

Vulnerability and Connection


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

In line with International Men’s Day, this campaign leverages the DEARMAN method to show how opening up with honesty can build trust and contribute to stronger, more sustainable relationships.

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: 3 November 2025

English

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<p>🎯 Choosing what’s best for yourself shouldn’t feel so difficult, yet many of us hesitate to open up about what we really need. When those needs go unheard, it can leave us frustrated and even strain our relationships with others.</p> <p>With our wellbeing benefit, Intellect, discover how the DEARMAN method can not only help in practicing vulnerability but also go a long way in strengthening trust and connection with those around us.</p> <p>Looking to dive deeper? Get started with Communicating Your Needs on the Intellect platform!</p> <p>If you haven’t already, get started with Intellect on desktop/ mobile to start booking a coaching/ care/ holistic session.</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>  <p>The image is a promotional graphic for the DEARMAN method. At the top left is the Intellect logo. The main title reads "Having Trouble Saying What You Really Feel? Try this:". Below the title is a vertical list of seven steps, each in a colored arrow pointing right. The steps are: D (Describe the situation clearly and objectively), E (Express your feelings with 'I' statements), A (Assert yourself politely with a clear actionable), R (Reinforce the message with words of thanks), M (Be Mindful of the objective of the conversation), A (Appear friendly and confident instead of argumentative), and N (Be open to Negotiate – compromise is necessary at times). To the right of the list is an illustration of a person in a green shirt and yellow pants holding a large orange pencil. At the bottom, a dark blue banner contains the text: "Get step-by-step guidance to boost your communication skills with the 'Communicating Your Needs' Learning Path on the Intellect platform."</p>

Simplified Chinese

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<p>🎯为自己做出最合适的选择本不该这么困难，但我们中的许多人却常常迟疑，不敢说出真正的需求。可当这些需求被忽视时，不仅会让我们感到沮丧，还可能影响我们与他人的关系。</p> <p>借助我们的心理健康福利 Intellect，了解 DEARMAN 方法，学习如何练习脆弱表达，并在此过程中与周围之人建立更多信任与感情。</p> <p>从 Intellect 平台的“表达你的需求”入手，进行更深入的探索。</p> <p>如果还没用过Intellect，现在就用电脑或手机开始体验，预约辅导、关怀或整体健康服务吧。</p> <p>🖥️ 电脑端</p> <ol style="list-style-type: none">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 <p>📱 手机端</p> <ol style="list-style-type: none">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 <p>*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</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>PNG version PDF version</p>

Traditional Chinese

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<p>🎯為自己選擇最適合的方式本不應該如此困難，然而我們常常會猶豫，不敢坦承自己的真正需求。當這些需求沒有被傾聽或回應時，不僅會感到挫折，也可能使得與他人的關係產生緊張。</p> <p>透過我們的心理健康福利 Intellect，學習 DEARMAN 方法，幫助你練習脆弱表達，並在過程中大幅增進與週遭人之間的信任與連結。</p> <p>想更深入了解？馬上到 Intellect 平台開始「表達你的需求」吧！</p> <p>如果您們還沒有準備好，現在就透過電腦／手機使用 Intellect，預約輔導／關懷／全面課程吧！</p> <p>🖥️ 網頁版</p> <ol style="list-style-type: none">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 <p>📱 App版</p> <ol style="list-style-type: none">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 <p>*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</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>PNG version PDF version</p>

Thai

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<p>🎯 การเลือกสิ่งที่ดีที่สุดให้กับตัวเองไม่ควรจะยากขนาดนี้ แต่หลายครั้งเราก็ลังเลที่จะพูดออกมาว่าเราต้องการอะไรจริงๆ และเมื่อความต้องการเหล่านั้นไม่ได้รับการตอบสนอง ก็อาจทำให้เราหงุดหงิดได้ และส่งผลต่อความสัมพันธ์กับคนรอบข้าง</p> <p>ด้วยสิทธิประโยชน์ด้านสุขภาพจิตที่เรามอบให้จาก Intellect มาลองเรียนรู้วิธี DEARMAN ที่จะช่วยให้คุณกล้าเปิดใจมากขึ้น และสร้างความไวใจและความสัมพันธ์ที่แข็งแกร่งขึ้นกับคนรอบข้าง</p> <p>อยากเจาะลึกกว่านี้ไหม เริ่มได้เลยกับคอร์ส การสื่อสารความต้องการของคุณ บนแพลตฟอร์ม Intellect!</p> <p>หากคุณยังไม่ได้เริ่มใช้งาน Intellect ใน เดสก์ท็อป/ โนบาย เพื่อเริ่มต้นการจองเซสชัน การฝึกสอน/ การดูแล/ องค์กรรวม</p> <p>🖥️ ผ่านเว็บไซต์</p> <ol style="list-style-type: none">1. เข้าไปที่ app.intellect.co (please hyperlink here) และคลิก "สมัครใช้งาน"2. ป้อนรหัสสิทธิ์เข้าถึง CODE*/ คลิกที่ "ดำเนินการต่อด้วย SSO"***3. ใช้ที่อยู่อีเมลที่ทำงานของคุณเพื่อสร้างบัญชี <p>📱 ผ่านแอป</p> <ol style="list-style-type: none">1. เลือก "I'm new here" ตามด้วย "With your organisation"2. ใช้รหัส CODE*/ คลิกที่ "Continue with SSO"***3. ใช้ที่อยู่อีเมลที่ทำงานของคุณเพื่อสมัครใช้งาน <p>*โปรดใช้รหัสสิทธิ์เข้าถึงขององค์กรของคุณโดยเฉพาะ **สำหรับองค์กรที่ใช้ระบบ SSO เท่านั้น</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>PNG version PDF version</p>

