

# Relationships


Available in English, Simplified Chinese, Traditional Chinese, Thai, Vietnamese, Japanese, Korean, Bahasa Indo, Spanish, Portuguese (Brazilian)

This campaign focuses on strengthening all kinds of relationships - partners, family, friends, peers - by fostering better communication and understanding. Building healthy connections sets a strong foundation for emotional wellbeing and a more supportive environment in all areas of life.

**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, Whatsapp, Telegram etc.) to your whole organisation. You may also include this in your company-wide newsletter.

**Suggested send date:** 10 February 2025

## English

Copy	Images to attach
<p>♥ Relationships shape how we experience life, and strong communication is the key to building them. <b>This Valentine's Day</b>, take a moment to reflect on your communication style and how it affects your relationships. Our wellbeing benefit, Intellect, has a quick activity to identify your style, learn how to connect better with others, and create more meaningful bonds.</p> <p>Looking to dive deeper? Intellect offers platform content like "<a href="#">Improve Relationships</a>" and "<a href="#">Communicating your Needs</a>" that you can use any time.</p> <p>If you haven't already, get started with Intellect on <b>desktop/ mobile</b> to start booking a session.</p> <p><b>On Web</b></p> <ol style="list-style-type: none"><li>1. Visit <a href="http://app.intellect.co">app.intellect.co</a> (please hyperlink here)</li><li>2. Enter access code <b>CODE*</b>/ Click "Continue with SSO"<b>**</b></li><li>3. Create your account using your work email address</li></ol> <p><b>On App</b></p> <ol style="list-style-type: none"><li>1. Select 'I'm new here', then 'With your organisation'</li><li>2. Use the code <b>CODE*</b>/ Click "Continue with SSO"<b>**</b></li><li>3. Sign up using your work email address</li></ol> <p><b>*please use your organisation's unique access code</b> <b>**for organisations with SSO only</b></p>	<p>Select either the PNG version or PDF 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><a href="#">PNG version</a> <a href="#">PDF version</a></p> 

## Simplified Chinese

Copy	Images to attach
<p>♥ 人际关系会影响我们对生活的感受，而有效的沟通是维系良好关系的关键。在这个情人节，不妨花点时间思考一下：你的沟通方式如何影响着你的关系？我们的心理关怀平台Intellect为你准备了一个简单的活动，帮你了解自己的沟通风格，学习如何与他人建立更紧密的联系，创造更意义的情感纽带。</p> <p>想要更深入地了解吗？Intellect平台上还有<a href="#">《提升人际关系》</a>和<a href="#">《表达内心需求》</a>等精彩内容，随时为你提供帮助。</p> <p>如果您尚未注册，请通过<b>电脑/手机端</b>注册 Intellect 并开始预约。</p> <p><b>电脑端</b></p> <ol style="list-style-type: none"><li>1. 访问 <a href="http://app.intellect.co">app.intellect.co</a> (please hyperlink here) 并点击“注册”</li></ol>	<p>Select either the PNG version or PDF 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><a href="#">PNG version</a> <a href="#">PDF version</a></p>

<p>2. 输入访问码 <b>CODE*</b> / “使用 <b>SSO</b> 登录”**</p> <p>3. 使用您的工作邮箱创建账户</p> <p><b>手机端</b></p> <ol style="list-style-type: none"> <li>1. 选择“<b>I’m new here</b>”，然后选择“<b>With your organisation</b>”</li> <li>2. 输入访问码 <b>CODE*</b> / 点击 “<b>Continue with SSO</b>”**</li> <li>3. 使用您的工作邮箱注册</li> </ol> <p>*请使用您公司/机构的专属访问码</p> <p>**仅适用于已启用 <b>SSO</b> 单点登录的公司/机构</p>	
--	--

