

# Connection and Community








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

For the final quarter of the year, we're sharing a campaign that highlights the benefits of casual social interactions and how these connections can improve one's overall wellbeing as well as sense of community.

**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:** 22 December 2025

## English

Copy	Images to attach								
<p>🗨️ Did you know that talking to strangers can boost your mood? Casual social interactions can be more enjoyable and sustaining than you think!</p> <p>With some myths about small talk and strangers debunked by our wellbeing benefit, Intellect, we're encouraging you to strike up a conversation with someone new. Whether it's someone in line with you at the supermarket, your barista, or a fellow commuter, these small connections go a long way in building a friendly and supportive community around you.</p> <p>If you haven't already, get started with Intellect on <b>desktop/ mobile</b> to start booking a <b>coaching/ care/ holistic</b> 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 CODE*/ Click "Continue with SSO"***</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 CODE*/ Click "Continue with SSO"***</li><li>3. Sign up using your work email address</li></ol> <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><a href="#">PNG version</a> <a href="#">PDF version</a> <a href="#">GIF version</a></p>  <p>intellect</p> <h3>The Strength of 'Weak' Ties: Why Small Interactions Matter</h3> <table border="1"><thead><tr><th>Myth</th><th>Reality</th></tr></thead><tbody><tr><td> Small talk is meaningless</td><td> Light and casual interactions boost mood</td></tr><tr><td>Talking to strangers is awkward</td><td>Conversations are usually more enjoyable and connecting than expected</td></tr><tr><td>Only close connections are important</td><td>Unplanned encounters add novelty, which improves overall wellbeing</td></tr></tbody></table> <p><b>Tips to get started:</b></p> <ul style="list-style-type: none"><li>#1 Tap into your curiosity. E.g., Ask someone what book they're reading on the train</li><li>#2 Comment on the shared situation – you're both at the same place and time, so there's always a commonality</li></ul> <p>Need an extra nudge to get started? Check out <a href="#">Embracing New Perspectives on app.intellect.co</a></p>	Myth	Reality	 Small talk is meaningless	 Light and casual interactions boost mood	Talking to strangers is awkward	Conversations are usually more enjoyable and connecting than expected	Only close connections are important	Unplanned encounters add novelty, which improves overall wellbeing
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Only close connections are important	Unplanned encounters add novelty, which improves overall wellbeing								

## Simplified Chinese

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<p>😊 你是否知道？与陌生人聊天其实能让心情变好！这些轻松、随性的社交互动，往往比你想象的更愉快、更有力量。</p> <p>Intellect 平台上澄清了一些关于“闲聊”和“与陌生人交谈”的迷思，我们鼓励你主动与陌生人开始对话。无论是在超市排队的路人、点单时遇到的咖啡师，还是同行的通勤者，这些微小的互动都有助于在你身边建立一个友善、互相支持的社群。</p> <p>如果还没有用过 Intellect，请立即在 <b>桌面/移动设备</b> 上用它来开始预约 <b>辅导、关怀或整体健康</b> 课程。</p> <p><b>🖥️ 桌面版</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><li>2. 输入访问代码 <b>CODE*</b> / “使用 <b>SSO</b> 登入”**</li><li>3. 使用工作邮箱创建账户</li></ol> <p><b>📱 移动应用程序</b></p> <ol style="list-style-type: none"><li>1. 选择“我是新用户”，然后选择“以组织身份加入”</li><li>2. 输入访问代码 <b>CODE*</b> / 点击“使用 <b>SSO</b> 登入”**</li><li>3. 使用工作邮箱注册</li></ol> <p>*请使用贵公司/机构的唯一访问代码 **仅适用于已启用单点登录 (<b>SSO</b>) 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><a href="#">PNG version</a> <a href="#">PDF version</a></p>

