

Phone Interviews

Candidate 1:

Marlee

Questions

How old are you? If you're uncomfortable saying your age, feel free to give me a 10 year range (e.g. "I'm between 30-40.")

26

What does your typical day look like?

Wake up about 8. Make the bed making keeps here zen. 30 min commute. Works till 530. Shower. That's my day.

Which electronic devices do you use on a daily or weekly basis?

Her phone and work computer

How many hours a week do you spend on your device(s)?

Work computer 8 hours 5 days a week
3 and half hour of the day on her phone
On the weekend is 5 hours on her phone

Are there any apps you use on a regular basis? Ask what other apps they're using outside of 'general\social media'

August home app
Dulingo
Orange Theory App
Google Photos
Lyft
Jet Blue
Delta
Tripit

What would you say is a fair breakdown for usage of those apps? A rough percentage is fine.

August app First
Lyft
Google Photos
Jet Blue
Delta
Tripit

Orange Theory
Dulingo

Do you own a smartwatch?

No

What is your relationship with mental wellness?

She would read self help books for fun. At lunch she needs to take a walk to calm down. She goes to an acupuncturist to help with stress. She does orange theory to help her with Fitness

Was there anything you did recently to improve your mental wellness?

She's anxious about her leg because she fell and hurt leg. She's been doing breathing exercises she learned a while ago.

Was there ever a specific moment in your life where mental wellness was critical? If so, tell me about that experience.

Became important to her senior year of College. She was dealing with d

Clarify what was causing their anxiety\depression, etc.?

They went to a therapist/ phycologist. Talking with her friend anna. Focus on small things rather than big picture things.

Was there ever a specific moment in your life where something you did really help you improve your mental wellness? If so, tell me about that experience.

Breaking down big things into small goals to help get them achieved easier

What are 3 ways that achieving mental wellness could be easier for you?

Candidate 2:

Lauren

Questions

How old are you? If you're uncomfortable saying your age, feel free to give me a 10 year range (e.g. "I'm between 30-40.")

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What does your typical day look like?

Go to work. Go to walk . Yoga. Spend the evening in reading, talking.

Which electronic devices do you use on a daily or weekly basis?

Her Phone

How many hours a week do you spend on your device(s)?

3 hours a day

Which device do you use the most?

Are there any apps you use on a regular basis?

Ask what other apps they're using outside of 'general/social media'

What would you say is a fair breakdown for usage of those apps? A rough percentage is fine.

Do you own a smartwatch?

No

Are there any smartwatch apps you use regularly?

What is your relationship with mental wellness?

She didn't think about it until 3 years ago. Personal development was more her focus but during that time mental wellness came hand in hand.

Was there anything you did recently to improve your mental wellness?

She got a journal as way to make herself feel better. Tracking her spending. That helped her keep track of her life and reduce her anxiety. Help her get a sense of control in her life.

Was there ever a specific moment in your life where mental wellness was critical? If so, tell me about that experience.

Back when she was in college, she didn't think much about it. She would have anxiety and minor spurts of depression.

Was there ever a specific moment in your life where something you did really help you improve your mental wellness? If so, tell me about that experience.

Any way that she can evaluate her self to help her see why she felt that way helped. Having a person to talk too helps her. Reaching out to people in a healthy way.

What are 3 ways that achieving mental wellness could be easier for you?

Retraining habits and reducing anxiety

Candidate 3:

Jocely

Questions

How old are you? If you're uncomfortable saying your age, feel free to give me a 10 year range (e.g. "I'm between 30-40.")

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What does your typical day look like?

Walks her dogs in the morning. Eat. Do some work while eating. Before she gets in to work she does a 5 min journal and does a little meditation. Goes and does some gardening. Listens to youtube, audio books and then watches classes at night.

Which electronic devices do you use on a daily or weekly basis?

Phone and Computer

How many hours a week do you spend on your device(s)?

80% of the time shes awake she is on a device.

Which device do you use the most?

Uses the computer more because she works from her computer

Are there any apps you use on a regular basis? Ask what other apps they're using outside of 'general\social media'

Email

Discord

Amazon apps

Overdrive

Kindel

Mint and Personal Capital for tracking investments

What would you say is a fair breakdown for usage of those apps? A rough percentage is fine.

Discord - 10 min a day

Amazon apps - 1-2 min

Overdrive - Occasionally

Do you own a smartwatch?

No

What is your relationship with mental wellness?

When she worked at her last job she had a lot of anxiety and had a lot of chest pains. When she goes out and gardens that keeps her calm. She listens to calming music. She does gratitude journaling

Was there anything you did recently to improve your mental wellness?