Vietnamese

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<p>🎯 Lựa chọn những điều tốt nhất cho bản thân vốn chẳng phải điều gì quá khó khăn nhưng nhiều khi chúng ta lại ngần ngại không dám nói ra nhu cầu thật sự của mình. Khi những nhu cầu đó không được lắng nghe, ta có thể thấy bức bối và thậm chí ảnh hưởng đến các mối quan hệ xung quanh.</p> <p>Với quyền lợi chăm sóc tinh thần từ Intellect, bạn có thể khám phá hiệu quả của phương pháp DEARMAN trong việc giúp bạn sẵn sàng mở lòng, đồng thời xây dựng thêm niềm tin và sự gắn kết với những người xung quanh.</p> <p>Bạn muốn tìm hiểu sâu hơn? Hãy bắt đầu với nội dung "Chia sẻ nhu cầu của bạn" trên nền tảng Intellect nhé!</p> <p>Nếu bạn chưa bắt đầu, hãy truy cập Intellect trên máy tính/ điện thoại để đặt lịch hẹn với chuyên gia khai vấn/ tham vấn hoặc chăm sóc sức khỏe toàn diện ngay hôm nay!</p> <p>🖥️ Trên máy tính</p> <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 của bạn <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"***	<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>PNG version PDF version</p>

<p>3. Đăng ký bằng email công việc của bạn</p> <p>*mã truy cập duy nhất sẽ do tổ chức của bạn cung cấp</p> <p>**áp dụng cho tổ chức dùng SSO</p>	
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Japanese

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<p>🕒 自分にとって良い選択をすることは、本来それほど難しいことではないはずなのに、私たちの多くは自分が「本当に必要なこと」を打ち明けるのをためらってしまいます。その気持ちが伝わらないまましていると、フラストレーションを感じたり、人間関係に負担を与えてしまうこともあります。</p> <p>そこで、福利厚生サービス「Intellect」では、DEARMAN メソッドを紹介し、率直に気持ちを伝える練習ができるだけでなく、周囲の人との信頼やつながりを深めることにもつながります。</p> <p>もっと知りたい方は、ぜひ Intellect の「コミュニケーション力の向上」から始めてみましょう！</p> <p>まだIntellectを始めていない方は、デスクトップまたはスマホから コーチング / ケア / ホリスティック セッションをご予約ください。</p> <p>🖥️ ウェブ版</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 2. アクセスコードCODEを入力* / 「SSOで続ける」**をクリック 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 <p>📱 アプリ版</p> <ol style="list-style-type: none"> 1. 「アカウントを作成」を選択し、「組織コード」を選択 2. アクセスコードCODEを入力* / 「SSOで続ける」**をクリック 3. 勤務先のメールアドレスを使用してサインアップ <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>PNG version PDF version</p>

Korean

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<p>🕒 나에게 가장 좋은 선택을 하는 일이 너무 어렵게 느껴져서는 안 되지만, 많은 분들이 자신이 진정으로 원하는 것을 솔직하게 말하기를 망설이곤 합니다. 그 마음이 제대로 전달되지 않으면 좌절감을 느끼게 되고, 다른 사람과의 관계가 힘들어질 수도 있습니다.</p> <p>Intellect의 웰빙 프로그램과 함께 DEARMAN 기법을 배워보세요. 마음을 열고 솔직한 마음을 표현하는 연습에 도움이 될 뿐 아니라, 주변 사람들과의 신뢰와 유대감을 강화하는 데에도 큰 힘이 됩니다.</p> <p>더 자세히 알아보고 싶으신가요? Intellect 플랫폼의 내 필요 전달하기에서 시작해 보세요!</p> <p>아직 하지 않으셨으면 컴퓨터 / 모바일 기기에서 Intellect로 시작하여 코칭 / 케어 / 종합 세션 예약을 시작해 보세요.</p> <p>🖥️ 웹 버전</p> <ol style="list-style-type: none"> 1. app.intellect.co에 방문합니다 (please hyperlink here) 를 클릭하고 “로그인”을 클릭합니다 	<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>PNG version PDF version</p>

