

Diversity, Equity, and Inclusion (DEI)

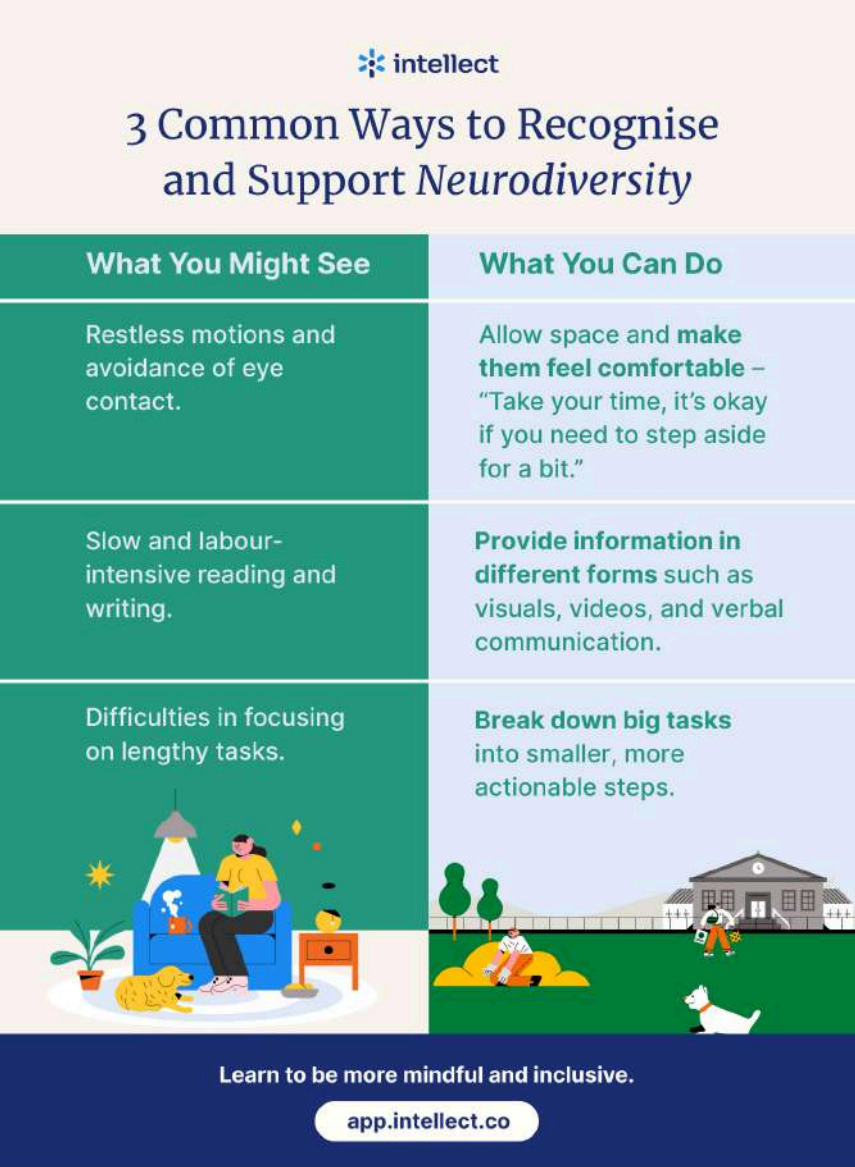
Available in English, Simplified Chinese, Traditional Chinese, Thai, Vietnamese, Japanese, Korean, Bahasa Indo, Spanish, Portuguese (Brazilian), Bahasa Melayu

This campaign highlights the importance of Diversity, Equity, and Inclusion (DEI) — with a focus on Neurodivergence. By learning to understand and recognise it, individuals can all play a part in creating a space where everyone feels seen, supported, and truly valued.

