

## Persona

Layla Haddad is a 16-year-old Lebanese female student ...  
**emerging career interests**  
**centered around vintage music culture** ... enjoys moderate physical activity such as morning jogging and regular yoga

Personalized Question Set:  
*E.g. What tactics can I use to prevent burnout over the next quarter?*

## Personalization Responder

## Response

Hi Layla, it's wonderful that you're thinking proactively about burnout ... Continue your morning jogs and yoga, but try pairing them with vintage playlists or mindful breathing

- \* **Personalization Fit:** Tailored to Layla's routines (morning jogging & yoga) and career interest (vintage music).
- \* **Novelty with Relevance:** It's a creative combination of Layla's interest in music and her physical wellness habits.
- \* **Actionability & Outcome Focus:** The suggestion is about enhancing something she's already doing so that it is actionable; it also aligns with her goal (burnout prevention) - stress relief, mood regulation, and motivation.