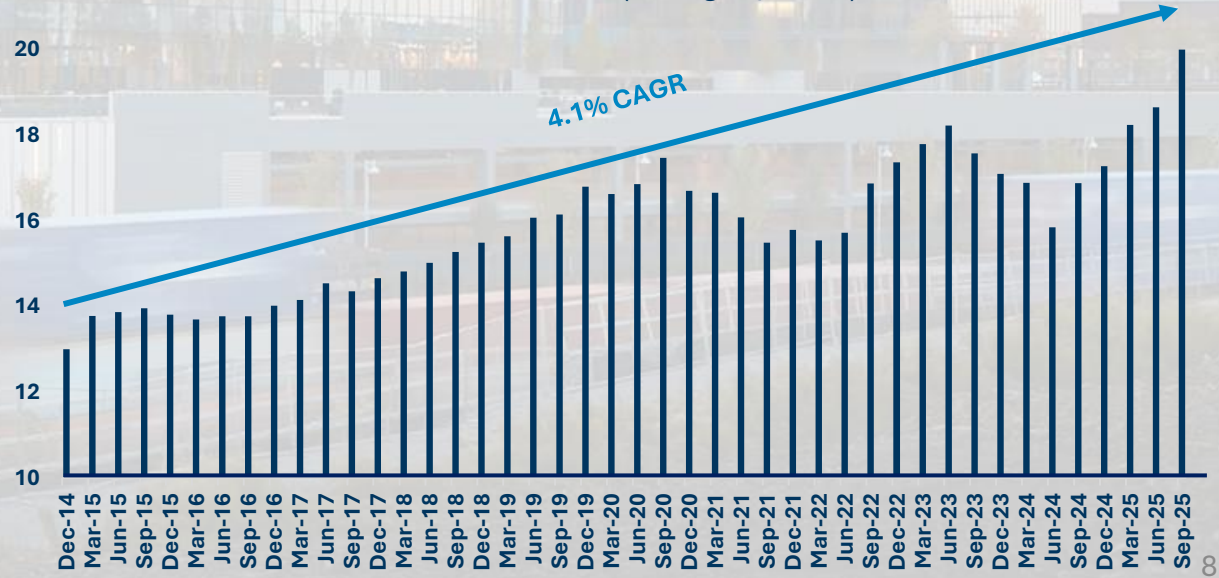
LEASE TERM (2nd Gen Wtd Avg)



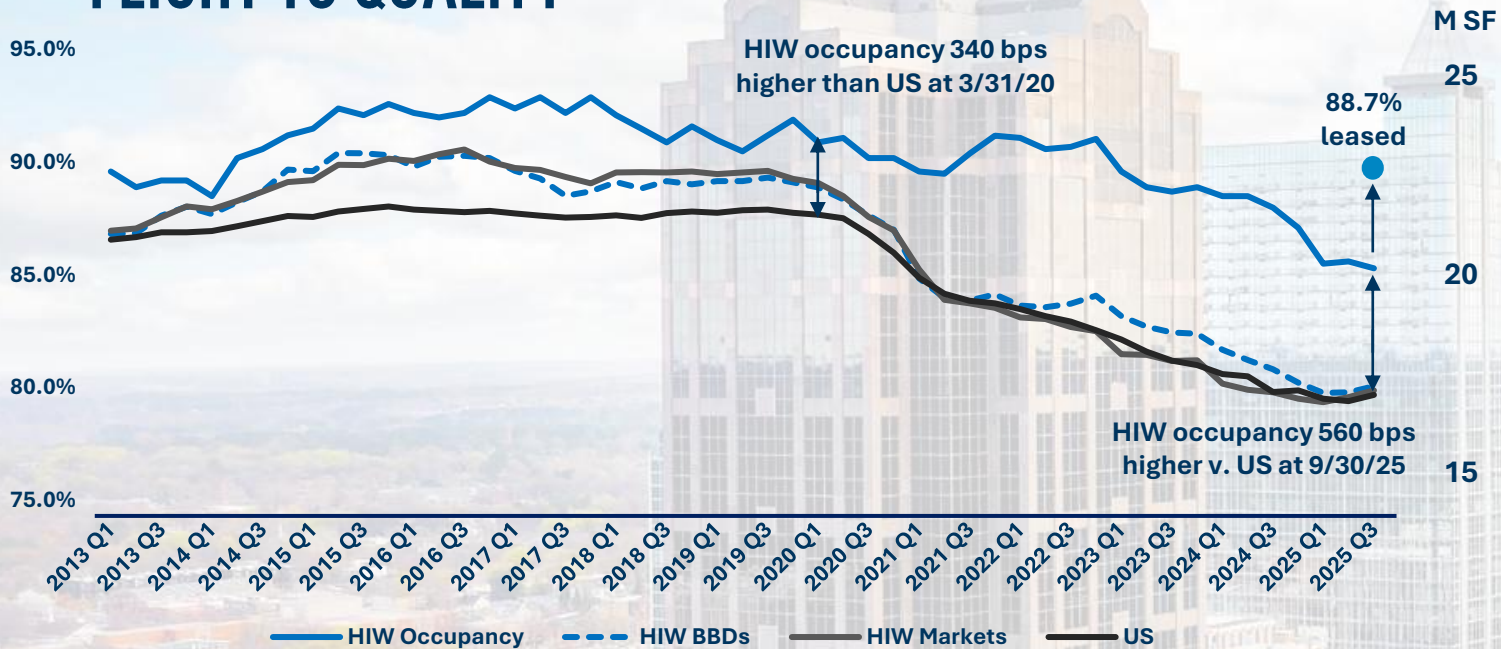
NEW LEASING (Volume)