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: 23 June 2025

English

Copy	Images to attach								
<p>💡 Diversity, Equity, and Inclusion (DEI) might sound like buzzwords, but they're the building blocks of stronger, more supportive communities. That includes neurodivergence – when brains work differently in areas like sensory processing, attention, or communication.</p> <p>Whether it's Autism Spectrum Disorder, ADHD, or dyslexia, recognising and supporting these differences helps everyone feel seen, valued, and empowered.</p> <p>Intellect, our wellbeing benefit, shares simple ways to build a more inclusive mindset – because small actions can make a big difference.</p> <p>Ready to be a more mindful and inclusive version of yourself? Check out Intellect's platform content Gender and DEI and the Relationship and Communication collection! Get started today on desktop/mobile:</p> <p>🖥️ On Web</p> <ol style="list-style-type: none"> 1. Visit app.intellect.co (please hyperlink here) 2. Enter access code CODE*/ Click "Continue with SSO"*** 3. Create your account using your work email address <p>📱 On App</p> <ol style="list-style-type: none"> 1. Select 'I'm new here', then 'With your organisation' 2. Use the code CODE*/ Click "Continue with SSO"*** 3. Sign up using your work email address <p>*please use your organisation's unique access code **for organisations with SSO only</p>	<p>Select either the PNG, PDF, 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 PDF version GIF version</p>  <table border="1" data-bbox="1108 1448 1906 1863"> <thead> <tr> <th>What You Might See</th> <th>What You Can Do</th> </tr> </thead> <tbody> <tr> <td>Restless motions and avoidance of eye contact.</td> <td>Allow space and make them feel comfortable – "Take your time, it's okay if you need to step aside for a bit."</td> </tr> <tr> <td>Slow and labour-intensive reading and writing.</td> <td>Provide information in different forms such as visuals, videos, and verbal communication.</td> </tr> <tr> <td>Difficulties in focusing on lengthy tasks.</td> <td>Break down big tasks into smaller, more actionable steps.</td> </tr> </tbody> </table> <p>Learn to be more mindful and inclusive. app.intellect.co</p>	What You Might See	What You Can Do	Restless motions and avoidance of eye contact.	Allow space and make them feel comfortable – "Take your time, it's okay if you need to step aside for a bit."	Slow and labour-intensive reading and writing.	Provide information in different forms such as visuals, videos, and verbal communication.	Difficulties in focusing on lengthy tasks.	Break down big tasks into smaller, more actionable steps.
What You Might See	What You Can Do								
Restless motions and avoidance of eye contact.	Allow space and make them feel comfortable – "Take your time, it's okay if you need to step aside for a bit."								
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Difficulties in focusing on lengthy tasks.	Break down big tasks into smaller, more actionable steps.								

Simplified Chinese

Copy	Images to attach
<p>💡 多元化、公平性与包容性 (DEI) 听起来虽像流行词，但它们却是打造更强大、更具支持性的社区的基石。这其中也包括神经多样性 – 指的是大脑在感官处理、注意力或沟通等方面运作方式的不同。</p>	<p>Select either the PNG 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>

无论是自闭症谱系障碍、注意力缺陷多动障碍 (ADHD) 还是读写困难, 了解并支持这些差异, 有助于让每个人都感受到被看见、被重视和被赋能。

Intellect, 我们的心理健康福利平台, 提供简单实用的方法, 帮助你培养更具包容性的心态——因为小小的行动也能带来巨大的改变。

准备好成为更有同理心、更具包容性的自己了吗? 快来看看 Intellect 平台上的《[性别与 DEI](#)》以及《[人际关系与沟通](#)》系列内容吧! 今天就通过 [电脑/手机端](#) 注册:

电脑端

1. 访问 [app.intellect.co](#) (please hyperlink here) 并点击“注册”
2. 输入访问码 CODE* / “使用 SSO 登录”**
3. 使用您的工作邮箱创建账户

手机端

1. 选择“I’m new here”, 然后选择“With your organisation”
2. 输入访问码 CODE* / 点击“Continue with SSO”**
3. 使用您的工作邮箱注册

*请使用您公司/机构的专属访问码

**仅适用于已启用 SSO 单点登录的公司/机构

[PNG version](#)

[PDF version](#)

Traditional Chinese

Copy

💡 多元化、公平性與包容性 (DEI) 聽起來像流行語, 但它們是建立更強大、更有支持性社群的基石。其中也包括神經多樣性——當大腦在感官處理、注意力或溝通方面運作不同。

