

# Intellect's Learning Paths

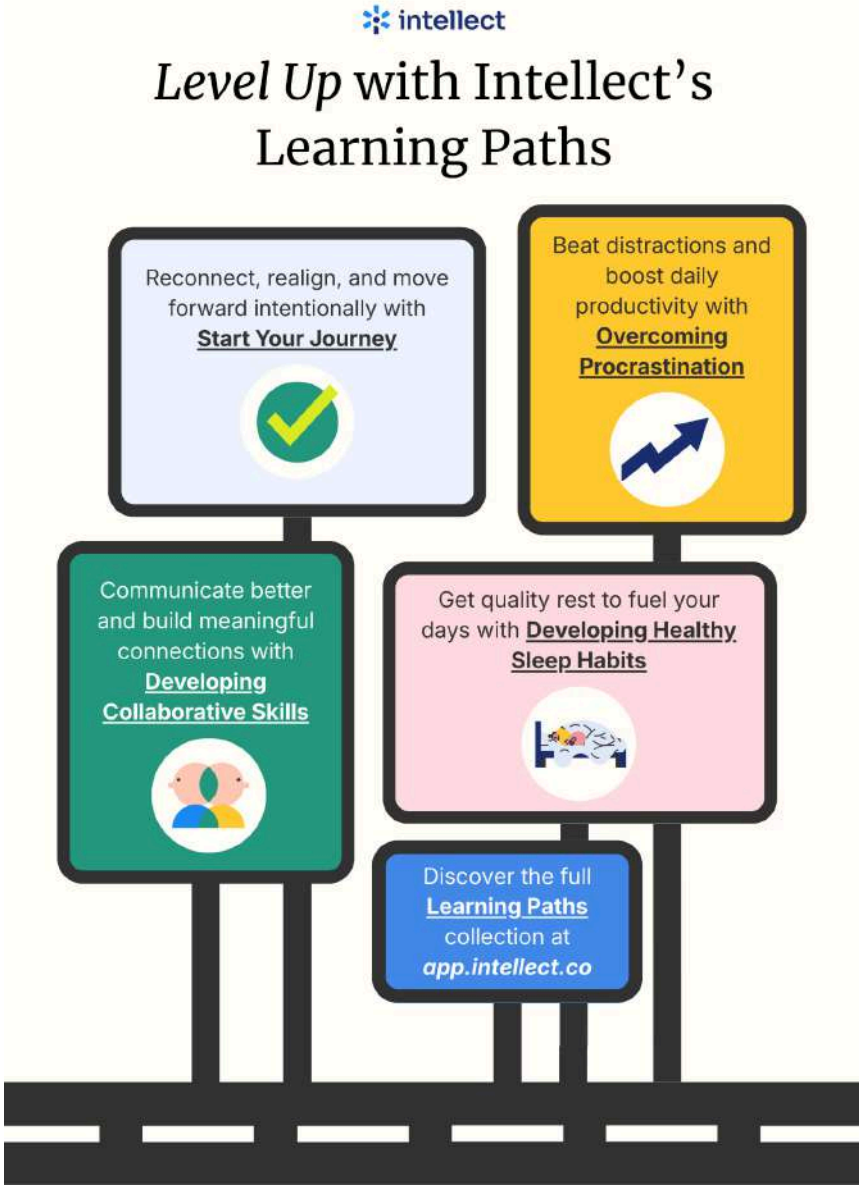
Available in English, Simplified Chinese, Traditional Chinese, Thai, Vietnamese, Japanese, Korean, Bahasa Indo, Spanish, Portuguese (Brazilian), Bahasa Melayu

For our Q1 campaign, we're highlighting Intellect's Learning Paths on the platform that tie in together with the overall quarterly theme of Building Strong Foundations and Connections to encourage individuals to stay engaged and continue to grow.


**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:** 23 March 2026

## English

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<p>🕒 Can you believe we're already three months into 2026? Let's take a moment to reflect on the foundations you've built and connections you've made so far.</p> <p>Then, keep up the progress and momentum with our wellbeing benefit, Intellect. Dive into <a href="#">Learning Paths</a> – interactive, bite-sized programmes designed to support your growth and help you navigate challenges with confidence every step of the way!</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 <b>CODE*</b>/ Click "Continue with SSO"<b>**</b></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 <b>CODE*</b>/ Click "Continue with SSO"<b>**</b></li> <li>3. Sign up using your work email address</li> </ol> <p><b>*please use your organisation's unique access code</b>  <b>**for organisations with SSO only</b></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>The graphic features the Intellect logo at the top, followed by the title "Level Up with Intellect's Learning Paths". Below the title are five colorful boxes, each representing a different learning path:         <ul style="list-style-type: none"> <li><b>Start Your Journey:</b> Reconnect, realign, and move forward intentionally with "Start Your Journey".</li> <li><b>Overcoming Procrastination:</b> Beat distractions and boost daily productivity with "Overcoming Procrastination".</li> <li><b>Developing Collaborative Skills:</b> Communicate better and build meaningful connections with "Developing Collaborative Skills".</li> <li><b>Developing Healthy Sleep Habits:</b> Get quality rest to fuel your days with "Developing Healthy Sleep Habits".</li> <li><b>Learning Paths Collection:</b> Discover the full Learning Paths collection at <a href="http://app.intellect.co">app.intellect.co</a>.</li> </ul> </p>