NET EFFECTIVE RENTS (Trailing 4 Quarters)



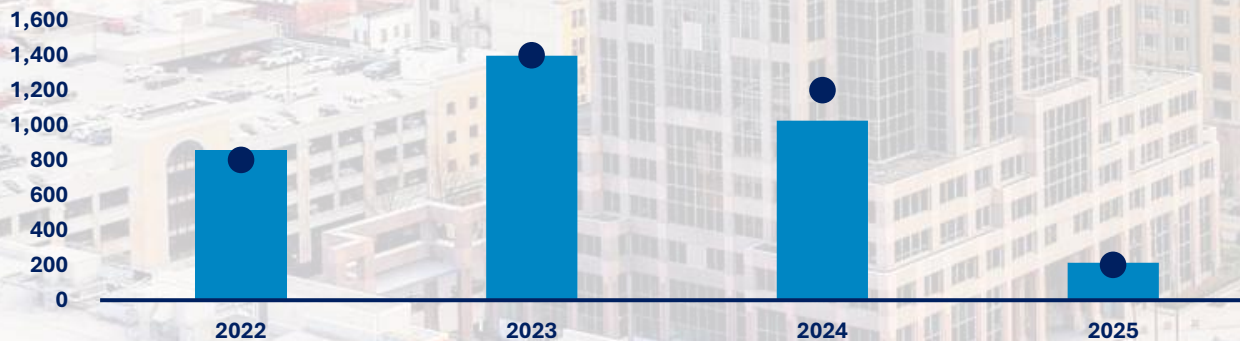
FLIGHT TO QUALITY



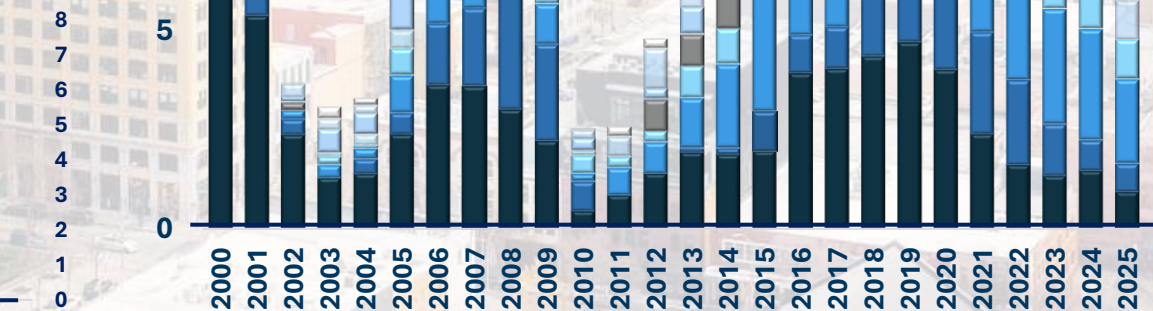
DECLINING CONSTRUCTION PIPELINE

100+K SF EXPIRATIONS (As of Jan 1 for following year and subsequent year)

SF (in 000s)