無論是自閉症光譜障礙、注意力不足過動症 (ADHD) 或讀寫困難, 認識並支持這些差異, 能讓每個人都被看見、被重視、被賦能。

Intellect, 我們的心理健康福利平台, 分享簡單好用的方法, 幫助你培養更具包容性的心態——因為小小的行動, 也能帶來大大的改變。

準備好成為更有同理心、更具包容性的自己了嗎? 快來看看 Intellect 平台上的《[性別與 DEI](#)》及《[關係與溝通](#)》內容吧! 立即透過電腦或手機開啟體驗! 今天就透過 [電腦/手机端](#) 註冊:

網頁版

1. 瀏覽 [app.intellect.co](#) (please hyperlink here) 然後按一下「註冊」
2. 輸入登入代碼 CODE* / 點擊「使用 SSO 登入」**
3. 使用你的工作電子郵件創建帳戶

App版

1. 選擇「I’m new here」, 然後選擇「With your organisation」
2. 輸入登入代碼 CODE* / 點擊「Continue with SSO」**
3. 使用你的工作電子郵件創建帳戶

*請使用你所在企業的唯一登入代碼

**只限支持單一登入的企業

Images to attach

Select either the PNG 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](#)

Thai

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💡 เรื่องของ Diversity, Equity และ Inclusion (DEI) อาจฟังดูเป็นศัพท์เฉพาะทางแต่จริง ๆ แล้ว คือหัวใจสำคัญของการสร้างที่ทำงานหรือสังคมที่เปิดกว้าง ให้ทุกคนรู้สึก “เราเป็นส่วนหนึ่งที่มีคุณค่า”

Images to attach

Select either the PNG 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.

สิ่งเหล่านี้ยังรวมถึงความหลากหลายทางระบบประสาท หรือที่เรียกว่า Neurodivergence ซึ่งหมายถึงความแตกต่างของการทำงานของสมองในแต่ละคน เช่น วิธีคิด การจดจ่อ หรือการสื่อสารที่อาจไม่เหมือนกัน แต่ก็ยังเป็นสิ่งที่มีคุณค่าในแบบของตัวเองเช่นกัน

ไม่ว่าจะเป็นออทิสติก ADHD หรือดิสเล็กเซีย การเข้าใจและเปิดใจยอมรับความแตกต่างเหล่านี้ จะช่วยให้ทุกคนรู้สึกว่าคุณค่า มีที่ยืน และได้รับกำลังใจในการใช้ชีวิตอย่างเต็มที่

Intellect แพลตฟอร์มดูแลสุขภาพใจที่องค์กรจัดให้ อยากชวนคุณมาเปิดมุมมองให้กว้างขึ้น ด้วยวิธีง่ายๆ ที่ทำได้ในชีวิตประจำวัน เพราะบางครั้งการเปลี่ยนแปลงที่ยิ่งใหญ่ ก็เริ่มต้นจากสิ่งเล็กๆ ที่เราทำ

พร้อมจะเป็นตัวเองในแบบที่เข้าใจและใส่ใจผู้อื่นมากขึ้นหรือยัง? เข้าไปสำรวจคอนเทนต์ดีๆ อย่าง "Gender and DEI" และ "ความสัมพันธ์และการสื่อสาร" ได้เลยบนแอป Intellect 😊

เริ่มต้นผ่านทาง **เดสก์ท็อป/ อุปกรณ์เคลื่อนที่:**

🖥️ ผ่านเว็บไซต์

1. เข้าไปที่ app.intellect.co (please hyperlink here) และคลิก "สมัครใช้งาน"
2. ป้อนรหัสสิทธิ์เข้าถึง CODE*/ คลิกที่ "ดำเนินการต่อด้วย SSO"***
3. กรอกรหัสอีเมลที่ทำงานของคุณเพื่อสร้างบัญชี

📱 ผ่านแอป

1. เลือก "I'm new here" ตามด้วย "With your organisation"
2. ใช้รหัส CO
3. DE*/ คลิกที่ "Continue with SSO"***
4. กรอกรหัสอีเมลที่ทำงานของคุณเพื่อสมัครใช้งาน

