

Coach Answers: Practical Tips for Your Daily Life

How to use:

1. Pick and choose any one or two videos
2. Click on the three dots in the right corner
3. Click 'Download'
4. Copy the blurbs below and edit the sections in **red**. You may also write your own blurbs — get creative!
5. Share together with the videos through your organisation's email newsletters or chat channels (e.g., Slack, MS Teams, etc.)

Suggested Blurbs

Blurb for the first videos:

Ever wanted expert-backed advice for your everyday challenges like overthinking or experiencing imposter syndrome? Look no further! Our wellbeing benefit, Intellect, is here to break it down for you with Coach Answers: easy and practical tips that you can apply in your daily life.

Check out [these videos where Coach Ivan addresses:](#)

1. [\[insert prompt and attach video\]](#)
2. [\[insert prompt and attach video\]](#)

If you need further support, take advantage of your FREE coaching sessions and chat with a coach today!

Blurb for the following videos:

1. Hi everyone! Today, Coach Answers brings tips for questions such as:

1. [\[insert prompt and attach video\]](#)
2. [\[insert prompt and attach video\]](#)

Don't forget: you have FREE coaching sessions on the Intellect platform as part of your benefit here at [company name], so reach out to a coach if you need more support!

2. Hey team! We're back with Coach Answers, and this time, we're tackling challenges like:

1. [\[insert prompt and attach video\]](#)
2. [\[insert prompt and attach video\]](#)

For more support, book a session with a coach on the Intellect platform today – it's completely FREE as part of your [company name] benefit!

3. Hello everyone! We've got fresh helpful insights for you with Coach Answers – we're diving into:


1. [\[insert prompt and attach video\]](#)
2. [\[insert prompt and attach video\]](#)

Need some extra guidance? Coaching sessions are available for FREE on the Intellect platform, so book a session on the Intellect platform today!

Consider including sign-up instructions to encourage anyone who might not have registered yet!

Instructions to copy for access code sign-up:

Get started with Intellect!

 On Web

1. Visit app.intellect.co and click "**Sign up**"
2. Enter your company's unique access code: **CODE**
3. Fill in your details and create your account using your **work email address**

 On App

1. Select "**I'm new here**", then "**With your organisation**"
2. Enter your company's unique access code: **CODE**
3. Sign up using your **work email address**
4. Tap on the '**Care**' **tab** in the Intellect app to match with a professional

Instructions to copy for SSO sign-up:

Get started with Intellect!

 On Web

1. Visit app.intellect.co and click "**Sign up**"
2. Choose "**continue via SSO**"
3. Fill in your details and create your account using your **work email address**

 On App

1. Select "**I'm new here**", then "**With your organisation**"
2. Choose "**continue via SSO**"
3. Sign up using your **work email address**
4. Tap on the '**Care**' **tab** in the Intellect app to match with a professional