She read a book called the 4 tendencies that helped her understand how to breakdown an issue

Was there ever a specific moment in your life where mental wellness was critical? If so, tell me about that experience.

She felt lost and was having trouble finding her purpose. When she was younger she had depression and had it for 4 years. She talked to her pastor and when she was made aware of it and was self aware it went away.

Was there ever a specific moment in your life where something you did really help you improve your mental wellness? If so, tell me about that experience.

What are 3 ways that achieving mental wellness could be easier for you?

Internal thing

Using other people for motivation (Social aspect and support?)

Daily Motivation

Candidate 4:

Zach

How old are you? If you're uncomfortable saying your age, feel free to give me a 10 year range (e.g. "I'm between 30-40.")

27

What does your typical day look like?

Waking up at 6 am. Going to work. Going home cooking dinner, playing video games then going to bed

Which electronic devices do you use on a daily or weekly basis?

Laptop, Phone TV, XBOX 360

How many hours a week do you spend on your device(s)?

20hrs a week

Which device do you use the most?

Laptop

What is your relationship with mental wellness?

By working out, reading books, communicating with people where their might be issues.

What was the last book you read.

A random walk down wall street. It's based on investments and financial situation.

Was there anything you did recently to improve your mental wellness?

Communicating with his partner about a relational issue. Having a convo and what they expect out of there relationship

Was there ever a specific moment in your life where mental wellness was critical? If so, tell me about that experience.

In college. Went through some depression. His mental wellness was not good at that time. Communicating with friends and going to the gym helped him. Read the bible, read about

Was there ever a specific moment in your life where something you did really help you improve your mental wellness? If so, tell me about that experience.

What are 3 ways that achieving mental wellness could be easier for you?

Scheduled timeline for activities to keep him on track

Journal

Candidate 5:

Casey

Questions

How old are you? If you're uncomfortable saying your age, feel free to give me a 10 year range (e.g. "I'm between 30-40.")

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What does your typical day look like?

Go to the gym. Fast until 2. Work till 8. Read at night. Meditation.

Which electronic devices do you use on a daily or weekly basis?

Cell Phone, Laptop.

How many hours a week do you spend on your device(s)?

Are there any apps you use on a regular basis? Ask what other apps they're using outside of 'general\social media'

Stitcher - pod cast app
Evernote
Chripto
Simple Habit - Meditation
Spotify
Private diary app
Blinkist - audio summary books

What would you say is a fair breakdown for usage of those apps? A rough percentage is fine.

Sticher - 1 and half
Spotify - 1 and half

Do you own a smartwatch?

No

What is your relationship with mental wellness?

He's a student. Always trying to learn more about through philosophy, meditation.

Was there anything you did recently to improve your mental wellness?

Meditation, Reflection, Writing in a diary. Reading a book.

Was there ever a specific moment in your life where mental wellness was critical? If so, tell me about that experience.

Regular blind sided chaos of business. Its easier to navigate it when your mentally stable.

Was there ever a specific moment in your life where something you did really help you improve your mental wellness? If so, tell me about that experience.

Etkart Golle helped him. He writes about philosophy. Something thats practiced not just achieved

What are 3 ways that achieving mental wellness could be easier for you?

Commitment Device - Meditation
Reminder app
Accountability
Having info provided in short summary
Progress tracker

Candidate 6:

Heather

Questions

How old are you? If you're uncomfortable saying your age, feel free to give me a 10 year range (e.g. "I'm between 30-40.")

28

What does your typical day look like?

Which electronic devices do you use on a daily or weekly basis?

Cell Phone, laptop, ipod and gaming systems

How many hours a week do you spend on your device(s)?

35 40 hours a week

Users her cell phone the most

Are there any apps you use on a regular basis? Ask what other apps they're using outside of 'general\social media'

Facebook

Wellsfargo Banking

What would you say is a fair breakdown for usage of those apps? A rough percentage is fine.

Facebook shes on all the time

Wells fargo 30 to 40 min a day

Do you own a smartwatch?

Does but she doesn't use it. Not a fan. Thinks

What is your relationship with mental wellness?

Was there anything you did recently to improve your mental wellness?

Long walk on the beach

Was there ever a specific moment in your life where mental wellness was critical? If so, tell me about that experience.

When your transitioning from living with your family and living on your own.

Was there ever a specific moment in your life where something you did really help you improve your mental wellness? If so, tell me about that experience.

She did therapy for months after son got sick.

What are 3 ways that achieving mental wellness could be easier for you?

Takes some time and evaluate your self

Outside

Deep Breaths