*กรอกรหัสที่องค์กรของคุณให้มาโดยเฉพาะ

**สำหรับองค์กรที่ใช้ระบบ SSO เท่านั้น

[PNG version](#)

[PDF version](#)

Vietnamese

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<p>💡 Đa dạng, Bình đẳng và Hòa nhập (Diversity, Equity và Inclusion - DEI) nghe có vẻ là những từ khóa thời thượng, nhưng thực chất đây lại là nền tảng xây dựng cộng đồng mạnh mẽ và gắn kết hơn. Điều đó bao gồm cả sự khác biệt trong cách não bộ hoạt động – chẳng hạn như khả năng xử lý cảm giác, khả năng tập trung hoặc giao tiếp của mỗi người.</p> <p>Dù là Rối loạn phổ Tự kỷ, ADHD hay chứng khó đọc, việc nhận biết và hỗ trợ những sự khác biệt này chính là cách giúp mọi người thấy được thấu hiểu, trân trọng và được tiếp thêm sức mạnh.</p> <p>Intellect – nền tảng phúc lợi tinh thần của chúng tôi – mang đến những gợi ý đơn giản để bạn xây dựng tư duy hòa nhập hơn, vì đôi khi những hành động nhỏ lại tạo nên khác biệt lớn.</p> <p>Bạn đã sẵn sàng trở thành phiên bản chánh niệm và bao dung hơn của chính mình chưa? Khám phá ngay các nội dung về Giới tính & DEI và Mối quan hệ & Giao tiếp trên Intellect nhé!</p> <p>Bắt đầu ngay hôm nay trên máy tính hoặc điện thoại:</p> <h4>🖥️ Trên máy tính</h4> <ol style="list-style-type: none">1. Truy cập 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	<p>Select either the PNG 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>PNG version</p> <p>PDF version</p>

<p>📱 Trên ứng dụng</p> <ol style="list-style-type: none"> 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 <p>* Sử dụng mã truy cập riêng được cung cấp bởi tổ chức của bạn</p> <p>** Chỉ áp dụng với các tổ chức có hỗ trợ đăng nhập SSO</p>	
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Japanese

Copy	Images to attach
<p>💡 ダイバーシティ、公平性、インクルージョン (DEI) は一時的な流行ではなく、持続可能で支え合えるコミュニティの構築に不可欠な要素です。この概念には、感覚の捉え方や集中力、コミュニケーションのスタイルなど、脳の働き方の違いに基づく「神経多様性」も含まれます。</p> <p>自閉スペクトラム症、ADHD、ディスレクシアといった特性への理解と適切なサポートを通じて、すべての人が自分らしく働き、認められ、力を発揮できる環境が整います。</p> <p>当社のウェルビーイングサービス「Intellect」では、誰でも日常に取り入れやすい実践的な方法を通じて、包摂的なマインドセットを育むためのヒントを提供しています。小さな一歩が、大きな変化を生み出します。</p> <p>より思いやりに満ちた、包容力のある自分を目指しませんか？ぜひ「Intellect」の「Gender and DEI」セクションをご覧ください。デスクトップでもスマートフォンでもご利用いただけます。</p> <p>デスクトップまたはスマホから:</p> <p>🌐 ウェブで</p> <ol style="list-style-type: none"> 1. app.intellect.coにアクセス (please hyperlink here) そして「続ける」をクリックする 2. 組織コードCODEを入力*/「SSOで続ける」**をクリック 3. 会社用のメールアドレスを使用してアカウントを作成します。 <p>📱 アプリの場合</p> <ol style="list-style-type: none"> 1. 「アカウント作成」を選択し、「組織コードを利用して」を選択します。 2. CODE*/「Continue with SSO」**をクリックします。 3. 会社用のメールアドレスを使用してサインアップする <p>*組織固有の組織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 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>PNG version PDF version</p>