Count

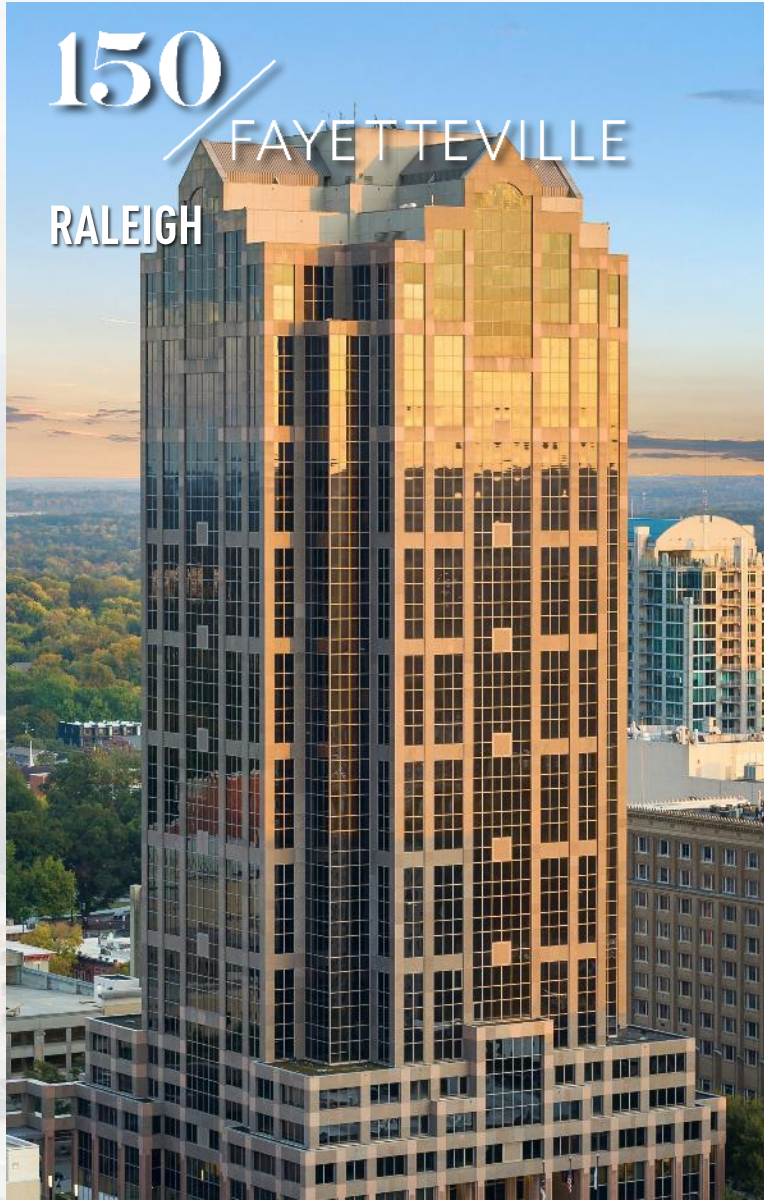


Atlanta Charlotte Dallas Nashville Orlando
 Pittsburgh Raleigh Richmond Tampa

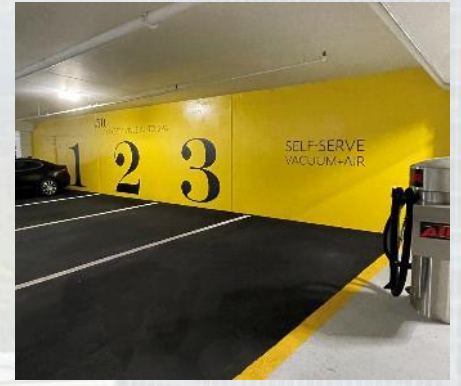


ORGANIC GROWTH POTENTIAL

CONTINUOUS REINVESTMENT IN EXISTING PORTFOLIO (COMPLETED)



**RENEWED + EXPANDED LARGEST
2026 LEASE EXPIRATION**





ORGANIC GROWTH POTENTIAL

CONTINUOUS REINVESTMENT IN EXISTING PORTFOLIO (COMPLETED)

PARK PLACE NASHVILLE



LEASED + STRONG PROSPECTS
TO BRING TO STABILIZATION



CONTINUOUS REINVESTMENT IN EXISTING PORTFOLIO (COMPLETED)

ALLIANCE CENTER ATLANTA



**SUBSTANTIALLY BACKFILLED
LARGE 2024 EXPIRATION
(2026 LEASE START)**



ORGANIC GROWTH POTENTIAL

CONTINUOUS REINVESTMENT IN EXISTING PORTFOLIO (IN PROGRESS)