**Traditional Chinese**

<p><b>Copy</b></p> <p>♥每段關係都會影響我們對生活的感受，而良好溝通是建立關係的關鍵。這個情人節，花少許時間，反思你的溝通風格，以及這種風格如何影響你的關係。健康夥伴 Intellect 讓你快速了解自己的溝通風格，學習如何更好地連繫他人，建立更有意義的關係。</p> <p>想更加深入了解？Intellect 提供「<a href="#">改善關係</a>」和「<a href="#">表達你的需要</a>」等平台內容，讓你隨時隨地瀏覽。</p> <p>如你未預訂任何課程，在電腦／手機上聯絡Intellect，即時啟航。</p> <p><b>網頁版</b></p> <ol style="list-style-type: none"> <li>1. 瀏覽<a href="http://app.intellect.co">app.intellect.co</a> (please hyperlink here) 然後按一下「註冊」</li> <li>2. 輸入登入代碼<b>CODE*</b>／點擊「使用 <b>SSO</b> 登入」**</li> <li>3. 使用你的工作電子郵件創建帳戶</li> </ol> <p><b>App版</b></p> <ol style="list-style-type: none"> <li>1. 選擇「<b>I’m new here</b>」，然後選擇「<b>With your organisation</b>」</li> <li>2. 輸入登入代碼<b>CODE*</b>／點擊「<b>Continue with SSO</b>」**</li> <li>3. 使用你的工作電子郵件創建帳戶</li> </ol> <p>*請使用你所在企業的唯一登入代碼</p> <p>**只限支持單一登入的企業</p>	<p><b>Images to attach</b></p> <p>Select either the PNG version or PDF 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><a href="#">PNG version</a></p> <p><a href="#">PDF version</a></p>
--	--

**Thai**

<p><b>Copy</b></p> <p>♥ประสบการณ์ชีวิตมีสิ่งๆที่เรียกว่าความสัมพันธ์เป็นตัวกำหนด แล้วหัวใจสำคัญของการสานความสัมพันธ์ก็คือการสื่อสารที่ดี สำหรับวันวาเลนไทน์นี้ เราจะมาลองวิเคราะห์ว่าคุณเป็นคนสื่อสารด้วยสไตล์ไหน แล้วสไตล์ที่ว่าส่งผลอย่างไรกับความสัมพันธ์ โดย Intellect ที่เป็นสิทธิประโยชน์ด้านสุขภาพของเราได้เตรียม</p>	<p><b>Images to attach</b></p> <p>Select either the PNG version or PDF 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><a href="#">PNG version</a></p>
--	---

กิจกรรมเล็ก ๆ ใ้ให้ค้นหาคำตอบเกี่ยวกับสไตล์ของตัวเอง เรียนรู้ว่าจะเชื่อมสายสัมพันธ์กับผู้อื่นอย่างไรให้ง่ายขึ้น ตลอดจนสร้างความผูกพันที่มีความหมายยิ่งขึ้น

[PDF version](#)

ถ้าอยากเจาะลึกลงไปมากกว่านี้ Intellect ก็มีคอนเทนต์อย่าง **“พัฒนาความสัมพันธ์”** และ **“การสื่อสารสิ่งที่คุณต้องการ”** ที่เปิดให้เข้าถึงได้ทุกเมื่อบนแพลตฟอร์มเช่นกัน

ถ้ายังไม่เคยใช้ Intellect มาก่อน คุณจะเริ่มเข้าไปลองเซสชั่นได้ผ่านทาง **เดสก์ท็อป/ อุปกรณ์เคลื่อนที่**