## Simplified Chinese

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<p> 不敢相信 2026 年已经过去三个月了吗？不妨停下来，回顾一下你至今打下的基础，以及一路建立起的连接。</p> <p>接着，继续利用我们的员工身心健康福利 Intellect 保持进步和动力。深入体验<a href="#">学习路径</a>——互动式、短小精悍的课程，帮助你持续成长，自信应对每一个挑战！</p> <p>如果还没有用过 Intellect，请立即在<a href="#">桌面/移动设备</a>上用它来开始预约<a href="#">辅导、关怀或整体健康</a>课程。</p> <p> <b>桌面版</b></p> <ol style="list-style-type: none"><li>1. 访问<a href="#">app.intellect.co (please hyperlink here)</a> 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 (SSO) 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> 您相信嗎？2026 年轉眼已經過了三個月。讓我們花點時間沈澱一下，回顧這段日子以來您所打下的基礎，以及建立的人際連結。</p> <p>接著，繼續利用我們的員工身心健康福利 Intellect 保持進步與動力。深入體驗<a href="#">學習路徑</a>——這些互動式、短篇課程，幫助您持續成長，自信應對每一個挑戰！</p> <p>如果您們還沒有準備好，現在就透過<a href="#">電腦/手機</a>使用 Intellect，預約<a href="#">輔導/關懷/全面</a>課程吧！</p> <p> <b>網頁版</b></p> <ol style="list-style-type: none"><li>1. 瀏覽<a href="#">app.intellect.co (please hyperlink here)</a> 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> เชื่อไหมว่าเราเดินทางมาถึงสามเดือนแรกของปี 2026 แล้ว ลองหยุดสักครู่เพื่อทบทวนรากฐานที่คุณได้สร้างไว้ และความสัมพันธ์ที่คุณได้พัฒนามาตลอดทาง</p> <p>แล้วต่อยอดความก้าวหน้าและแรงผลักดันของคุณด้วยสิทธิประโยชน์ด้านความเป็นอยู่ที่ดีจาก Intellect ลองเข้า “<a href="#">เส้นทางการเรียนรู้</a>” – โปรแกรมสั้น ๆ แบบอินเทอร์แอคทีฟที่ช่วยสนับสนุนการเติบโตของคุณและช่วยให้คุณจัดการความท้าทายด้วยความมั่นใจในทุกขั้นตอน!</p> <p>หากคุณยังไม่เคยใช้งานมาก่อน คุณสามารถเริ่มใช้งาน Intellect ได้ทั้งบนเดสก์ท็อป/ โน้ตบุ๊ก เพื่อเริ่มต้นการจองเซสชัน <b>การโค้ช/การดูแล/แบบองค์รวม</b></p> <p> ผ่านเว็บไซต์</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> ผ่านแอป</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> Thật khó tin là chúng ta đã đi qua ba tháng đầu tiên của năm 2026 rồi! Hãy dành chút thời gian để nhìn lại những nền tảng bạn đã xây dựng và những mối kết nối bạn đã tạo nên cho đến hiện tại.</p> <p>Tiếp theo, tiếp tục duy trì tiến độ và động lực của bạn với phúc lợi wellbeing từ Intellect. Khám phá “<a href="#">Lộ trình Học tập</a>” – các chương trình ngắn, tương tác, được thiết kế để hỗ trợ sự phát triển của bạn và giúp bạn tự tin vượt qua mọi thử thách!</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> Trên máy tính</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> Trên ứng dụng</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><li>2. Nhập mã truy cập CODE* / Nhấn “Continue with SSO” (Tiếp tục với chế độ Đăng nhập một lần (SSO))**</li><li>3. Đăng ký bằng địa chỉ email công việc của bạn</li></ol> <p>*mã truy cập duy nhất sẽ do tổ chức của bạn cung cấp</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>