SYMPHONY
PLACE

NASHVILLE

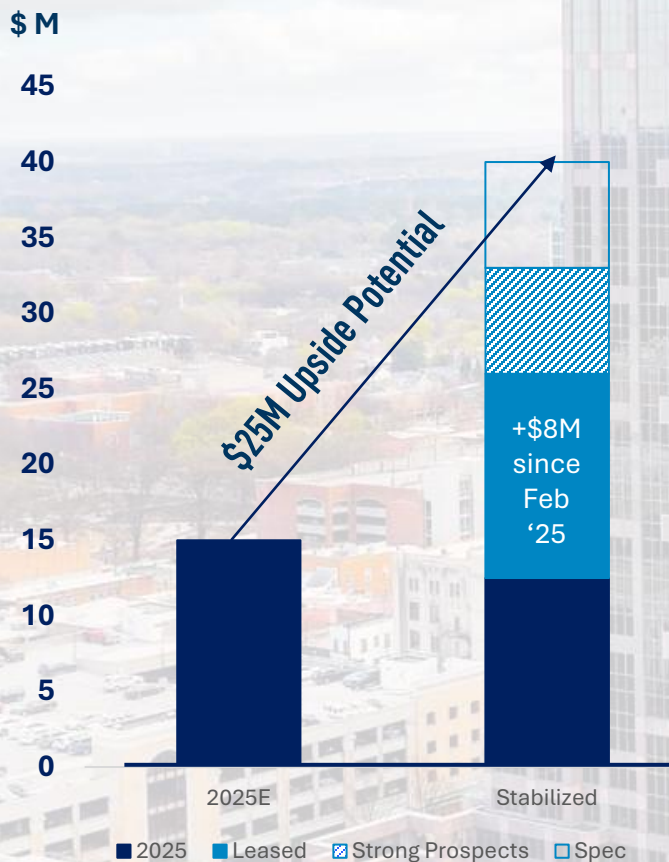


LARGE LEASE SIGNED + MEANINGFUL PICKUP
IN ACTIVITY FOLLOWING UNVEILING
OF REPOSITIONING PLAN

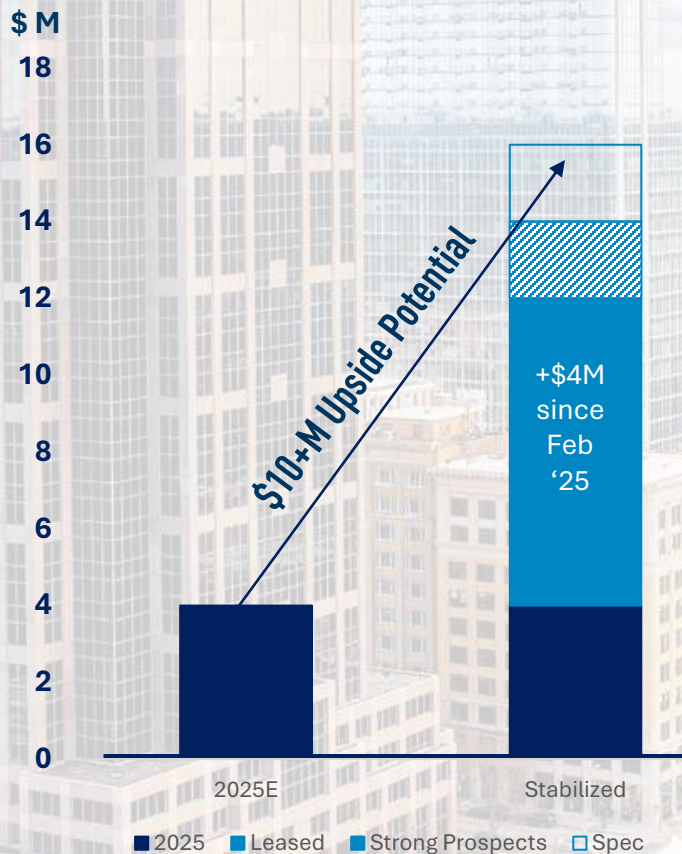


EMBEDDED UPSIDE¹ GROWTH POTENTIAL

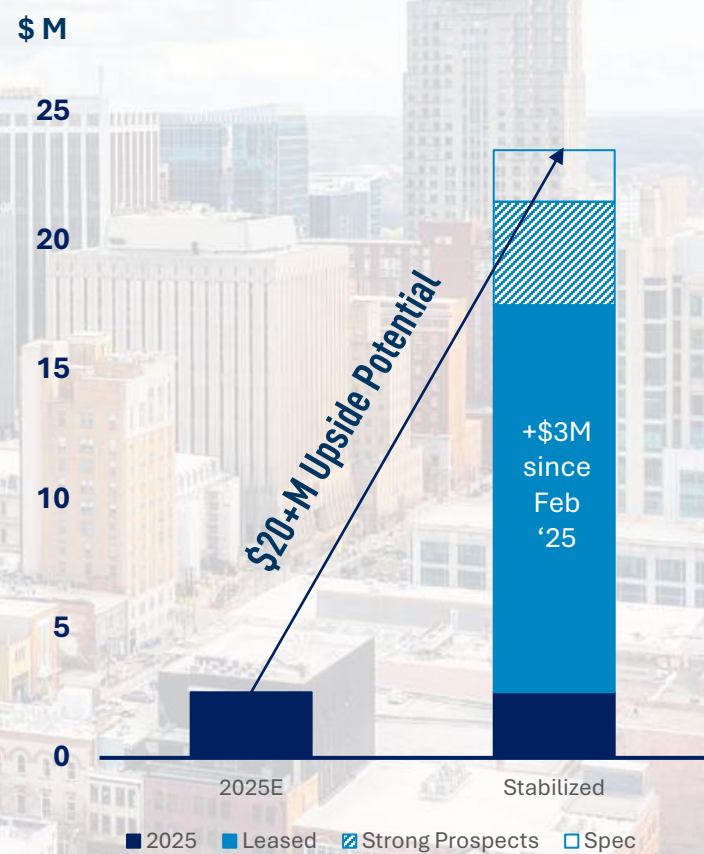
LOW OCCUPIED, IN-SERVICE²



2023 COMPLETED DEVELOPMENT GLENLAKE THREE + GRANITE PARK SIX



2025 COMPLETED DEVELOPMENT 23 SPRINGS + MIDTOWN EAST



¹Calculated as NOI growth potential. There is no expense capitalization at the In-Service properties or 2023 Completed Developments in 2025 and thereafter, but 2025 Completed Developments will have interest and operating expense capitalization into 1H'26.

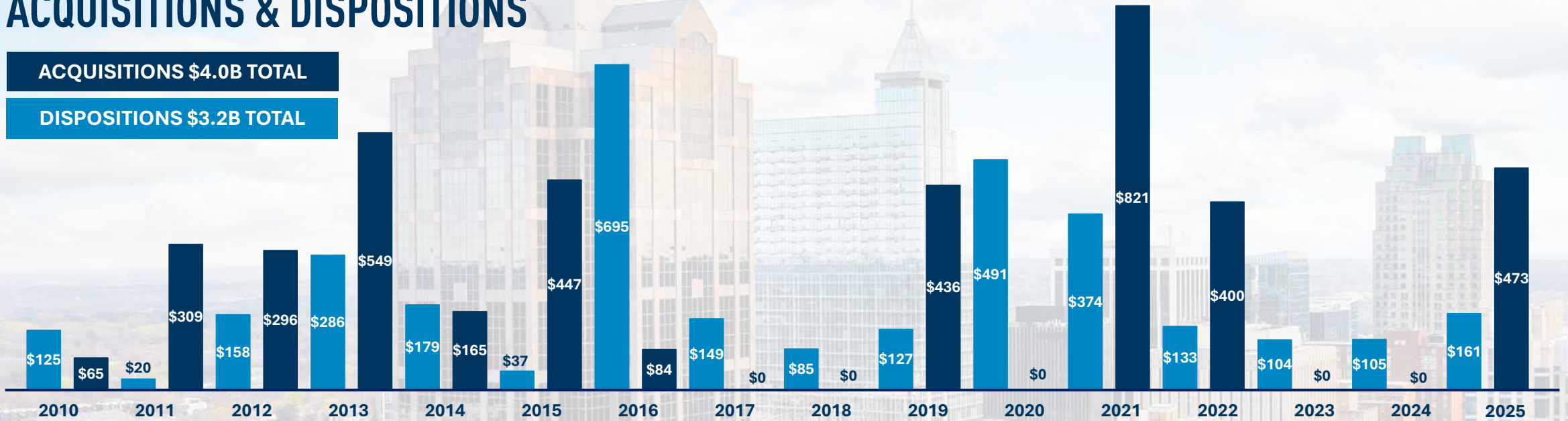
²Park West (NAS), Symphony Place (NAS), Westwood South (NAS) and Two Alliance Center (ATL).