## Traditional Chinese

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<p>😊 您知道嗎？和陌生人聊聊天其實能讓心情變好！這些輕鬆的社交互動，往往比您想像的更愉快、更有力量。</p> <p>透過我們的心理健康福利 Intellect，我們想打破對「閒聊」和「與陌生人交談」的一些迷思，鼓勵您主動和新朋友聊聊。無論是在超市排隊的人、買咖啡時的店員，還是在通勤途中的夥伴，這些小小的互動都能幫助您建立一個更友善、更具支持的社群。</p> <p>如果您們還沒有準備好，現在就透過 <b>電腦/手機</b> 使用 Intellect，預約 <b>輔導/關懷/全面</b> 課程吧！</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「我是新使用者」(I'm new here)，然後選擇「以組織身份」(With your organisation)</li><li>2. 輸入登入代碼 <b>CODE*</b> / 點擊「使用 <b>SSO</b> 登入」(Continue with SSO)**</li><li>3. 使用您的工作電子郵件創建帳戶</li></ol> <p>*請使用您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><a href="#">PNG version</a> <a href="#">PDF version</a></p>

## Thai

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<p>😞 รู้ไหมว่าการพูดคุยกับคนแปลกหน้า ช่วยให้เรารู้สึกดีขึ้นได้จริง ๆ บทสนทนาเล็ก ๆ แบบนี้อาจให้ความสุขและเติมพลังใจมากกว่าที่คุณคิดนะ!</p> <p>Intellect อยากไขความเข้าใจผิดบางอย่างเกี่ยวกับการพูดคุยเล็ก ๆ และการสนทนากับคนแปลกหน้าผ่านสิทธิประโยชน์ด้านสุขภาพทางใจของเรา โดยชวนคุณเปิดใจ ลองพูดคุยกับคนใหม่ ๆ รอบตัว ไม่ว่าจะเป็นคนที่ต่อคิวอยู่ข้างหน้าในซูเปอร์มาร์เก็ต บาร์ิสต้าที่คุณเจอประจำ หรือคนที่นั่งรถไปทำงานด้วยกัน การติดต่อเล็ก ๆ น้อย ๆ นี้สามารถสร้างบรรยากาศที่เป็นมิตรและชุมชนอบอุ่นที่อยู่รอบตัวคุณได้จริง ๆ</p> <p>หากคุณยังไม่เคยใช้งานมาก่อน คุณสามารถเริ่มใช้งาน Intellect ได้ทั้งบน<b>เดสก์ท็อป/ โน้ตบุ๊ก</b> เพื่อเริ่มต้นการจองเซสชัน<b>การโค้ช/การดูแล/แบบองค์รวม</b></p> <p><b>ผ่านเว็บไซต์</b></p> <ol style="list-style-type: none"><li>1. เข้าไปที่ <a href="http://app.intellect.co">app.intellect.co</a> (please hyperlink here) และคลิก “สมัครใช้งาน”</li><li>2. ป้อนรหัสสิทธิ์เข้าถึง CODE*/ คลิกที่ “ดำเนินการต่อด้วย SSO”**</li><li>3. ใช้ที่อยู่อีเมลที่ทำงานของคุณเพื่อสร้างบัญชี</li></ol> <p><b>ผ่านแอป</b></p> <ol style="list-style-type: none"><li>1. เลือก “ฉันเป็นผู้ใช้ใหม่” (I’m new here) ตามด้วย “เข้าใช้งานด้วยองค์กรของคุณ” (With your organisation)</li><li>2. ใช้รหัส CODE*/ คลิกที่ “ดำเนินการต่อด้วย SSO” (Continue with SSO)**</li><li>3. ใช้ที่อยู่อีเมลที่ทำงานของคุณเพื่อสมัครใช้งาน</li></ol> <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><a href="#">PNG version</a> <a href="#">PDF version</a></p>

