

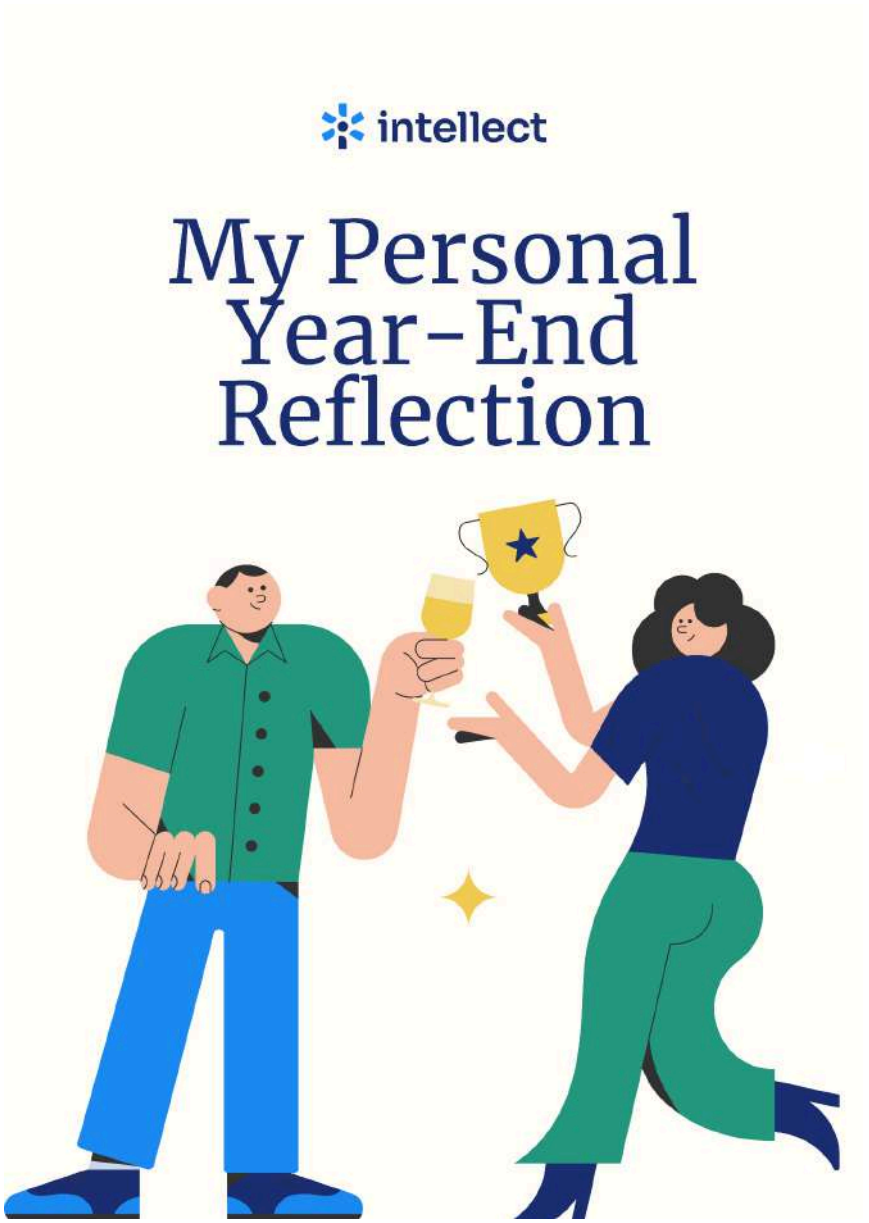
# Celebrating and Reflecting: Winding down, celebrating achievements, meaningful retrospection

Available in ENG, JP, VN, YUE, ZHS

As the year draws to a close, this campaign encourages employees to engage in thoughtful reflection on the past year. By looking back at past experiences, employees can enhance their personal growth and build resilience, equipping themselves with the insights needed for future success.

**How to use:** Copy the text below and attach the image as shown. Edit the text in red and delete the yellow highlighted text. Send over chat (e.g. Teams, Slack, etc.) to your whole organisation. You may also include this in your company-wide newsletter.  
**Suggested send date:** 2 December 2024



ENG

Copy	Images to attach
<p>🎉 As the year winds down, it's the perfect time to celebrate achievements and engage in meaningful retrospection. By looking back at what went well and where you can improve, you'll set yourself up for continuous growth and adaptability.</p> <p>Start your reflective journey with our wellbeing benefit, Intellect. Download the PDF (please attach pdf) to reflect on your experiences, challenges, and achievements from this year, and use them to set intentions for the coming year.</p> <p>To deepen this journey of self-reflection, book a session with an Intellect coach. These sessions are designed to provide personalised guidance to help you make the most of your reflections and turn them into meaningful progress.</p> <p>If you haven't already, visit <a href="#">Intellect Web</a> (please hyperlink here) on your desktop. Sign up with your work email address and use the code [CODE]/continue with SSO (delete the non-applicable one) to create an account or log in to start booking a session.</p>	<p><a href="#">Click here to open "My Personal Year-End Reflection" PDF</a></p> <p>Once this has opened up in a new tab on your browser, <b>click on the download button</b> to download the image.</p> 