INVESTMENTS

ACQUISITIONS & DISPOSITIONS

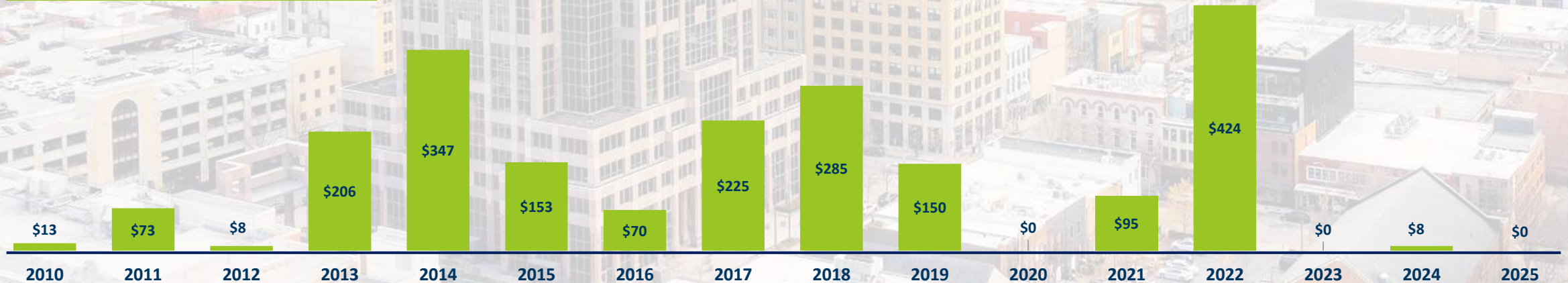
ACQUISITIONS \$4.0B TOTAL

DISPOSITIONS \$3.2B TOTAL



DEVELOPMENT ANNOUNCEMENTS

DEVELOPMENTS \$2.1B TOTAL



INVESTMENTS

HIGHWOODS LEGACY UNION PORTFOLIO



720 PARKING DECK
DELIVERED 2019

BANK OF AMERICA TOWER
DELIVERED 2019, 96.0% Occupancy

6HUNDRED
DELIVERED 2025, 84.0% Leased

SIX50
DELIVERED 2022, 97.1% Occupancy

HIGHWOODS LEGACY UNION PORTFOLIO

6HUNDRED at LEGACY UNION

\$223.1M Total Investment

84% Leased

Stabilized NOI Estimate: \$17.5M to \$18.5M (Cash and GAAP)

IMPROVES PORTFOLIO QUALITY

- ✓ Acquisition of 411K SF Class AA office in strong BBD location in Charlotte
- ✓ Delivered in 2025
- ✓ Best-in-class amenities continue to improve HIW's Legacy Union portfolio

IMPROVES GROWTH RATE

- ✓ Strong potential for long-term rent growth plus healthy in-place annual rent escalators

FAVORABLE FINANCIAL IMPACT

- ✓ Attractive stabilized yield of ~8% for new construction
- ✓ Expected to be accretive to cash flow (~neutral to FFO) upon stabilization
- ✓ Leverage-neutral rotation of capital upon sale of non-core assets

STABLE, DIVERSIFIED CASH FLOW

- ✓ Over 12 years of acquired WALT provides cash flow stability with embedded growth

STRATEGIC FIT

- ✓ Increases vibrant mixed-use Uptown BBD exposure to 1.6M SF



OFFICE CUSTOMERS

**ROBINSON
BRADSHAW**

**AMERICAN
EXPRESS**

PIKE

LS3P

HIGHWOODS LEGACY UNION PORTFOLIO

6HUNDRED



HIGHWOODS LEGACY UNION PORTFOLIO

720 PARKING DECK AT LEGACY UNION

\$111.5M Total Investment

FAVORABLE FINANCIAL IMPACT

- ✓ Immediately accretive to annual cash flow
- ✓ Capital efficient with limited capex needs in the short-term and long-term

IMPROVES GROWTH RATE

- ✓ Ability to increase parking rates annually
- ✓ Upside potential from increased users, event revenue and signage
- ✓ 14K SF retail lease (signed post closing) increases pro forma cash yield by >50bps

STABLE, DIVERSIFIED CASH FLOW

- ✓ 9 years of acquired WALT for ~70% of revenue from existing HIW office users
- ✓ Diversified user roster with high customer utilization

STRATEGIC FIT

- ✓ Increases connectivity with 1.2M SF of HIW office customers
- ✓ Allows HIW to respond (and benefit) from customer requests across office and parking needs throughout our Legacy Union properties

720 SOUTH CHURCH STREET



OFFICE CUSTOMERS

BANK OF AMERICA

Deloitte.

Parker Poe
Attorneys & Counselors at Law

CADWALADER

JLL

KPMG

ADVANCE-ING OUR PROVEN STRATEGY

ADVANCE AUTO PARTS TOWER
ACQUIRED 2025



CAPTRUST TOWER
ACQUIRED 2021



ADVANCE-ING OUR PROVEN STRATEGY

ADVANCE AUTO PARTS TOWER

\$138M Total Investment

IMPROVES PORTFOLIO QUALITY

- ✓ Acquisition of ~350K SF AA-Class office in strong BBD location in Raleigh
- ✓ Disposition of 35-year-old non-core properties in non-BBD location in Tampa

IMPROVES GROWTH RATE

- ✓ AAP Tower rents below market with upside as leases roll over time
- ✓ Known move-outs at disposition properties eliminates future headwind

FAVORABLE FINANCIAL IMPACT

- ✓ Accretive to cash flow and approximately neutral to current FFO run rate (significant long-term FFO accretion)
- ✓ Leverage-neutral rotation of capital

STABLE, DIVERSIFIED CASH FLOW

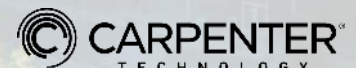
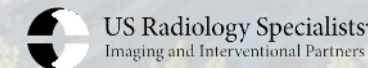
- ✓ 8.2 years of acquired WALT provides cash flow stability with embedded growth
- ✓ Diversified tenant roster with high customer utilization

STRATEGIC FIT

- ✓ Increases vibrant mixed-use North Hills BBD exposure to ~650K SF
- ✓ Provides anchor North Hills customers increased flexibility over time