## Vietnamese

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<p>😞 Bạn có biết rằng nói chuyện với người lạ có thể giúp cải thiện tâm trạng? Những hoạt động tương tác xã hội nhỏ nhỏ và thoải mái này thực ra thú vị và có ý nghĩa hơn bạn nghĩ!</p> <p>Với quyền lợi chăm sóc sức khỏe tinh thần từ Intellect, chúng tôi muốn xóa bỏ những quan điểm sai lầm về “trò chuyện xã giao” và “bắt chuyện với người lạ”, đồng thời khuyến khích bạn bắt đầu một cuộc trò chuyện với ai đó mới. Dù là người đứng cạnh bạn trong siêu thị, nhân viên pha cà phê hay người đi làm cùng tuyến đường, những hoạt động kết nối nhỏ bé này có thể góp phần tạo nên một cộng đồng thân thiện và đầy sự hỗ trợ xung quanh bạn.</p> <p>Nếu bạn chưa bắt đầu, hãy truy cập Intellect trên <b>máy tính/ điện thoại</b> để đặt lịch hẹn với chuyên gia <b>khai vấn/ tham vấn hoặc chăm sóc sức khỏe toàn diện</b> ngay hôm nay!</p> <p><b>Trên máy tính</b></p> <ol style="list-style-type: none"><li>1. Truy cập <a href="http://app.intellect.co">app.intellect.co</a> (please hyperlink here)</li><li>2. Nhập mã truy cập CODE* / Nhấn “Continue with SSO” (Tiếp tục với chế độ Đăng nhập một lần (SSO))**</li><li>3. Tạo tài khoản bằng email công việc của bạn</li></ol> <p><b>Trên ứng dụng</b></p> <ol style="list-style-type: none"><li>1. Chọn “I’m new here” (Tôi là người mới), sau đó chọn “With your organisation” (Với tổ chức của bạn)</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><b>2. Nhập mã truy cập CODE* / Nhấn “Continue with SSO” (Tiếp tục với chế độ Đăng nhập một lần (SSO))**</b></p> <p><b>3. Đăng ký bằng địa chỉ email công việc của bạn</b></p> <p><b>*mã truy cập duy nhất sẽ do tổ chức của bạn cung cấp</b>  <b>**áp dụng cho tổ chức dùng SSO</b></p>	
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**Japanese**

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<p>🗨️ 知らない人とのちょっとした会話が、気分を明るくしてくれることはありませんか？何気ない社会的なつながりは、思っている以上に心を満たし、前向きなエネルギーを与えてくれるものです。</p> <p>福利厚生サービス Intellect では、「雑談」や「知らない人との会話」にまつわる先入観を手放してみましょう。スーパーのレジに並んでいるとき、コーヒーを受け取るとき、通勤途中など、日常の中の小さな瞬間で誰かと話してみるだけで良いのです。そうした小さなつながりが、温かく支え合えるコミュニティを少しずつ築いていく第一歩になります。</p> <p>まだIntellectを始めていない方は、<b>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</b>をご予約ください。</p> <p>🌐 <b>ウェブ版</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 <b>(please hyperlink here)</b> そして「続ける」をクリック</li> <li>2. アクセスコード<b>CODE</b>を入力* / 「<b>SSO</b>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</li> </ol> <p>📱 <b>アプリ版</b></p> <ol style="list-style-type: none"> <li>1. 「アカウントを作成」を選択し、「組織コード」を選択</li> <li>2. アクセスコード<b>CODE</b>を入力* / 「<b>SSO</b>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サインアップ</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>

