

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](#)

The graphic is a two-part email banner. The left part has a blue background with the text "Hey there, can you relate?" at the top. Below it are four thought bubbles: "Want to have better habits?", "Feeling unmotivated?", "Need a boost of motivation?", and "Not sleeping so well?". An illustration shows a man in a dark shirt and white pants sitting in a chair, holding a small blue heart, while a woman in a white shirt and grey pants sits opposite him, looking thoughtful. The right part has a light blue background with the text "Get connected with a professional to get 1:1 support on your...". Below this are four icons: a thumbs up (Confidence), a head with a brain (Stress & Anxiety), a heart (Health & Lifestyle), and a question mark in a speech bubble (...and much more!). At the bottom right is a QR code with the Intellect logo and a list of instructions: "Select 'I'm new here' then 'With your organisation'", "Enter the access code: CODE", and "Select your language, then sign up using your work email address".

[Greeting],

Na semana passada, lançamos nosso novo benefício de bem-estar para funcionários, o Intellect. Quer saber como o Intellect pode ajudar?

Às vezes, enfrentar os desafios da vida e, ao mesmo tempo, gerenciar nossas emoções e buscar o crescimento pode parecer uma batalha difícil.

A Mentoria pode ajudá-lo a aprender a administrar os desafios profissionais e pessoais, além de oferecer o apoio necessário para elevar o nível de sua carreira e de seus relacionamentos.

Comece a usar a Mentoria

Com a nossa parceria com o Intellect, você tem sessões de mentoria GRATUITAS 1 a 1 com um orientador pessoal de sua escolha. Siga as instruções na imagem acima para acessar o aplicativo Intellect e, em seguida, consulte o guia anexo para começar a usar a mentoria.

E, caso esteja se perguntando se a mentoria é para você, confira os pontos abaixo para ver como a mentoria pode ajudá-lo:

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>