

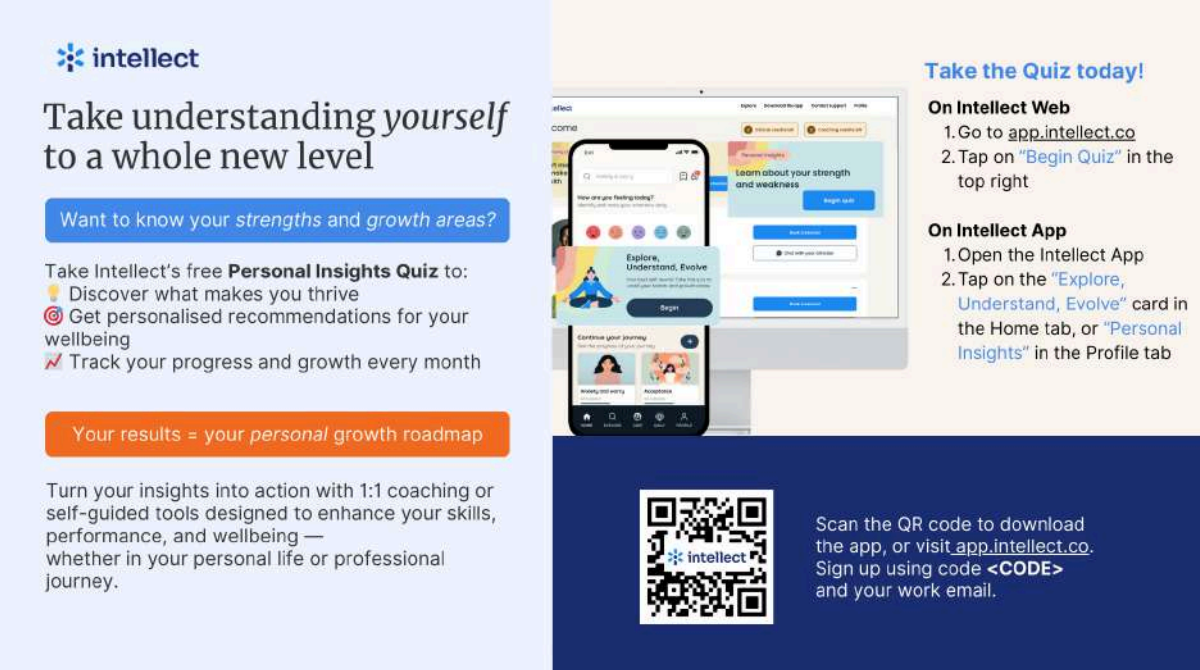
How to use:

1. Download the PDF file for SSO sign-in, or use the Canva link to edit your access code and download as PDF
2. Pick and present the slides during events such as company-wide townhall to keep Intellect visible and relevant or during new-hire onboardings to introduce Intellect and encourage individuals to explore the platform with the suggested script below.

[Download PDF](#) (Sign in with SSO)

[Editable Canva link](#) (Sign in with access code)

Slide 1



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Take understanding yourself to a whole new level

Want to know your *strengths and growth areas*?

Take Intellect's free **Personal Insights Quiz** to:

- 💡 Discover what makes you thrive
- 🎯 Get personalised recommendations for your wellbeing
- ✅ Track your progress and growth every month

Your results = your *personal growth roadmap*

Turn your insights into action with 1:1 coaching or self-guided tools designed to enhance your skills, performance, and wellbeing — whether in your personal life or professional journey.

Take the Quiz today!

On Intellect Web

1. Go to app.intellect.co
2. Tap on "Begin Quiz" in the top right

On Intellect App

1. Open the Intellect App
2. Tap on the "Explore, Understand, Evolve" card in the Home tab, or "Personal Insights" in the Profile tab

Scan the QR code to download the app, or visit app.intellect.co. Sign up using code **<CODE>** and your work email.

Suggested script: The Personal Insights Quiz is a great starting point on Intellect. It helps you understand your strengths and growth areas, and gives you personalised recommendations for your wellbeing. You'll receive a tailored report that acts as your personal growth roadmap, and I recommend retaking it every few months to track your progress. From there, you can put your insights into action with coaching or self-guided tools.