**Korean**

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<p>🗨️ 낯선 사람과 대화를 나누면 기분이 좋아질 수 있다는 사실을 알고 계셨나요? 가벼운 대화 한마디는 생각보다 즐겁고, 기분 전환에도 도움이 될 수 있습니다!</p> <p>여러분의 웰빙 파트너 Intellect는 스몰 토크나 낯선 사람에 대한 오해를 바로잡고, 아직 이야기를 나눠본 적 없는 사람에게 먼저 말을 걸어보시기를 권합니다. 마트 계산대에서 앞에 선 사람, 바리스타, 출근길에 마주치는 사람 등 누구라도 괜찮습니다. 이런 작은 대화들이 쌓여 결국 더 따뜻하고 서로를 응원하는 커뮤니티를 만들어 갑니다.</p> <p>아직 시작하지 않으셨다면, <b>데스크톱 / 모바일</b> 기기에서 Intellect에 접속하여 <b>코칭 / 케어 / 종합</b> 세션 예약을 시작해 보세요.</p> <p>🌐 <b>웹에서 이용하기</b></p> <ol style="list-style-type: none"> <li>1. <a href="https://app.intellect.co">app.intellect.co</a> 접속하기 <b>(please hyperlink here)</b></li> <li>2. 액세스 코드 <b>CODE*</b>를 입력하거나 / “<b>SSO</b>로 시작”을 클릭하기</li> <li>3. 업무용 이메일 주소로 계정 생성하기</li> </ol> <p>📱 <b>앱에서 이용하기</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>

<ol style="list-style-type: none"> <li>1. <b>“I’m new here”</b> (신규 회원 가입) 선택 후 <b>“With your organisation”</b> (회사 계정으로 가입) 선택하기</li> <li>2. 코드 <b>CODE*</b>를 입력하거나 / <b>“SSO로 시작”</b> 클릭하기</li> <li>3. 업무용 이메일 주소로 가입하기</li> </ol> <p>*귀하의 조직에 해당하는 고유한 액세스 코드를 사용하세요 **SSO를 사용하는 조직에만 해당합니다</p>	
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## Bahasa Indo

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<p>🤔 Tahukah kamu bahwa berbicara dengan orang asing bisa meningkatkan suasana hati? Interaksi sosial ringan ternyata bisa lebih menyenangkan dan menyehatkan daripada yang kamu kira!</p> <p>Dengan dukungan dari manfaat kesejahteraan mental dari Intellect, kami ingin menghapus mitos tentang “small talk” dan berbicara dengan orang asing, serta mendorong kamu untuk memulai percakapan dengan orang baru. Baik itu orang yang mengantre bersamamu di supermarket, barista langganamu, atau sesama penumpang di perjalanan – interaksi kecil ini bisa berperan besar dalam membangun komunitas yang ramah dan saling mendukung di sekitarmu.</p> <p>Jika kamu belum melakukannya, mulailah dengan Intellect di perangkat <b>desktop/ seluler</b> untuk memesan sesi <b>pelatihan/ perawatan/ holistik</b>.</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 <b>“Continue”</b></li> <li>2. Masukkan kode akses <b>CODE*</b>/ Klik <b>“Continue with SSO”**</b></li> <li>3. Buat akun menggunakan alamat email kantormu</li> </ol> <p>📱 <b>Di Aplikasi</b></p> <ol style="list-style-type: none"> <li>1. Pilih <b>“I’m new here”</b>, lalu <b>“With your organisation”</b></li> <li>2. Masukkan kode akses <b>CODE*</b>/ Klik <b>“Continue with SSO”**</b></li> <li>3. Daftar menggunakan alamat email kantormu</li> </ol> <p>* gunakan kode akses unik organisasimu **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><a href="#">PNG version</a> <a href="#">PDF version</a></p>

## Spanish

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<p>🤔 ¿Sabías que hablar con desconocidos puede mejorar tu estado de ánimo? Las interacciones sociales casuales pueden ser más agradables y reconfortantes de lo que imaginas.</p> <p>Con los beneficios de bienestar mental de Intellect, queremos desmentir algunos mitos sobre las “charlas pequeñas” y las conversaciones con extraños, y animarte a iniciar una conversación con alguien nuevo. Ya sea la persona que está contigo en la fila del supermercado, tu barista o alguien con quien compartes el transporte, esas pequeñas conexiones pueden ayudarte a construir una comunidad más amable y solidaria a tu alrededor.</p> <p>Si aún no lo has hecho, comienza con Intellect en tu <b>computadora o celular</b> y agenda tu sesión de <b>coaching/ bienestar/ cuidado holístico</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>