Korean

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<p>💡 다양성, 공정성, 포용성 (DEI)이라는 말이 그냥 유행처럼 들릴 수도 있지만, 사실 서로를 존중하고 지지하는 건강한 커뮤니티를 만드는 데 꼭 필요한 요소예요. 우리의 뇌가 감각을 처리하거나, 주의를 기울이고, 소통하는 방식이 조금씩 다를 수 있다는 '신경다양성'도 이에 포함돼요.</p> <p>자폐 스펙트럼, ADHD, 난독증 등 다양한 차이를 이해하고 포용하는 마음은, 누구나 존중받고, 소중히 여겨지며, 자신의 잠재력을 마음껏 펼칠 수 있는 환경을 만들어줍니다.</p>	<p>Select either the PNG 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>PNG version PDF version</p>

Intellect의 웰빙 프로그램에서는 더 포용적인 사고방식을 키워갈 수 있도록 간단한 실천 방법들을 소개하고 있어요. 작은 실천 하나가 큰 변화를 이끌 수 있으니까요.

더 따뜻하고 포용력 있는 나를 위한 첫걸음, 준비되셨나요? 지금 Intellect 플랫폼에서 '[Gender and DEI](#)'와 [관계와 소통](#)에 관한 다양한 콘텐츠를 확인해 보세요!

데스크톱/모바일에서 시작해보세요:

🖥️ 웹 버전

1. app.intellect.co에 방문합니다 (please hyperlink here) 를 클릭하고 "로그인"을 클릭합니다
2. 활성화 코드 **CODE**를 입력합니다*/ "SSO로 계속"을 클릭합니다**
3. 자신의 직장 이메일 주소를 사용하여 계정을 만듭니다

📱 앱 버전

1. "I'm new here"를 선택한 다음, "With your organisation"을 선택합니다
2. 활성화 코드 **CODE**를 사용합니다*/ "Continue with SSO"을 클릭합니다**
3. 자신의 직장 이메일 주소를 사용하여 가입합니다

*조직의 고유 활성화 코드를 사용하십시오

**SSO를 사용하는 조직만 해당합니다

Bahasa Indo

Copy	Images to attach
<p>💡 Diversity, Equity, dan Inclusion (DEI) mungkin terdengar seperti istilah tren, tapi sebenarnya ini adalah fondasi untuk membangun komunitas yang lebih kuat dan saling mendukung. Termasuk juga <i>neurodivergence</i> – ketika cara kerja otak berbeda dalam hal pengolahan sensori, perhatian, atau komunikasi.</p> <p>Baik itu Autism Spectrum Disorder, ADHD, atau disleksia, mengenali dan mendukung perbedaan ini membantu semua orang merasa dihargai, diakui, dan diberdayakan.</p> <p>Intellect, manfaat kesejahteraan kami, berbagi cara-cara sederhana untuk menumbuhkan pola pikir yang lebih inklusif – karena tindakan kecil bisa membawa perubahan besar.</p> <p>Siapa jadi versi diri kamu yang lebih peduli dan inklusif? Yuk, cek konten Gender dan DEI serta Hubungan dan Komunikasi di platform Intellect sekarang!</p> <p>Jika belum buat jadwal, akses Intellect di laptop/ponsel:</p> <p>🖥️ Di Web</p> <ol style="list-style-type: none">1. Kunjungi app.intellect.co (please hyperlink here) dan klik "Lanjutkan"2. Masukkan kode akses KODE*/ Klik "Lanjutkan dengan SSO"**3. Buat akun menggunakan alamat email kantor Anda <p>📱 Di Aplikasi</p> <ol style="list-style-type: none">1. Pilih "I'm new here", lalu "With your organisation"2. Masukkan kode akses KODE*/ Klik "Continue with SSO"**3. Daftar menggunakan alamat email kantor Anda <p>*harap gunakan kode akses unik organisasi Anda **hanya bagi organisasi yang memiliki SSO</p>	<p>Select either the PNG 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>PNG version PDF version</p>

