

## 09. Post-Launch Chat Blurbs

**Send date:** Three weeks after Intellect Launch Webinar/Event (suggest posting on a Monday)

**How to use:** Copy the text below and attach the provided image. Edit the text in red and switch to black once done. Send through your chat platform (e.g. Teams, Slack) to your whole organisation!

**Images:** [Coaching and Clinical Image](#)

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### Coaching can benefit anyone and everyone!

Intellect's hand-picked coaches are trained to motivate and work with you in a safe space, so that you can scale obstacles in your daily life and thrive.



#### Be More In-tune with Your Wellbeing

Gain clarity and self-awareness through coaching by exploring your thoughts, feelings, values, and behaviours.



#### Proactively Manage Stress

Identify your stressors and create an action plan to effectively manage stress and regulate your emotions.



#### Strengthen Your Resilience

Build confidence and readiness for unexpected challenges, and turn setbacks into forward momentum to achieve your goals.

### Counselling can benefit anyone and everyone!

Intellect's hand-picked clinicians create a safe, non-judgmental space to help you navigate challenges, build resilience, and enhance your mental wellbeing.



#### Explore Your Past

Reflect on past events and experiences to understand how they've shaped your thoughts, behaviours, and emotions.



#### Understand Patterns




Identify recurring patterns in your actions or reactions, helping you understand why you may respond the way you do in certain situations.



#### Gain Insights Into Your Thoughts And Behaviours

Uncover how your thoughts and feelings influence your actions, enabling you to break unhelpful cycles and make healthier decisions.

Hi everyone! Before we get caught up in the business of this week, I want to encourage you all to reflect for a second. How are you...

-  Managing your load, in and out of work?
-  Building your personal skills and resilience?
-  Taking time for yourself?

If you find yourself needing some help in any of these areas, guess what? Our newest wellbeing benefit, Intellect, can help! You all have access to **x sessions** of 1-to-1 coaching fully covered by **[Company Name]**. Just [download the Intellect app](#), enter code **[CODE]**, sign up with your work email address and you're all set!

We hope you'll make the most of this benefit. Reach out if you have any questions!