

## About

Take a few minutes and tell me a bit about yourself. How would you describe your ethnicity? How would you describe your gender identity? Tell me about what your ethnicity/gender identity means to you. How would you describe your personality type? (Extrovert, introvert, ambivert, etc.).

What is your current job, how long have you been there, and do you enjoy it? Tell me about a typical day at work.

## Goals

What are some of your career and personal goals?

How does a healthy work environment contribute to your ability to achieve your goals?

What would make your place of work an ideal place to work?

Are there any strategies or tools that you use to help yourself de-stress / re-center? (yoga, exercise, watching tv, reading, apps, religious activities, meditation, etc.)

## Work experiences/Pain points

How would you define a healthy workplace? What are factors that would make a healthy work environment for you? Based on those needs, is your current workplace meeting your needs? If not, what would you change?

How do you think your gender identity, ethnicity, personality or other personal characteristics affect your experiences at work?

Tell me about some things that you think makes your workplace a healthy place to work. (Physical space, schedule, co-workers, technology, etc.)

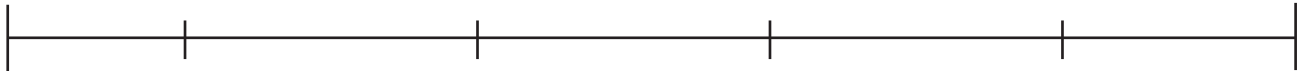
Tell me about some things that make your work environment an unhealthy place to work. (Physical space, schedule, co-workers, technology, etc.) How does that affect your wellbeing inside and outside of work?

Is there anything blocking you from achieving your goals, maintaining a low stress level, and feeling fulfilled at work?

Bio

Pain Points

Goals



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Other Notes

## Problem Statement

[*Persona name*] needs a way to [*user's need*], because [*insight*].

[ ] needs a way to [ ], because [ ]

## Hypothesis

We believe that [*doing this*], for [*these people*], we will achieve [*this outcome*].

We will know this to be true when we see [*this feedback/quantitative measure/qualitative insight*].

We believe that [ ] for [ ], we will achieve [ ].

We will know this to be true when we see [ ].

Scenario \_\_\_\_\_

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Scenario \_\_\_\_\_

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Scenario \_\_\_\_\_

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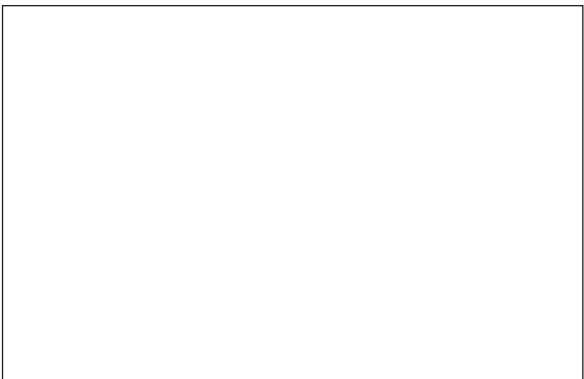
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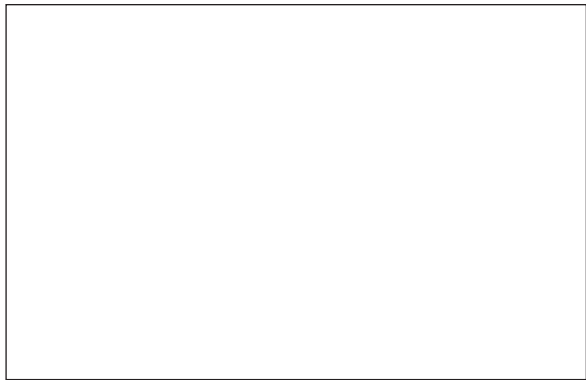
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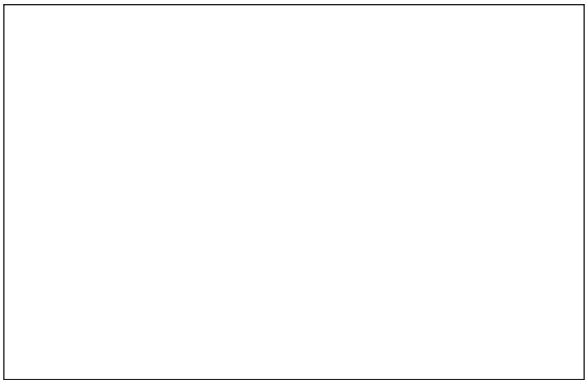
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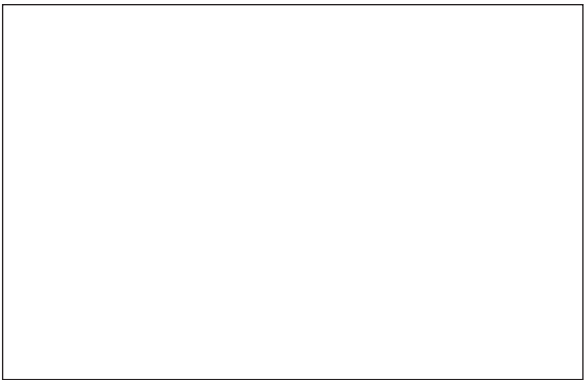
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