OFFICE CUSTOMERS



ACQUISITIONS | \$2.1B ACQUIRED IN LAST 6 YEARS

2025 ACQUISITIONS COMPLETED

\$473M



BANK OF AMERICA TOWER
2019 | CHARLOTTE



150 FAYETTEVILLE
2021 | RALEIGH



CAPITOL TOWERS
2021 | CHARLOTTE



CAPTRUST TOWER
2021 | RALEIGH



MORROCROFT CENTRE
2021 | CHARLOTTE



MCKINNEY & OLIVE
2022 | DALLAS



SIX50 AT LEGACY UNION
2022 | CHARLOTTE



ADVANCE AUTO PARTS TOWER
2025 | RALEIGH



720 PARKING DECK
2025 | CHARLOTTE



600 AT LEGACY UNION
2025 | CHARLOTTE

DISPOSITIONS



TAMPA | 2025



RALEIGH | 2024



RALEIGH | 2024



RALEIGH | 2024



RALEIGH | 2024



NASHVILLE | 2023



RALEIGH | 2023



TAMPA | 2023

2024 NON-CORE DISPOSITIONS COMPLETED

\$105M

2025 NON-CORE DISPOSITIONS COMPLETED

\$198M

NON-CORE DISPOSITIONS OUTLOOK

UP TO ADDITIONAL
\$50-500M
OVER NEXT 6 MONTHS

Includes non-core assets and non-core land parcels

>\$1.3B SOLD OVER PAST 5 YEARS

NON-OFFICE LAND AS A SOURCE OF CAPITAL



GULCH CENTRAL | NASHVILLE
3 ACRES OWNED



INDEPENDENCE PARK | TAMPA
23 TOTAL ACRES | 16 ACRES SOLD \$26.9M
7 ACRES OWNED



BAY CENTER | TAMPA
3 ACRES SOLD \$9.6M



NORTH END | RICHMOND
22 ACRES SOLD \$14.4M



OVATION | NASHVILLE
76 ACRES OWNED (For non-office use)

INVESTMENTS

IN-PROCESS DEVELOPMENT (At HIW share)

\$474M
INVESTMENT

\$96M
REMAINING
TO FUND

~\$40M
STABILIZED
GAAP NOI

1.4M
SQUARE FEET

72%
LEASED



23SPRINGS* | DALLAS
2028 STABILIZATION



GRANITE PARK SIX* | DALLAS
2026 STABILIZATION



MIDTOWN EAST* | TAMPA
2026 STABILIZATION



GLENLAKE THREE | RALEIGH
2026 STABILIZATION



GLENLAKE TWO RETAIL | RALEIGH
2026 STABILIZATION



2827 PEACHTREE* | ATLANTA
PLACED IN SERVICE 1Q25

*HIW has a 50% interest in each of the unconsolidated joint ventures that own 2827 Peachtree, 23Springs, Granite Park Six and Midtown East. Leased percentage is dollar-weighted.

	AS OF 10/28/2025		ACTUAL
	LOW	HIGH	2024
2025 FFO per Share Outlook	\$3.41	\$3.45	\$3.56*
EFFECTS ASSUMED IN FFO OUTLOOK			
Growth in Same Property Cash NOI	-3.0%	-2.0%	1.4%
Straight-Line Rental Income	\$15	\$16	\$10.6
G&A Expenses	\$40	\$42	\$41.9
Average Occupancy	85.4%	85.8%	88.0%
Year-End Occupancy	85.7%	86.3%	87.1%
Completed Dispositions	\$161	\$161	\$101
Completed Acquisitions (1)	\$250	\$250	\$0
Development Announcements			\$8
EFFECTS NOT ASSUMED IN FFO OUTLOOK			
Potential Additional Dispositions (over the next 6 months)	\$50M	\$500M	
Potential Additional Acquisitions (over the next 6 months)	\$0	\$500M	

In millions, except per share data and figures in percentages.

*Excludes \$0.05/share of prior year income tax refund related to TN Franchise Tax.

