

## 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 banner is split into two main sections. The left section has a blue background with the text "Hey there, can you relate?" at the top. Below it, two people are sitting in chairs facing each other. The person on the left is holding a small blue heart. There are four thought bubbles around them: "Want to have better habits?", "Feeling unmotivated?", "Need a boost of motivation?", and "Not sleeping so well?". The right section has a light blue background with the text "Get connected with a professional to get 1:1 support on your...". Below this text 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 of the banner 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],

La semana pasada lanzamos nuestro nuevo beneficio de bienestar para empleados, Intellect. ¿Te preguntas cómo puede ayudarte Intellect?

A veces, enfrentar los retos de la vida mientras manejamos nuestras emociones y buscamos crecer puede sentirse como una batalla cuesta arriba.

El coaching puede ayudarte a manejar tanto los retos profesionales como personales, y brindarte el apoyo que necesitas para avanzar en tu carrera y en tus relaciones.

### **Empieza con el coaching**

Gracias a nuestra alianza con Intellect, cuentas con sesiones de coaching personalizadas totalmente GRATIS con el coach que tú elijas. Sigue las instrucciones de la imagen de arriba para acceder a la app de Intellect y consulta la guía adjunta para comenzar con el coaching.

Y si te preguntas si el coaching es para ti, revisa los siguientes puntos para descubrir cómo puede ayudarte:

## 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>