#### ผ่านเว็บไซต์

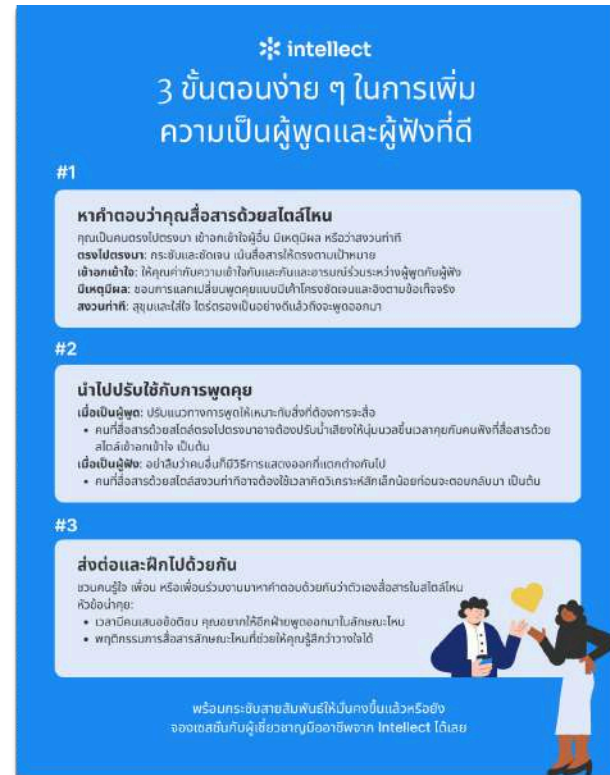
1. เข้าไปที่ [app.intellect.co](http://app.intellect.co) (please hyperlink here) และคลิก **“สมัครใช้งาน”**
2. ป้อนรหัสสิทธิ์เข้าถึง CODE\*/ คลิกที่ **“ดำเนินการต่อด้วย SSO”\*\***
3. ใช้ที่อยู่อีเมลที่ทำงานของคุณเพื่อสร้างบัญชี

#### ผ่านแอป

1. เลือก **“I’m new here”** ตามด้วย **“With your organisation”**
2. ใช้รหัส CODE\*/ คลิกที่ **“Continue with SSO”\*\***
3. ใช้ที่อยู่อีเมลที่ทำงานของคุณเพื่อสมัครใช้งาน

\*โปรดใช้รหัสสิทธิ์เข้าถึงขององค์กรของคุณโดยเฉพาะ

\*\*สำหรับองค์กรที่ใช้ระบบ SSO เท่านั้น



## Vietnamese

### Copy

❤️ Các mối quan hệ định hình cách chúng ta trải nghiệm cuộc sống, và giao tiếp hiệu quả chính là chìa khóa để xây dựng những kết nối bền chặt. Nhân dịp Lễ Tình Nhân này, hãy dành chút thời gian suy ngẫm về phong cách giao tiếp của bạn và cách điều này ảnh hưởng đến những mối quan hệ xung quanh nhé. Với Intellect, bạn có thể thực hiện một số hoạt động ngắn để khám phá phong cách giao tiếp của mình, học cách kết nối tốt hơn với mọi người và tạo dựng những mối quan hệ ý nghĩa hơn nữa.

Bạn muốn tìm hiểu thêm? Intellect mang đến bạn nội dung về **“Cải thiện mối quan hệ”** và **“Cách diễn đạt nhu cầu của bạn”**, luôn sẵn sàng đồng hành cùng bạn bất cứ lúc nào.

Nếu bạn chưa sử dụng Intellect, hãy bắt đầu trên **máy tính/ điện thoại** để đặt buổi tư vấn ngay hôm nay.

#### Trên máy tính

1. Truy cập [app.intellect.co](http://app.intellect.co) (please hyperlink here) và nhấp vào **“Đăng ký”**
2. Nhập mã truy cập CODE\* / Nhấn **“Tiếp tục với Đăng nhập một lần (SSO)”\*\***
3. Tạo tài khoản bằng email công việc của bạn

#### Trên ứng dụng

1. Chọn **“I’m new here”**, sau đó chọn **“With your organisation”**
2. Nhập mã truy cập CODE\* / Nhấn **“Continue with SSO”\*\***
3. Đăng ký bằng email công việc của bạn