**\*\*áp dụng cho tổ chức dùng SSO**




## Japanese

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<p>🕒 2026年も、気づけばすでに3か月が過ぎました。これまでに築いてきた基盤や、広がったつながりを振り返る時間を少し取ってみましょう。</p> <p>そして、ウェルビーイング・サービスIntellectとともに、ここままの勢いを高めていきましょう。「<a href="#">ラーニングパス</a>」は、インタラクティブで短時間のプログラムです。あなたの成長を支援し、どんな挑戦にも自信を持って対応できるようサポートします！</p> <p>まだIntellectを始めていない方は、<a href="#">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</a>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="#">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で続ける</b>」**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で続ける</b>」**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>🕒 벌써 2026년의 세 달이 지나갔다는 게 믿어지시나요? 지금까지 쌓아온 기반과 만들어온 연결들을 잠시 돌아보는 시간을 가져보세요.</p> <p>그다음, Intellect 웰빙 혜택으로 진행 상황과 모멘텀을 이어가세요. '<a href="#">러닝 패스</a>'를 경험해보세요 - 상호작용이 가능한 짧고 실용적인 프로그램으로, 당신의 성장을 돕고 모든 도전을 자신 있게 헤쳐나갈 수 있도록 지원합니다!</p> <p>아직 시작하지 않으셨다면, <a href="#">데스크톱 / 모바일</a> 기기에서 Intellect에 접속하여 <a href="#">코칭 / 케어 / 종합</a> 세션 예약을 시작해 보세요.</p> <p>🌐 <b>웹에서 이용하기</b></p> <ol style="list-style-type: none"><li>1. <a href="#">app.intellect.co</a> 접속하기 (<b>please hyperlink here</b>)</li><li>2. 액세스 코드 <b>CODE</b>*를 입력하거나 / "<b>SSO로 시작</b>"을 클릭하기</li><li>3. 업무용 이메일 주소로 계정 생성하기</li></ol> <p>📱 <b>앱에서 이용하기</b></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>	<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 Indo

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<p> Tidak terasa kita sudah melewati tiga bulan pertama di tahun 2026! Luangkan sejenak untuk merefleksikan fondasi yang telah kamu bangun dan koneksi yang telah kamu ciptakan sejauh ini.</p> <p>Selanjutnya, terus pertahankan kemajuan dan momentum Anda dengan manfaat wellbeing dari Intellect. Jelajahi '<a href="#">Jalur Pembelajaran</a>' – program interaktif dan ringkas yang dirancang untuk mendukung pertumbuhan Anda dan membantu menghadapi tantangan dengan percaya diri di setiap langkah!</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 "Continue"</li><li>2. Masukkan kode akses CODE*/ Klik "Continue with SSO"***</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 "I'm new here", lalu "With your organisation"</li><li>2. Masukkan kode akses CODE*/ Klik "Continue with SSO"***</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> ¿Puedes creer que ya han pasado tres meses de 2026? Tómate un momento para reflexionar sobre las bases que has construido y las conexiones que has creado hasta ahora.</p> <p>Luego, continúa avanzando con tu bienestar gracias a Intellect. Explora <a href="#">Rutas de Aprendizaje</a>: programas interactivos y cortos diseñados para apoyar tu crecimiento y ayudarte a enfrentar los desafíos con confianza en cada paso.</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> <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>	<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>

## Portuguese (Brazilian)

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<p> Dá para acreditar que já estamos três meses dentro de 2026? Que tal fazer uma pausa para refletir sobre as bases que você construiu e as conexões que criou até aqui?</p> <p>Depois, mantenha seu progresso e motivação com o benefício de bem-estar da Intellect. Explore os <a href="#">Caminhos de Aprendizagem</a> – programas interativos e rápidos, desenvolvidos para apoiar seu crescimento e ajudá-lo a enfrentar desafios com confiança a cada passo do caminho!</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> Percaya tak kita sudah pun memasuki tiga bulan pertama tahun 2026? Luangkan sedikit masa untuk merenung kembali asas yang telah anda bina dan hubungan yang telah anda bentuk setakat ini.</p> <p>Kemudian, teruskan momentum dan kemajuan anda dengan manfaat kesejahteraan Intellect. Terokai <a href="#">Jejak Pembelajaran</a> – program interaktif dan ringkas yang direka untuk menyokong pertumbuhan anda dan membantu anda menghadapi cabaran dengan yakin setiap langkah!</p> <p>Jika anda belum berbuat demikian, mulakan perjalanan anda dengan Intellect di <b>komputer/ alat mudah alih</b> anda untuk menempah sesi <b>kejurulatan/ penjagaan/ menyeluruh</b>.</p> <p> <b>Di Web</b></p> <ol style="list-style-type: none"><li>1. Lawati <a href="http://app.intellect.co">app.intellect.co</a> (please hyperlink here)</li><li>2. Masukkan kod akses CODE*/ Klik “Teruskan dengan SSO” (Continue with SSO)**</li><li>3. Cipta akaun menggunakan alamat e-mel kerja anda</li></ol> <p> <b>Di Aplikasi</b></p> <ol style="list-style-type: none"><li>1. Pilih ‘Saya pengguna baharu di sini’ (I’m new here), kemudian ‘Dengan organisasi anda’ (With your organisation)</li><li>2. Masukkan kod CODE*/ Klik “Teruskan dengan SSO” (Continue with SSO)**</li><li>3. Daftar menggunakan alamat e-mel kerja anda</li></ol> <p>*sila gunakan kod akses unik organisasi anda **hanya untuk organisasi dengan 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>