Slide 2

The infographic is titled "A Starter's Guide to Coaching" and features the Intellect logo. It is divided into three main sections: "Clarifying Your Goals" (orange), "Visualising & Achieving Success" (yellow), and "Overcoming Obstacles" (green). Each section includes a brief description of the coaching process. A blue banner at the top states: "Coaching helps you unlock your potential - both for personal growth and workplace goals." Below the sections, a paragraph reads: "Coaching is a journey — each session helps you build momentum, unlock new insights, and track your progress over time." At the bottom, there is a QR code, a call to action "Get Started with Coaching Today!", and instructions to scan the QR code or visit app.intellect.co. A smartphone mockup on the right shows the app's welcome screen with the text: "You're all set, Richard! Let's begin your journey." and a button labeled "Explore Coaching".

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A Starter's Guide to *Coaching*

Coaching helps you unlock your potential - both for personal growth and workplace goals.

Clarifying Your Goals

Work with your coach to uncover what really matters to you — turning vague ideas into clear, motivating goals.

Visualising & Achieving Success

Picture what life will look like once you've achieved your goal, and map out the steps to get there with your coach's support.

Overcoming Obstacles

Identify the barriers holding you back and learn practical strategies to move past them with confidence.

Coaching is a journey — each session helps you build momentum, unlock new insights, and track your progress over time.

Get Started with Coaching Today!

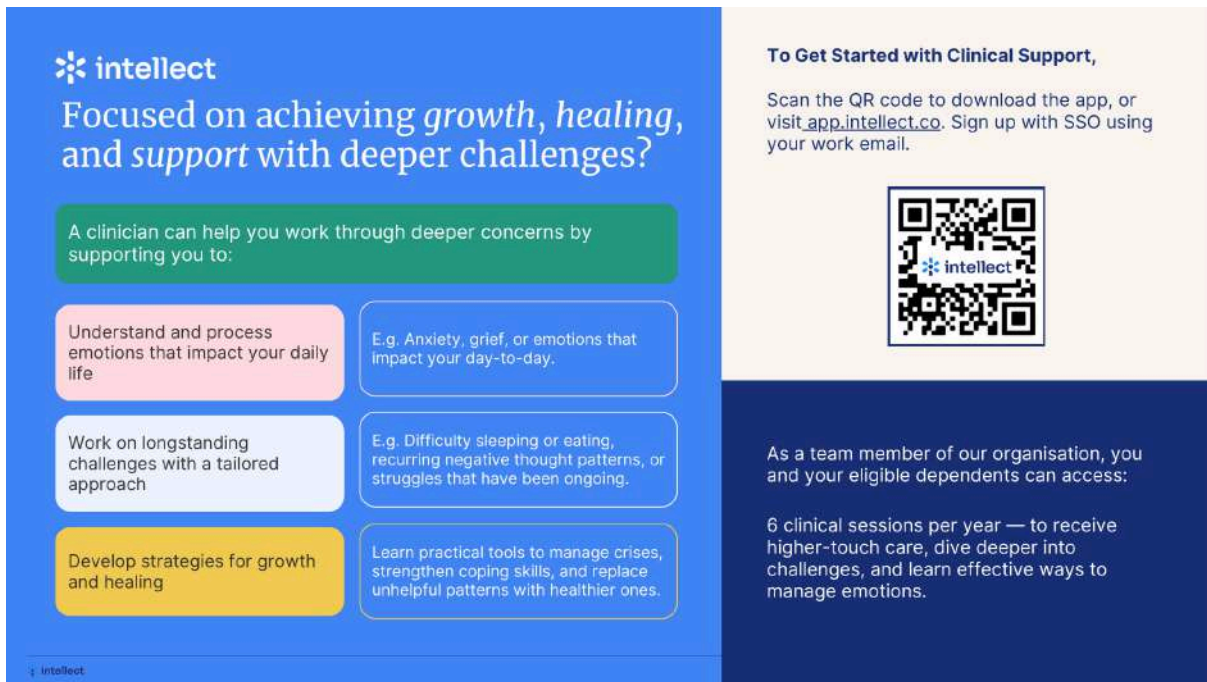
Scan the QR code to download the app, or visit app.intellect.co. Sign up with SSO using your work email.

You're all set, Richard!
Let's begin your journey.

Explore Coaching

Suggested script: Coaching is about three simple things: clarifying what you want, imagining what success looks like, and removing the barriers holding you back. On the screen you see some examples, but the real benefit comes when you work through this in your own context with a coach. That's why multiple sessions are valuable — you build on each one and see your growth over time.

Slide 3



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Focused on achieving *growth, healing,* and *support* with deeper challenges?

A clinician can help you work through deeper concerns by supporting you to:

- Understand and process emotions that impact your daily life
E.g. Anxiety, grief, or emotions that impact your day-to-day.
- Work on longstanding challenges with a tailored approach
E.g. Difficulty sleeping or eating, recurring negative thought patterns, or struggles that have been ongoing.
- Develop strategies for growth and healing
Learn practical tools to manage crises, strengthen coping skills, and replace unhelpful patterns with healthier ones.