\*mã truy cập duy nhất sẽ do tổ chức của bạn cung cấp

\*\*áp dụng cho tổ chức dùng SSO

### Images to attach

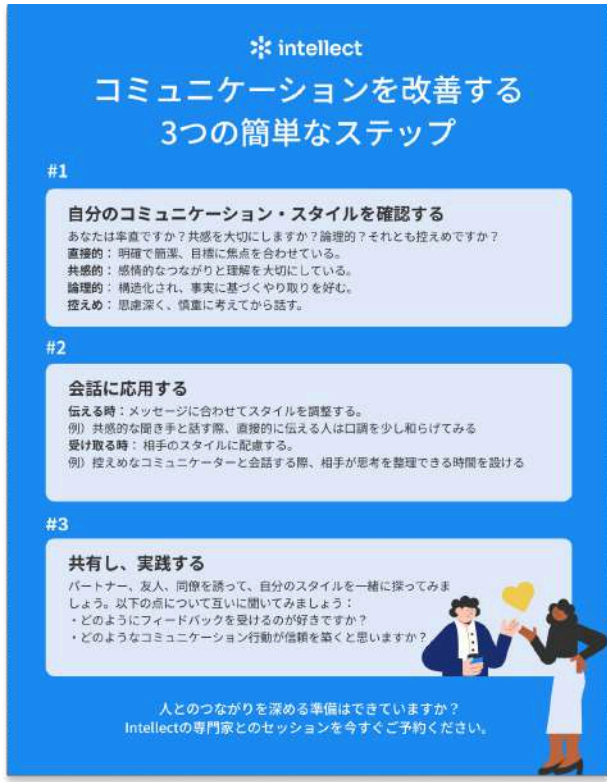
Select either the PNG version or PDF version. Once this has opened up in a new tab on your browser, right click the image then select **“Save image as”** to save the image.

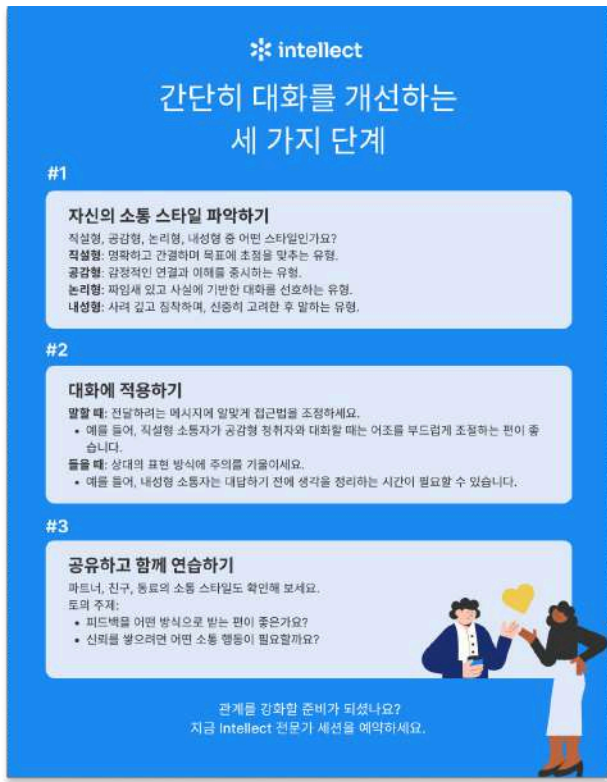
[PNG version](#)

[PDF version](#)






Copy	Images to attach
<p>♥人間関係は、私たちの人生の経験を形作るものであり、高いコミュニケーション能力は人間関係を築く鍵です。今年のバレンタインデーは、自分のコミュニケーションスタイルと、それが人間関係にどう影響しているかを振り返ってみましょう。Intellectでは、自分のコミュニケーションスタイルを把握し、他人とのつながりを向上し、より有意義な絆を築く方法を学べる、簡単なアクティビティをご用意しています。</p> <p>もっと詳しく知りたい方必見！Intellectアプリでは「<a href="#">良好な人間関係を築く</a>」など、いつでも使えるコンテンツを提供しています。</p> <p>まだの方は、デスクトップまたはスマートフォンからIntellectを開いてみましょう。</p> <p>🖥️ <b>ウェブで</b></p> <ol style="list-style-type: none"> <li>1. <a href="https://app.intellect.co">app.intellect.co</a>にアクセス (please hyperlink here) そして「続ける」をクリックする</li> <li>2. アクセスコードCODEを入力*/「SSOで続ける」**をクリック</li> <li>3. 勤務先のメールアドレスを使用してアカウントを作成します。</li> </ol> <p>📱 <b>アプリの場合</b></p> <ol style="list-style-type: none"> <li>1. 「I'm new here」を選択し、「With your organization」を選択します。</li> <li>2. CODE*/「Continue with SSO」**をクリックします。</li> <li>3. 勤務先のメールアドレスを使用してサインアップする</li> </ol> <p>*組織固有のアクセスコードを使用してください。 **SSOを持つ組織のみ</p>	<p>Select either the PNG version or PDF 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><a href="#">PNG version</a> <a href="#">PDF version</a></p> 

