

06. Post-Launch EDM: Coaching

Send date: One week after Intellect Launch Webinar/Event

How to use: Make a copy of the editable template or copy the text below, and attach the provided image as an email banner. Edit the text in red and switch to black once done. Send through email to your whole organisation.

Subject line: Need Some Support? Coaching Can Help.

Images: [Coaching Email Banner \(editable to add code\) and Image](#)

Coaching Guide: [Coaching Guide \(Do not edit\)](#)

Editable Template: [Google Doc](#)

Hey there, can you relate?

Want to have better habits?

Feeling unmotivated?

Need a boost of motivation?

Not sleeping so well?

Get connected with a professional to get 1:1 support on your...

Confidence

Stress & Anxiety

Health & Lifestyle

...and much more!

Intellect

- Select "I'm new here" then "With your organisation"
- Enter the access code: **CODE**
- Select your language, then sign up using your **work email address**

[Greeting],

先週、私たちは新しいウェルビーイング福利厚生「Intellect」を導入しました。Intellectはどのように役立つのでしょうか？

時には、様々な感情と向き合い、自己研鑽に励みながら、人生の困難に立ち向かうことは、苦しい挑戦に感じられることもあります。

コーチングを通じて職場や個人的な課題を管理する方法を学び、キャリアとプライベートの両面で成長するためのサポートを受けることができます。

🌟 コーチングを始める

Intellectとの提携により、無料でご希望のコーチとの1対1コーチングセッションを受けることができます。画像の案内に従ってIntellectアプリにアクセスし、添付のガイドを参考にコーチングを始めましょう。

コーチングが自分に合うか迷っている方は、以下のポイントを確認してみましょう：

Coaching can benefit anyone and everyone!



Intellect's hand-picked coaches are trained to motivate and work with you in a safe space, so that you can scale obstacles in your daily life and thrive.



Be More In-tune with Yourself

Gain clarity and self-awareness through coaching by exploring your thoughts, feelings, values, and behaviours.



Proactively Manage Stress

Identify your stressors and create an action plan to effectively manage stress and regulate your emotions.



Strengthen Your Resilience

Build confidence and readiness for unexpected challenges, and turn setbacks into forward momentum to achieve your goals.

[Sign-off]

<Attach Coaching Guide PDF>