

International Men's Day


Available in ENG, JP, VN, YUE, ZHS

International Men's Day 2024 focuses on "Positive Male Role Models," recognising the valuable contributions men make in various aspects of life. Celebrated on November 19th, this day raises awareness about men's wellbeing and the importance of having role models who promote healthy behaviours, mental health conversations, and community engagement.

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: 19 November 2024

ENG

Copy	Images to attach
<p>🗣️ This International Men's Day, we celebrate the positive contributions men make to their families, communities, and the world with this year's theme, "Positive Male Role Models".</p> <p>Showcasing your best self isn't about perfection - it's about being authentic, highlighting your strengths, and building genuine connections. Our wellbeing benefit, Intellect, shares the latest tips to help you project confidence while staying true to who you are.</p> <p>Looking for more ways to present yourself in a positive light? Check out Intellect's content on Silencing Your Inner Critic (please hyperlink here) and Overcoming Self-Doubt (please hyperlink here) on the platform to build confidence.</p> <p>If you haven't already, visit Intellect Web (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.</p>	<p>Select either the PNG version or GIF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image.</p> <p>PNG version GIF version</p> 

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JP

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<p>👤 今年の国際男性デーは、「ポジティブな男性のロールモデル」をテーマに、男性が家族やコミュニティ、そして社会に貢献することを祝福します。</p> <p>最高の自分を表現することは完璧を目指すことではありません — 自分らしく暮らすこと、自分の強みを発揮すること、そして心からのつながりを築くことです。福利厚生サービス「Intellect」がそのままの自分を保ちながら自信をつけるための最新のヒントを紹介します。</p> <p>ポジティブな自己表現力や自己肯定感を高めたい方は、Intellectのコンテンツ「自分に優しくなる」と「劣等感を克服する」をチェックしてください。</p> <p>まだの方は、デスクトップのIntellect Web (please hyperlink here)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、コード[CODE]/ continue with SSO (delete the non-applicable one)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>Select either the PNG version or GIF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image.</p> <p>PNG version GIF version</p> 

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VN

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<p>👤 Nhân Ngày Quốc tế Nam giới năm nay, chúng ta tôn vinh những đóng góp tích cực của nam giới đối với gia đình, cộng đồng và thế giới với chủ đề "Những hình mẫu nam giới tích cực".</p> <p>Việc thể hiện bản thân tốt nhất không phải là về sự hoàn hảo - mà là về việc sống chân thật, làm nổi bật những điểm mạnh của bạn và xây dựng những kết nối chân thành. Chương trình phúc lợi về sức khỏe tinh thần của chúng ta, Intellect, chia sẻ những lời khuyên mới nhất để giúp bạn thể hiện sự tự tin trong khi vẫn giữ vững giá trị cá nhân.</p> <p>Bạn đang tìm thêm cách để thể hiện mình một cách tích cực? Hãy xem nội dung của Intellect về Đập tắt tiếng nói bên trong (please hyperlink here) và Vượt qua sự nghi ngờ bản thân (please hyperlink here) trên nền tảng để xây dựng sự tự tin.</p> <p>Nếu bạn chưa làm, hãy truy cập trang web của Intellect (please hyperlink here) trên máy tính của bạn. Đăng ký bằng địa chỉ email công việc và sử dụng mã [CODE]/ tiếp tục với SSO (delete the non-applicable one) để tạo tài khoản.</p>	<p>Select either the PNG version or GIF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image.</p> <p>PNG version GIF version</p> 

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YUE

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<p>👤 在這個國際男性日，我們慶祝男性對家庭、社區和世界所做的正面貢獻，主題是「積極的男性榜樣」。</p> <p>展示你最好的自我並不是關於完美，而是關於真實，強調你的優勢，並建立真誠的聯繫。Intellect 分享了最新的建議，幫助你在保持真實的同時展現自信。</p> <p>尋找更多展現自己積極形象的方法？請查看 Intellect 平台上的內容：使你的內心批評安靜 (please hyperlink here) 和 克服自我懷疑 (please hyperlink here) 以建立自信。</p> <p>如果您還沒有在電腦桌面上登錄 Intellect Web (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>Select either the PNG version or GIF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image.</p> <p>PNG version GIF version</p>  <p>The infographic is titled "如何展現最好的自己" (How to show your best self) under the Intellect logo. It features four blue vertical panels, each with an icon and text. The first panel, "視覺化你最好的自己" (Visualize your best self), shows a hand holding a flag and suggests choosing a future time (e.g., 6 months) to imagine a proud self. The second, "研究你的成功" (Study your success), shows a person's head and encourages acknowledging success for growth and identifying strengths. The third, "練習真實性" (Practice authenticity), shows a hand holding a heart and encourages embracing one's true self and values. The fourth, "掌握自我推廣的藝術" (Master the art of self-promotion), shows a magnifying glass and encourages expressing strengths and unique traits. A footer in a yellow bar states: "教練可以指導你每一步，幫助你達到最好的自己！今天就登錄 app.intellect.co 預約會談。" (Coaches can guide you every step, helping you reach your best self! Log in to app.intellect.co today to book a session.)</p>

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ZHS

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<p>👤 今年的国际男性节，我们以“积极的男性榜样”为主题，庆祝男性对家庭、社区和世界做出的积极贡献。</p> <p>展现最好的自己并不意味着需要展示完美，而是要真实、突出自己的优势并建立真诚的联系。我们的身心健康福利伙伴 Intellect 分享了最新的建议，让您在保持真实的同时展现自信。</p> <p>想寻找更多展示自己积极状态的方法？请查看 Intellect 平台上关于“消除内在批评”（请在此处插入超链接）和“克服自我怀疑”（请在此处插入超链接）的内容，来帮助您建立自信。</p> <p>如果您还没有开始使用，请在电脑桌面上登陆 Intellect Web（请在此处插入超链接）。使用您的工作email注册，并使用代码 [CODE]/或继续使用 SSO（删除不适用的代码）创建帐户或登录来开始预约对谈。</p>	<p>Select either the PNG version or GIF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image.</p> <p>PNG version GIF version</p> 