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JP

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<p>🎆 一年の終わりは、成果を祝い、有意義な振り返りに取り組む絶好の機会です。何がうまくいったのか、どこを改善すればいいのかを振り返ることで、継続的な成長と適応力を高めることができます。</p> <p>福利厚生サービス「Intellect」で、振り返りの旅を始めてみませんか。PDFをダウンロードして <b>(please attach pdf)</b>、今年の出来事、課題、成果を振り返り、来年の目標を設定しましょう。</p> <p>この振り返りをさらに深めるために、Intellectのコーチとのセッションを予約してみましょう。このセッションは、あなたが最大限に振り返りを活用し、成長につなげることができるよう、あなたに合うサポートを提供するように設計されています。</p> <p>まだの方は、デスクトップの <b>Intellect Web (please hyperlink here)</b> にアクセスし、勤務先のEメールアドレスでサインアップし、<b>コード[CODE]/ continue with SSO (delete the non-applicable one)</b> を使用してアカウントを作成、またはログインしてください。</p>	<p><a href="#">Click here to open "My Personal Year-End Reflection" PDF</a></p> <p>Once this has opened up in a new tab on your browser, <b>click on the download button</b> to download the image.</p>  <h2 data-bbox="1224 1032 1766 1110">年末の振り返り</h2> 

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VN

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<p>🌟 Khi một năm dần khép lại, đây là thời điểm lý tưởng để ăn mừng những thành tựu và tham gia vào quá trình nhìn lại đầy ý nghĩa. Bằng cách nhìn lại những gì đã thành công và những gì có thể cải thiện, bạn sẽ chuẩn bị tốt hơn cho sự phát triển liên tục và khả năng thích ứng.</p> <p>Hãy bắt đầu hành trình phản chiếu của bạn với Intellect - chương trình phúc lợi sức khỏe tâm thần của chúng ta. Tải xuống tệp PDF (please attach pdf) để suy ngẫm về trải nghiệm, thử thách và thành tựu của bạn trong năm qua, và sử dụng chúng để đặt ra những dự định cho năm sắp tới.</p> <p>Để đào sâu thêm hành trình tự phản chiếu này, hãy đặt một buổi gặp với nhà khai vấn của Intellect. Những buổi khai vấn này được thiết kế để cung cấp hướng dẫn cá nhân hóa, giúp bạn tận dụng tối đa những suy ngẫm của mình và biến chúng thành những sự cải tiến có ý nghĩa.</p> <p>Nếu bạn chưa đăng ký, hãy truy cập <a href="#">trang web của Intellect</a> (please hyperlink here) trên máy tính của bạn. Đăng ký bằng email công việc của bạn và <b>sử dụng mã [CODE] / tiếp tục với SSO</b> (delete the non-applicable one) để tạo tài khoản hoặc đăng nhập và bắt đầu đặt lịch buổi khai vấn.</p>	<p><a href="#">Click here to open "My Personal Year-End Reflection" PDF</a></p> <p>Once this has opened up in a new tab on your browser, <b>click on the download button</b> to download the image.</p> 

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YUE

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<p>🌟隨著年末的到來，這是慶祝成就和進行有意義的反思的最佳時機。通過回顧過去的成功和可以改進的地方，你將為持續成長和適應性奠定基礎。</p> <p>開始你的反思之旅，使用我們的福祉福利 Intellect。下載 PDF (please attach pdf) 去反思你今年的經歷、挑戰和成就，並用來設定明年的目標。為了深入這段自我反思的旅程，預約與 Intellect 教練的會談。這些會談旨在提供個性化的指導，幫助你充分利用你的反思，並將其轉化為有意義的進步。</p> <p>如果您還沒有在電腦桌面上登錄 <a href="#">Intellect Web</a> (please hyperlink here) . 使用您的工作電子郵件地址註冊，並使用代碼 [CODE] 或繼續使用 SSO (delete the non-applicable one) 來註冊帳戶或登入以開始預約會談。</p>	<p><a href="#">Click here to open "My Personal Year-End Reflection" PDF</a></p> <p>Once this has opened up in a new tab on your browser, <b>click on the download button</b> to download the image.</p>  <p>The image contains the Intellect logo at the top, followed by the Chinese text '我的個人年終反思' (My Personal Year-End Reflection). Below the text is an illustration of a man in a green shirt and blue pants holding a glass of wine, and a woman in a blue top and green pants holding a trophy. A small yellow star is positioned between them.</p>

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ZHS

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<p>🎆随着年末的到来，这是庆祝成就和进行有意义回顾的最佳时机。通过回顾过去的成果及可以改进的地方，可以为您的持续成长和适应能力奠定良好的基础。</p> <p>使用我们的身心健康福利伙伴 Intellect 开始您的反思之旅吧。下载 PDF (please attach pdf) 来反思您今年的经历、挑战和成就，并用它们来设定来年的目标。</p> <p>为了加深自我反思之旅，您可以预约 Intellect 教练的对谈。这些对谈旨在给您提供个性化指导，帮助您充分利用您的反思并将其转化为有意义的进步。</p> <p>如果您还没有开始使用，请在电脑桌面上登陆 <a href="#">Intellect Web</a> (please hyperlink here)。使用您的工作email注册，并使用代码 [CODE]/或继续使用 SSO (delete the non-applicable one) 创建帐户或登录来开始预约对谈。</p>	<p><a href="#">Click here to open "My Personal Year-End Reflection" PDF</a></p> <p>Once this has opened up in a new tab on your browser, <b>click on the download button</b> to download the image.</p> 