Spanish

Copy	Images to attach
<p>💡 Diversidad, Equidad e Inclusión (DEI) pueden sonar como palabras de moda, pero en realidad son los cimientos de comunidades más fuertes y solidarias. Esto también incluye la neuro divergencia – cuando los cerebros funcionan de manera diferente en aspectos como el procesamiento sensorial, la atención o la comunicación.</p> <p>Ya sea Trastorno del Espectro Autista, TDAH o dislexia, reconocer y apoyar estas diferencias permite que todos se sientan vistos, valorados y empoderados.</p> <p>En Intellect, a través de nuestros contenidos de bienestar, compartimos formas sencillas de fomentar una mentalidad más inclusiva – porque las pequeñas acciones pueden hacer una gran diferencia.</p> <p>¿Listo para ser una versión más consciente e inclusiva de ti mismo? Descubre ya los contenidos de Género y DEI y Relación y Comunicación en la plataforma de Intellect. ¡Disponible desde tu computadora o celular!</p> <p>Accede a Intellect desde tu computadora o celular:</p> <p>🖥 En la web</p> <ol style="list-style-type: none">1. Visita app.intellect.co. (please hyperlink here) y da clic en "Inscribirse"2. Ingresa el código de acceso CODE* o selecciona "Continuar con SSO".**.3. Crea tu cuenta con tu correo electrónico laboral. <p>📱 En la app</p> <ol style="list-style-type: none">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. <p>*Usa el código único de acceso de tu empresa. **Solo para empresas con SSO.</p>	<p>Select either the PNG 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>PNG version PDF version</p>

Portuguese (Brazilian)

Copy	Images to attach
<p>💡 Diversidade, Equidade e Inclusão (DEI) podem até soar como palavras da moda, mas são os pilares para construir comunidades mais fortes e acolhedoras. E isso inclui a neurodivergência – quando os cérebros funcionam de forma diferente em aspectos como processamento sensorial, atenção ou comunicação.</p> <p>Seja Transtorno do Espectro Autista, TDAH ou dislexia, reconhecer e apoiar essas diferenças faz com que todos se sintam vistos, valorizados e fortalecidos.</p> <p>Intellect, o nosso benefício de bem-estar, compartilha formas simples de cultivar uma mentalidade mais inclusiva – porque pequenas atitudes podem gerar grandes mudanças.</p>	<p>Select either the PNG 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>PNG version PDF version</p>

Pronto para ser uma versão mais atenta e inclusiva de você? Confira agora os conteúdos de [Gender e DEI](#) e a coleção de [Relacionamento e Comunicação](#) na plataforma do Intellect!

Comece com o Intellect em **desktop/móvel**:

Na Internet

1. Acesse 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

Bahasa Melayu

Copy	Images to attach
<p> Diversity, Equity dan Inclusion (DEI) mungkin kedengaran seperti kata-kata trending, tetapi ia sebenarnya adalah asas penting untuk membina komuniti yang lebih kuat dan saling menyokong. Ini termasuklah neurodivergence – apabila otak berfungsi secara berbeza dalam aspek pemprosesan deria, perhatian atau komunikasi.</p> <p>Sama ada Autisme, ADHD atau disleksia, mengenali dan menyokong perbezaan ini membantu semua orang rasa dihargai, diiktiraf dan diberi kekuatan.</p> <p>Intellect, faedah kesejahteraan kita, berkongsi cara-cara mudah untuk membina minda yang lebih inklusif – kerana tindakan kecil mampu membawa perubahan besar.</p> <p>Dah bersedia jadi versi diri anda yang lebih prihatin dan inklusif? Jom terokai kandungan Gender dan DEI serta Hubungan dan Komunikasi di platform Intellect!</p> <p>Mula gunakan Intellect di desktop/telefon mudah alih anda</p> <h4> Di Web</h4> <ol style="list-style-type: none">1. Kunjungi app.intellect.co (please hyperlink here)2. Masukkan kod akses CODE* / Klik "Continue with SSO"***3. Daftar akaun menggunakan alamat emel kerja anda <h4> Di Aplikasi</h4> <ol style="list-style-type: none">1. Pilih 'I'm new here', kemudian 'With your organisation'2. Masukkan kod akses CODE* / Klik "Continue with SSO"***3. Daftar akaun menggunakan alamat emel kerja anda <p>*Sila gunakan kod akses unik organisasi anda</p> <p>**Untuk organisasi yang menggunakan SSO sahaja</p>	<p>Select either the PNG 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>PNG version</p> <p>PDF version</p>