<p>2. 활성화 코드 CODE를 입력합니다*/ “SSO로 계속”을 클릭합니다**</p> <p>3. 자신의 직장 이메일 주소를 사용하여 계정을 만듭니다</p> <p>앱 버전</p> <p>1. “I’m new here”를 선택한 다음, “With your organisation”을 선택합니다</p> <p>2. 활성화 코드 CODE를 사용합니다*/ “Continue with SSO”을 클릭합니다**</p> <p>3. 자신의 직장 이메일 주소를 사용하여 가입합니다</p> <p>*조직의 고유 활성화 코드를 사용하십시오 **SSO를 사용하는 조직만 해당합니다</p>	
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Bahasa Indo

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<p>🎯Memilih yang terbaik untuk diri sendiri seharusnya tidak terlalu sulit, tapi banyak dari kita yang ragu untuk terbuka tentang apa yang benar-benar kita butuhkan. Ketika kebutuhan itu tidak didengar, kita bisa merasa frustrasi dan bahkan hubungan dengan orang lain bisa menjadi tegang.</p> <p>Dengan manfaat kesejahteraan mental Intellect, cari tahu bagaimana metode DEARMAN dapat membantu kita untuk berlatih kerentanan sekaligus memperkuat kepercayaan dan koneksi dengan orang di sekitar.</p> <p>Mau mendalami lebih lanjut? Mulai dengan “Mengomunikasikan Kebutuhanmu” di platform Intellect!</p> <p>Jika belum, mulailah dengan Intellect di perangkat desktop/ seluler untuk memesan sesi pelatihan/ perawatan/ holistik.</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 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>PNG version PDF version</p>

Spanish

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<p>🎯 Elegir lo que es mejor para ti no debería ser tan difícil, pero muchos de nosotros dudamos en abrirnos sobre lo que realmente necesitamos. Cuando esas necesidades no son escuchadas, podemos sentirnos frustrados e incluso dañar nuestras relaciones con los demás.</p> <p>Con nuestro beneficio de bienestar Intellect, descubre cómo el método DEARMAN puede ayudarte no solo a practicar la vulnerabilidad, sino también a fortalecer la confianza y la conexión con quienes te rodean.</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>PNG version PDF version</p>

¿Quieres profundizar más? Empieza con "[Comunicar tus necesidades](#)" en la plataforma de Intellect.

Si aún no lo has hecho, comienza con Intellect en tu **computadora o celular** y agenda tu sesión de **coaching/ bienestar/ cuidado holístico**.

En la web

1. Visita app.intellect.co. (please hyperlink here) y haga clic en "Inscribirse"
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)

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<p>📌 Escolher o que é melhor para você não deveria ser tão difícil, mas costumamos hesitar em abrir o jogo sobre o que realmente precisamos. Quando essas necessidades não são ouvidas, podemos ficar frustrados e até prejudicar nossas relações com os outros.</p> <p>Com o nosso benefício de bem-estar Intellect, descubra como o método DEARMAN pode ajudar você a abordar a vulnerabilidade e, ao mesmo tempo, fortalecer a confiança e a conexão com as pessoas ao seu redor.</p> <p>Quer se aprofundar? Comece já com "Comunicando suas necessidades" na plataforma Intellect!</p> <p>Se você ainda não o fez, comece a usar o Intellect no desktop/ celular e agende uma sessão de treinamento/ cuidados/ holística.</p> <p>Na Internet</p> <ol style="list-style-type: none">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 <p>No aplicativo</p> <ol style="list-style-type: none">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 <p>*use o código de acesso exclusivo da sua organização **somente para organizações com SSO</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>PNG version PDF version</p>

Bahasa Melayu

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©Memilih yang terbaik untuk diri sendiri sepatutnya tidaklah begitu sukar, tetapi ramai antara kita teragak-agak untuk meluahkan apa yang benar-benar kita perlukan. Apabila keperluan itu tidak didengari, ia boleh menyebabkan rasa kecewa dan juga menjejaskan hubungan dengan orang sekeliling.

Dengan manfaat kesejahteraan mental Intellect, temui bagaimana anda boleh mempelajari kaedah DEARMAN bukan sahaja untuk membantu anda berlatih menjadi lebih terbuka, malah pada masa yang sama memperkukuh kepercayaan serta hubungan dengan orang sekeliling.

Mahukan pemahaman lebih mendalam? Mulakan dengan "[Menyampaikan Keperluan Anda](#)" di platform Intellect!

Jika anda belum bermula, dapatkan Intellect pada **komputer/ alat mudah alih** anda untuk menempah sesi **bimbingan/ penjagaan/ menyeluruh**.

Di Web

1. Lawati app.intellect.co (please hyperlink here)
2. Masukkan kod akses CODE*/ Klik "Continue with SSO"
3. Cipta akaun menggunakan alamat e-mel kerja anda

Di Aplikasi

1. Pilih 'Saya pengguna baru', kemudian 'Dengan organisasi anda'
2. Masukkan kod CODE*/ Klik "Continue with SSO"
3. Daftar menggunakan alamat e-mel kerja anda

*sila gunakan kod akses unik organisasi anda

**hanya untuk organisasi dengan SSO

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](#)