To Get Started with Clinical Support,

Scan the QR code to download the app, or visit app.intellect.co. Sign up with SSO using your work email.



As a team member of our organisation, you and your eligible dependents can access:

6 clinical sessions per year — to receive higher-touch care, dive deeper into challenges, and learn effective ways to manage emotions.

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Suggested script: Clinical support is for when you want to go deeper into challenges that feel ongoing or harder to manage alone. You can work with licensed clinicians to process emotions like anxiety, grief, or stress, and to address longstanding patterns such as sleep difficulties or negative thoughts. They'll also help you develop practical coping strategies for growth and healing. As a team member of our organisation, you and your dependents have access to six clinical sessions each year for this higher-touch care.

Slide 4

The graphic features a green background with the Intellect logo and the title 'Build Confidence in Every Area of Life'. A pink banner at the top states: 'Holistic coaching on fitness, nutrition, finance, and legal needs — tailored to support your everyday life.' Below this are four colored boxes: yellow for Fitness Coaching, blue for Nutrition Coaching, light blue for Financial Coaching, and orange for Legal Consultation. Each box contains a description of the service and its credit value. To the right is a dark blue box with a QR code and an illustration of a person meditating, with text encouraging users to get started with holistic support today.

intellect Build Confidence in *Every* Area of Life

Holistic coaching on fitness, nutrition, finance, and legal needs — tailored to support your everyday life.

Fitness Coaching
Get personalised support for your lifestyle — whether you're starting a routine, improving mobility, staying motivated, or working toward specific fitness goals.
Credits: 2x 30-min or 1x 60-min

Nutrition Coaching
Learn practical ways to improve your nutrition — from meal planning and boosting energy to making healthier food choices that fit your daily life.
Credits: 2x 30-min or 1x 60-min

Financial Coaching
Talk through any money-related questions — from budgeting and debt management to saving for big goals or building healthier financial habits.
Credits: 2x 30-min or 1x 60-min

Legal Consultation
Get clarity on everyday legal concerns, such as tenancy agreements, contracts, or workplace rights, with a confidential one-on-one consultation.
Credits: 1x 60-min

Get Started with Holistic Support Today!
Scan the QR code to download the app, or visit app.intellect.co. Sign up with SSO using your work email.

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Suggested script: Holistic support goes beyond mental health — it covers fitness, nutrition, finances, and even legal matters. You can work with coaches to start a fitness routine, boost your energy through better nutrition, or get advice on budgeting and financial habits. There's also confidential legal support for everyday issues like contracts or tenancy. These sessions are practical and tailored, giving you strategies you can put into action right away.

Slide 5



The slide features the Intellect logo at the top left. The main title is "Support That's Always Within Reach". Below this is a blue banner with white text: "Access quick tips, audio guides and interactive tools to help you build skills, overcome challenges, and strengthen your wellbeing." The main content is a list of six features, each in a colored box with a description:

- Daily Tools** (yellow box): Simple mindfulness practices, like deep breathing and calming music, to add to your daily routine.
- Guided Journaling** (blue box): Prompts on gratitude, problem-solving, and emotions to help you reflect and better understand your thoughts and feelings.
- Wellbeing Check-ins** (orange box): Track your mood and stress levels, and receive reports to see your wellbeing trends over time.
- Rescue Sessions** (light blue box): On-demand sessions for in-the-moment support with challenges like procrastination, stress, or feeling stuck.
- Learning Paths** (pink box): Step-by-step programs to build skills for everyday challenges — from decision-making and healthy habits to emotion regulation.
- Get Started Today!** (dark blue box): Scan the QR code on the right to download the app, or visit app.intellect.co. Sign up with SSO using your work email.

On the right side, there are three circular icons: a blue one with two eyes, a pink one with a smiling face, and a green one with two eyes. At the bottom right is a QR code with the Intellect logo in the center. The footer contains the Intellect logo on the left and "© Copyright | The Intellect Company" on the right.

Suggested script: These are the quick, self-guided features you can use anytime, anywhere. Daily tools like breathing exercises or calming music can give you a reset during busy moments. Journaling helps you reflect on emotions and build self-awareness. Wellbeing check-ins let you track your mood and see your progress over time. Rescue sessions are there when you need immediate support — for example, if you're feeling stuck or stressed. And finally, learning paths help you develop skills like emotion regulation or decision-making, step by step. All of these are available instantly in the app — no appointment needed.