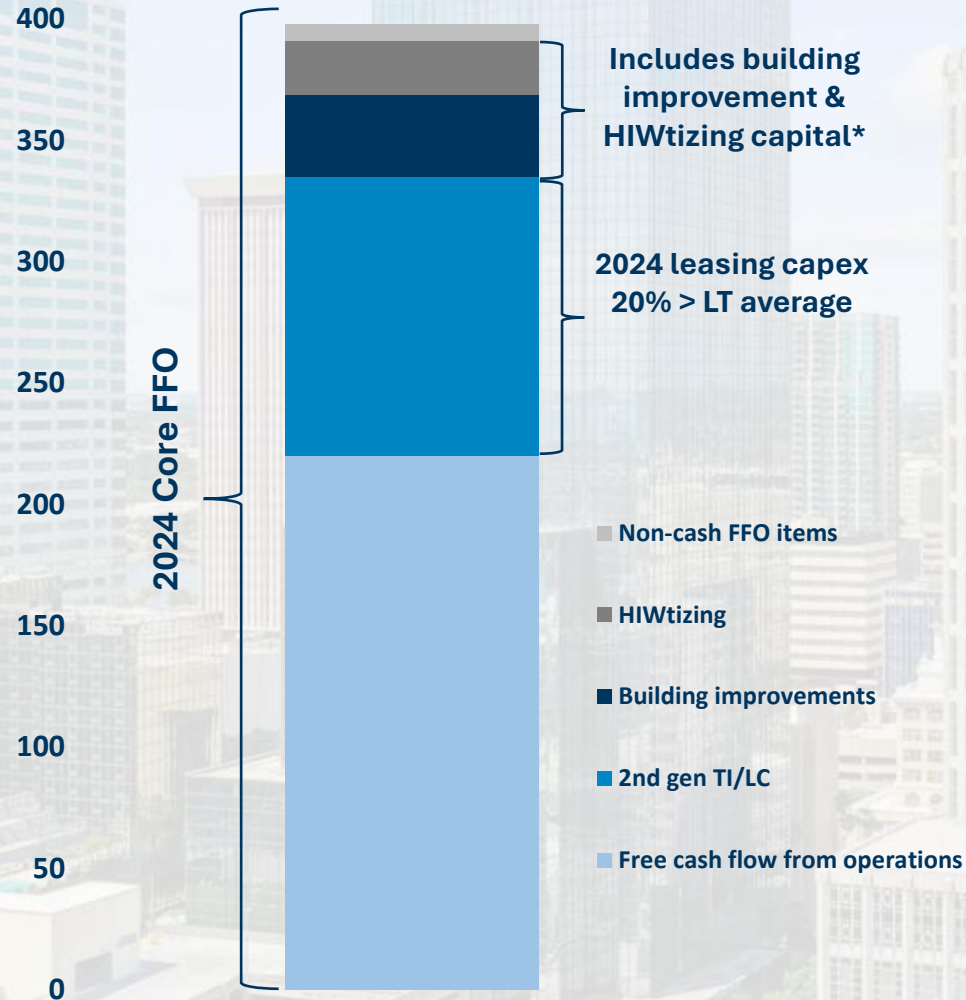
CONSISTENT CASH FLOW



*Cash Available for Distribution means FFO as adjusted for non-cash items less non-incremental revenue generating capital expenditures incurred.

TRANSPARENT OPERATING CASH FLOWS

\$ M



HIW OPERATING CASH FLOW

- ✓ Includes 100% of leasing capital*
- ✓ Includes 100% of building improvement (back of house) capital*
- ✓ Includes 100% of HIWtizing (front of house/renovation) capital*
- ✗ No office buildings taken out of service
- ✗ No capitalized costs (operating or interest) on operating portfolio*

*Excludes development properties listed in the quarterly supplemental package.

STRONG BALANCE SHEET (As of 9/30/2025)

42.2%

Debt + Preferred as % of Gross Assets

6.4x

Net Debt to EBITDARE

4.4%

Weighted Average Interest Rate

9.5%

Secured Debt as % of Gross Assets

16.7%

Floating Rate Exposure

STRONG ACCESS TO CAPITAL

- \$245M secured debt raised
- \$700M bonds issued
- \$1.15B bank debt obtained
- \$403M of dispositions
- \$114M of equity issued