Copy	Images to attach
<p>♥우리는 다양한 관계를 통해 삶을 경험합니다. 관계를 형성하는 데는 원활한 소통이 중요합니다. <b>밸런타인데이</b>를 맞아 자신의 소통 스타일을 확인하고, 이 스타일이 관계 형성에 어떤 영향을 주는지 알아보세요. 웰빙 서비스 Intellect에서 소통 스타일을 확인해 보고, 더 나은 관계를 맺고 의미 깊은 유대감을 형성하는 법을 배우는 간단한 활동을 준비했습니다.</p> <p>더 자세히 알고 싶으신가요? Intellect에서 “<a href="#">관계 개선하기</a>”나 “<a href="#">자신의 요구 전하기</a>” 등, 시간과 장소에 구애받지 않고 활용할 수 있는 플랫폼 콘텐츠를 활용해 보세요.</p> <p>아직 시작하기 전이라면, 데스크톱/모바일에서 Intellect 세션을 예약하십시오.</p> <p>🖥️ <b>웹 버전</b></p> <ol style="list-style-type: none"> <li>1. <a href="https://app.intellect.co">app.intellect.co</a>에 방문합니다 (please hyperlink here) 를 클릭하고 “로그인”을 클릭합니다</li> <li>2. 활성화 코드 CODE를 입력합니다*/ “SSO로 계속”을 클릭합니다**</li> <li>3. 자신의 직장 이메일 주소를 사용하여 계정을 만듭니다</li> </ol> <p>📱 <b>앱 버전</b></p> <ol style="list-style-type: none"> <li>1. “I'm new here”를 선택한 다음, “With your organisation”을 선택합니다</li> <li>2. 활성화 코드 CODE를 사용합니다*/ “Continue with SSO”을 클릭합니다**</li> <li>3. 자신의 직장 이메일 주소를 사용하여 가입합니다</li> </ol>	<p>Select either the PNG version or PDF 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><a href="#">PNG version</a> <a href="#">PDF version</a></p> 

\*조직의 고유 활성화 코드를 사용하십시오  
\*\*SSO를 사용하는 조직만 해당합니다

## Bahasa Indo

Copy	Images to attach
<p>♥ Hubungan membentuk pengalaman hidup kita, dan komunikasi yang baik adalah kunci dalam membangun hubungan. <b>Di hari Valentin ini</b>, luangkan waktu untuk merenungkan gaya komunikasi dan bagaimana hal itu memengaruhi hubungan Anda. Manfaat kesejahteraan kami, Intellect, mempunyai aktivitas singkat untuk mengidentifikasi gaya komunikasi, mempelajari cara berhubungan dengan orang lain secara lebih baik, dan menjalin ikatan yang lebih bermakna.</p> <p>Ingin tahu lebih dalam? Intellect menawarkan konten platform seperti "<a href="#">Meningkatkan Hubungan</a>" dan "<a href="#">Mengomunikasikan Kebutuhan Anda</a>" yang dapat digunakan kapan saja.</p> <p>Jika belum buat jadwal, akses Intellect di <b>laptop/ponsel</b> untuk mulai memesan sesi.</p> <p>🖥️ <b>Di Web</b></p> <ol style="list-style-type: none"><li>1. Kunjungi <a href="http://app.intellect.co">app.intellect.co</a> (please hyperlink here) dan klik "Lanjutkan"</li><li>2. Masukkan kode akses <b>KODE*</b>/ Klik "Lanjutkan dengan SSO"<b>**</b></li><li>3. Buat akun menggunakan alamat email kantor Anda</li></ol> <p>📱 <b>Di Aplikasi</b></p> <ol style="list-style-type: none"><li>1. Pilih "I'm new here", lalu "With your organisation"</li><li>2. Masukkan kode akses <b>KODE*</b>/ Klik "Continue with SSO"<b>**</b></li><li>3. Daftar menggunakan alamat email kantor Anda</li></ol> <p><b>*harap gunakan kode akses unik organisasi Anda</b> <b>**hanya bagi organisasi yang memiliki SSO</b></p>	<p>Select either the PNG version or PDF 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><a href="#">PNG version</a> <a href="#">PDF version</a></p> 