<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 haz clic en "Inscribirse"</li> <li>2. Ingresa el código de acceso CODE* o selecciona "Continuar con SSO".**.</li> <li>3. Crea tu cuenta con tu correo electrónico laboral.</li> </ol> <p><b>En la app</b></p> <ol style="list-style-type: none"> <li>1. Selecciona "I'm new here" y luego "With your organisation".</li> <li>2. Ingresa el código CODE* o selecciona "Continue with SSO".**.</li> <li>3. Regístrate con tu correo electrónico laboral.</li> </ol> <p>*Usa el código único de acceso de tu empresa. **Solo para empresas con SSO.</p>	
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### Portuguese (Brazilian)

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<p>😄 Você sabia que conversar com desconhecidos pode melhorar o seu humor? Interações sociais leves e casuais podem ser mais prazerosas e revigorantes do que você imagina!</p> <p>Com o benefício de bem-estar mental da Intellect, queremos desfazer alguns mitos sobre "bate-papos" e conversas com estranhos – e te encorajar a puxar conversa com alguém novo. Pode ser alguém na fila do supermercado, seu garçom favorito ou um colega de trajeto. Essas pequenas conexões ajudam a criar uma comunidade mais acolhedora e solidária ao seu redor.</p> <p>Comece a usar o Intellect no <b>desktop/celular</b> e agende uma sessão de <b>treinamento/cuidados/holística</b>.</p> <p><b>Na Internet</b></p> <ol style="list-style-type: none"> <li>1. Acesse <a href="http://app.intellect.co">app.intellect.co</a> (please hyperlink here) e clique em "Cadastrar-se"</li> <li>2. Insira o código de acesso CÓDIGO*/ Clique em "Continuar com o SSO".**</li> <li>3. Crie sua conta usando seu e-mail de trabalho</li> </ol> <p><b>No aplicativo</b></p> <ol style="list-style-type: none"> <li>1. Selecione "I'm new here" e em seguida "With your organisation"</li> <li>2. Utilize o código CÓDIGO*/ Clique em "Continue with SSO".**</li> <li>3. Registre-se usando seu e-mail de trabalho</li> </ol> <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><a href="#">PNG version</a> <a href="#">PDF version</a></p>

### Bahasa Melayu

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<p>😄 Tahukah anda bahawa berbual dengan orang yang tidak dikenali boleh meningkatkan mood anda? Perbualan santai seperti ini sebenarnya lebih menyeronokkan dan memberi semangat daripada yang disangka!</p> <p>Melalui manfaat kesejahteraan mental daripada Intellect, kami ingin membetulkan tanggapan salah tentang "small talk" dan berbual dengan orang asing, serta menggalakkan anda untuk mulakan perbualan dengan</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>

seseorang yang baharu. Sama ada dengan orang yang beratur bersama anda di pasar raya, barista kegemaran anda, atau rakan penumpang semasa berulang-alik – interaksi kecil seperti ini boleh membantu mewujudkan komuniti yang lebih mesra dan saling menyokong di sekeliling anda.

Jika anda belum berbuat demikian, mulakan perjalanan anda dengan Intellect di **komputer/ alat mudah alih** anda untuk menempah sesi **kejurulatan/ penjagaan/ menyeluruh**.

#### Di Web

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

#### Di Aplikasi

1. Pilih 'Saya pengguna baharu di sini' (I'm new here), kemudian 'Dengan organisasi anda' (With your organisation)
2. Masukkan kod CODE\*/ Klik "Teruskan dengan SSO" (Continue with SSO)\*\*
3. Daftar menggunakan alamat e-mel kerja anda

\*sila gunakan kod akses unik organisasi anda

\*\*hanya untuk organisasi dengan SSO