~\$2.6B Capital Raised Since January 2023

MOODY'S

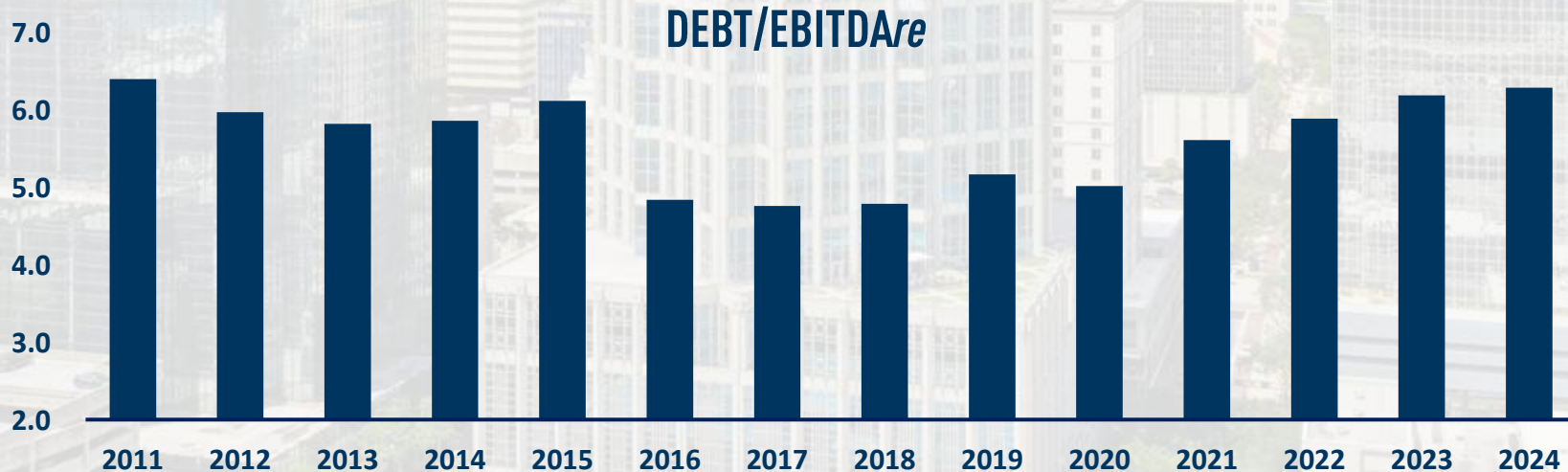
Baa2

S&P Global Ratings

BBB-

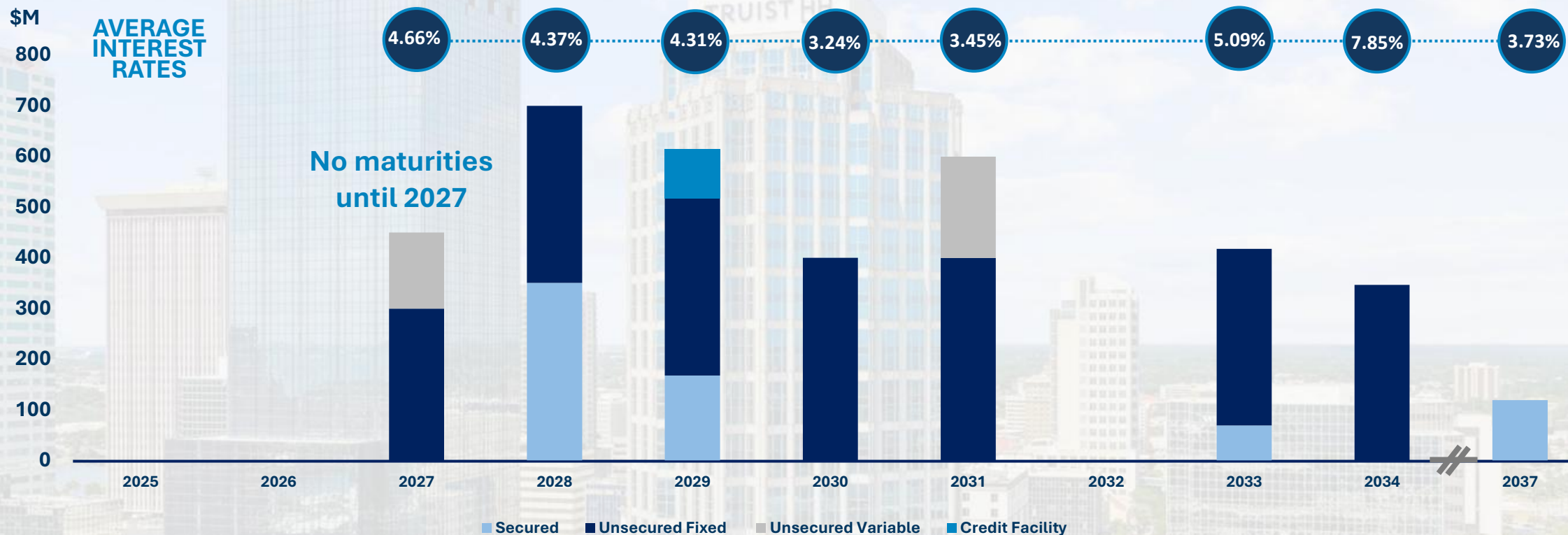
85.2%

Unencumbered NOI*



*Wholly-owned properties

CONSOLIDATED MATURITY LADDER (As of 9/30/2025, on a proforma basis*)



KNOWN CAPITAL USES (\$ 000s)

Debt maturities (thru 1Q'27)	\$0
Development spend	<u>96,000</u>
Total known uses	\$96,000

CAPITAL SOURCES (\$ 000s)

LOC availability	\$653,000
Undrawn availability on construction loans	74,000
Cash on hand	<u>26,000</u>
Total existing sources	\$753,000

*The information on this page sets forth our capitalization on a pro forma basis assuming the following 4Q'25 transactions had occurred as of September 30, 2025: (a) the issuance of \$350 million of 5.35% notes due 2033 and the use of the \$346M net proceeds to repay amounts outstanding under our \$750 million unsecured revolving credit facility; and (b) the acquisition of 6Hundred at Legacy Union for a total investment of \$223 million.

2030 SUSTAINABILITY GOALS FROM A 2016 BASELINE



ENERGY USE REDUCTION (kBTU/SF)



CARBON EMISSIONS REDUCTION (CO2e/SF)



WATER USE REDUCTION (Gals/SF)

SUSTAINABLE TECHNOLOGY



SMART IRRIGATION CONTROLS



EV CHARGING STATIONS



LED LIGHTING



HIGH EFFICIENCY PLUMBING FIXTURES



VARIABLE FREQUENCY DRIVES



CONDENSATE RECOVERY



HIGH EFFICIENCY CHILLERS



DDC BAS CONTROLS

100% NEW DEVELOPMENT OFFICE PORTFOLIO LEED CERTIFIED SINCE 2013

100% NEW DEVELOPMENT OFFICE PORTFOLIO FITWEL CERTIFIED SINCE 2021

100% MANAGED BUILDINGS BENCHMARKED IN ESPM

THE HEART OF HIGHWOODS
SUPPORTING DIVERSITY & INCLUSION

OUR PEOPLE ARE OUR TROPHY ASSETS

HEALTHY AND RESILIENT COWORKERS
HEALTHY AND RESILIENT BUILDINGS
ENGAGED CUSTOMERS
DIVERSE AND INCLUSIVE CULTURE
COMMUNITY ENGAGEMENT

- ✓ Directors serve one-year terms
- ✓ Majority vote director resignation policy
- ✓ Vigorous cash and equity clawback policy
- ✓ No employment contracts
- ✓ Double trigger change-in-control contracts
- ✓ No poison pill
- ✓ 86% independent directors
- ✓ Shareholders can amend bylaws
- ✓ Shareholder-aligned compensation philosophy
- ✓ Anti-hedging and anti-pledging policy
- ✓ No related party transactions
- ✓ Simple corporate structure
- ✓ Ethical business conduct
- ✓ Leadership development
- ✓ Coworker engagement





OUR MISSION IS TO CREATE ENVIRONMENTS AND EXPERIENCES THAT INSPIRE OUR TEAMMATES AND OUR CUSTOMERS TO **ACHIEVE MORE TOGETHER. WE ARE IN THE WORK-PLACEMAKING BUSINESS AND BELIEVE THAT BY CREATING EXCEPTIONAL ENVIRONMENTS AND EXPERIENCES, WE CAN DELIVER GREATER VALUE TO OUR CUSTOMERS, THEIR TEAMMATES AND, IN TURN, OUR SHAREHOLDERS.**

THANK YOU!