## Spanish

Copy	Images to attach
<p>♥ Las relaciones son el corazón de nuestra forma de vivir, y una comunicación sólida es la clave para construir las. <b>Este San Valentín</b>, dedica un momento para reflexionar sobre tu estilo de comunicación y cómo influye en tus relaciones. Intellect, nuestro beneficio para el bienestar, te ofrece una actividad rápida para descubrir tu estilo, aprender a conectar mejor con los demás y fortalecer los lazos que realmente importan.</p> <p>¿Te gustaría profundizar más? Intellect ofrece recursos como «<a href="#">Mejora las relaciones</a>» y «<a href="#">Comunica tus necesidades</a>», que puedes utilizar en cualquier momento para seguir aprendiendo y creciendo.</p> <p>Si aún no lo has hecho, accede a Intellect desde tu <b>computadora</b> o <b>celular</b> y empieza a disfrutar de sus beneficios:</p> <p>🖥️ <b>En la web</b></p> <ol style="list-style-type: none"><li>1. Visita <a href="http://app.intellect.co">app.intellect.co</a>. (please hyperlink here) y haga clic en "Inscribirse"</li></ol>	<p>Select either the PNG version or PDF 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><a href="#">PNG version</a> <a href="#">PDF version</a></p>

2. Ingresa el código de acceso CODE\* o selecciona "Continuar con SSO".\*\*.
3. Crea tu cuenta con tu correo electrónico laboral.

**En la app**

1. Selecciona "I'm new here" y luego "With your organisation".
2. Ingresa el código CODE\* o selecciona "Continue with SSO".\*\*.
3. Regístrate con tu correo electrónico laboral.

\*Usa el código único de acceso de tu empresa.

\*\*Solo para empresas con SSO.



**Portuguese (Brazilian)**

**Copy**

♥ Os relacionamentos moldam a forma como vivenciamos a vida, e uma boa comunicação é a chave para construí-los. Neste Dia dos Namorados, reserve um momento para refletir sobre o seu estilo de comunicação e como ele afeta os seus relacionamentos. O nosso recurso de bem-estar, Intellect, tem uma atividade rápida para identificar seu estilo, aprender como se conectar melhor com as pessoas e criar vínculos mais significativos.

Gostaria de se aprofundar mais? O Intellect oferece conteúdos de plataforma, como "[Melhore seus relacionamentos](#)" e "[Como comunicar suas necessidades](#)", disponíveis para você usar sempre que quiser.

Se você ainda não o fez, comece com a Intellect em **desktop/móvel** para agendar uma sessão.

**Na Internet**

1. Acesse [app.intellect.co](http://app.intellect.co) (please hyperlink here) e clique em "Cadastrar-se"
2. Insira o código de acesso CÓDIGO\*/Clique em "Continuar com o SSO".\*\*
3. Crie sua conta usando seu endereço de e-mail de trabalho

**No aplicativo**

1. Selecione "I'm new here" e em seguida "With your organisation"
2. Utilize o código CÓDIGO\*/Clique em "Continue with SSO".\*\*
3. Registre-se usando seu endereço de e-mail de trabalho

\*use o código de acesso exclusivo da sua organização

\*\*somente para organizações com SSO

**Images to attach**

Select either the PNG version or PDF 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.

[PNG version](#)

[PDF version](#)

