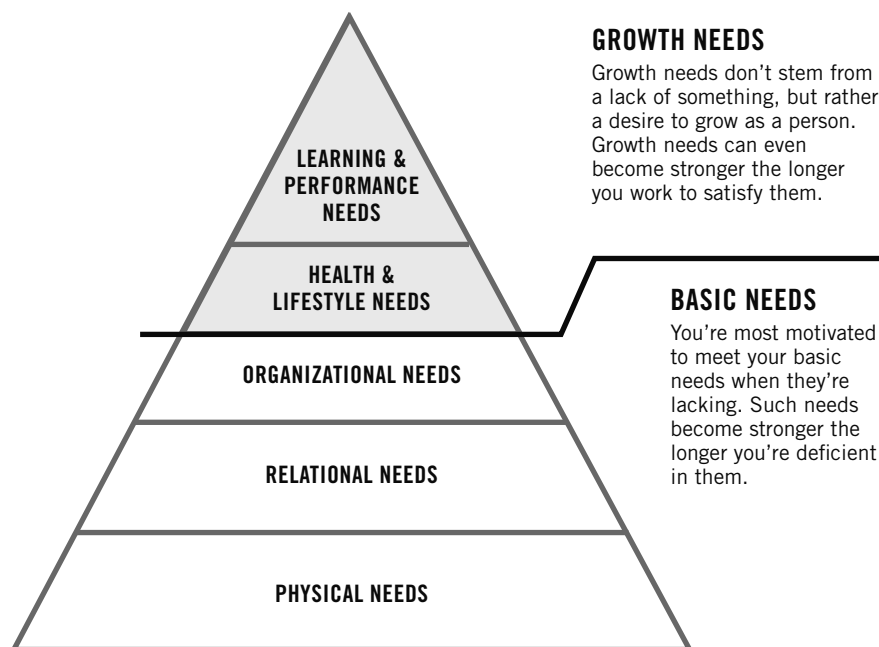


THE SENSITIVE STRIVER'S HIERARCHY OF PROFESSIONAL NEEDS



BASIC NEEDS

If you've ever taken a psychology class, you might be familiar with Maslow's hierarchy of needs, which illustrates his theory that individuals can only grow and reach their full potential if certain basic requirements are met. The same idea applies in the workplace to basic versus growth needs. Here's how:

PHYSICAL NEEDS

Physical needs form the foundation of the pyramid and encompass all aspects of your actual workspace whether you work at home or you go into an office. Finding the best level of stimulation balances your Sensitivity