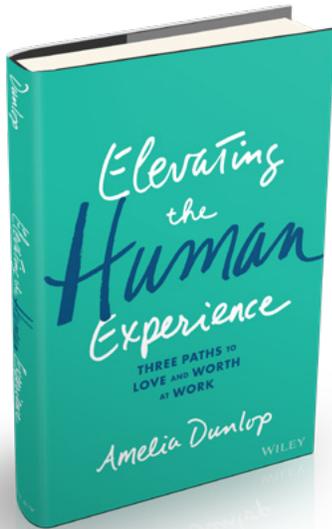


Elevating the Human Experience

THREE PATHS TO LOVE AND WORTH AT WORK



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FOR MORE INFORMATION:

www.deloittedigital.com/us/ehxbook

ABSTRACT:

Have you ever struggled to feel worthy at work?

It matters to nine out of ten people to feel worthy, but five out of ten people struggle to feel worthy, particularly at work. This difference results in what is called a “Worthiness Gap,” the gap between how important it is to feel worthy and how much we struggle to do so.

Intrigued by this gap and its impact on the human experience, Deloitte Digital’s Chief Experience Officer, Amelia Dunlop, led a quantitative study of 6,000 people in the US to better understand feelings of love and worth in the workplace.

In her new book, [Elevating the Human Experience: Three Paths to Love and Worth at Work](#), Amelia relates the findings from the research and shares her personal journey to find love and worth at work. With courage and authenticity, she weaves together insights from philosophers, theologians, and sociologists with the stories of people from diverse backgrounds gathered during her research.

In the book, Amelia introduces three paths to find love and worth in the workplace that allow individuals to create the professional experience they desire for themselves, their teams, and their clients.

- + **The first path** explores the path **of the self**, an inward path where we learn to love ourselves when we show up for work.
- + **The second path** centers around learning to love and **recognize the worth of another** in our lives. These connections add to our mirrored worth, the worth we feel mirrored back to us by another, and provide a source of meaning to our lives.
- + **The third path considers the community of work** and learning to love and recognize the worth of others we meet at work every day. It explores how to overcome obstacles to love and worth in our communities, systems, and culture, especially for those who may be systematically marginalized, unseen, or unrepresented.

Elevating the Human Experience provides insights and observations that will help you show up as more human in the workplace. Perfect for those who struggle to feel loved and worthy at work, and for those who love or lead people who do, *Elevating the Human Experience* belongs on the bookshelves of everyone who cares about bringing their authentic identity to work.