

WHO IS THE WHOLENESS AT WORK PROGRAM FOR?



The Type-A **WORKING MOM**

Enneagram: 8

- _ Middle manager or Executive, works remotely because of COVID, has a team of direct reports
- _ Mother of three elementary-aged children who are distance learning
- _ Juggling zoom calls throughout the day and tight deadlines makes her frazzled and exhausted
- _ Loves to cook for her family, especially healthy meals, when she finds the time
- _ Ultimate work goal: run her own company
- _ May run a Mom blog with 5,000+ followers



The Conscious **CEO**

Enneagram: 3

- _ Socially aware, successful, results driven executive
- _ Equally high expectations for achievement and social impact
- _ Charismatic and engaging, values relationships
- _ Workaholic, makes people grind hard, may not open up immediately
- _ Ultimate work goal: hit a certain revenue, get sold, private equity partner, go global
- _ Seeks approval from board and executive team



The Millennial **MANAGER**

Enneagram: 7

- _ Manager that values health, family, self-realization, personal growth, and desires balance
- _ Open-minded, self and socially aware, moderate
- _ Enjoys cross-fit, yoga, climbing, music, concerts, and getaway travel with friends
- _ Ultimate work goal: wants to go VP, in smaller to mid size company, craft his own reality, or run his/her own business
- _ Seeks approval from parents, friends, and partner (if they have one)



The Recovering **MBA**

Enneagram: 1

- _ Hard wired for grit, strength, judgment, and logic under crisis
- _ Analytically wired, has hard time understanding their own emotions and needs of others
- _ Executive leader with disengaged team, confused as to why
- _ Drinks a lot or not at all; plays golf or tennis on the weekends with friends
- _ Doesn't have strong connection to their inner self other than clear morals
- _ Ultimate work goal: stability at work, uncomplicated and principled
- _ Seeks approval from self

