

# Mindful Martha



**Job Title**  
Nurse

**Age**  
25 to 34 years

**Highest Level of Education**  
Doctorate (e.g. PhD, EdD)

## Social Networks



**Industry**  
Health Care

**Organization Size**  
501-1000 employees

## Preferred Method of Communication

- Face-To-face
- Phone
- Email

## Tools They Need to Do Their Job

Enter text here

## Their Job Is Measured By

nursing hours per patient day, nurse-patient ratios

## Job Responsibilities

Observing and recording patient behavior. Performing physical exams and diagnostic tests.  
Collecting patient health histories.

## Goals or Objectives

Promotion, better work-life balance

## Reports to

Nurse manager

## Biggest Challenges

- Employee Morale
- Professional Development

## They Gain Information By

Conferences, Trainings

## FRUSTRATIONS:

Time Management, and getting enough sleep to wake up early and be active.

# Timer Tiffany



## Job Title

Sales Rep

## Age

35 to 44 years

## Highest Level of Education

Doctorate (e.g. PhD, EdD)

## Social Networks



## Industry

Finance

## Organization Size

51-200 employees

## Preferred Method of Communication

- Face-To-face
- Text Messaging
- Email
- Phone
- Social Media

## Tools They Need to Do Their Job

- Reporting Software

## Their Job Is Measured By

Leads and revenue generated

## Job Responsibilities

Sales

## Goals or Objectives

Reach sales quotas, be the number 1 sales rep

## Reports to

Sales Manager

## Biggest Challenges

- Navigating Client Relationships & Communications
- Project Management & Disorganization

## They Gain Information By

Conferences

FRUSTRATIONS:

Procrastination, and wants to spend less time watching tv.

# Workout Wally



## Job Title

Web Developer

## Age

35 to 44 years

## Highest Level of Education

Professional degree (e.g. MD,

## Social Networks



## Industry

Technology

## Organization Size

51-200 employees

## Preferred Method of Communication

- Email
- Phone

## Tools They Need to Do Their Job

- Reporting Software
- Cloud-Based Storage & File Sharing Applications

## Job Responsibilities

Enter text here

## Their Job Is Measured By

cycle time, velocity, open requests, throughput

## Reports to

Lead Developer

## Goals or Objectives

Be better at problem solving, get a salary raise, and manage time better.

## They Gain Information By

Online Courses, Tech Websites

## Biggest Challenges

- Project Management & Disorganization
- Resources

### Frustrations

- \* Not able to workout regularly
- \* Wants to be more active.