

# Conversations with Purpose


Available in English, Simplified Chinese, Traditional Chinese, Thai, Vietnamese, Japanese, Korean, Bahasa Indo, Bahasa Melayu

This Mental Health Awareness Month, we're sharing a campaign that encourages individuals to move beyond surface-level conversations and engage with intention. Through this, they will be able to foster genuine relationships that make each other feel seen and supported.

**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:** 4 May 2026

## English

Copy	Images to attach
<p>💬 What comes to mind when you think of a good conversation?</p> <p>A purposeful conversation starts with listening. These days, conversations are increasingly reactive – filled with quick replies, surface-level check-ins, and endless notifications. With our wellbeing benefit, Intellect, we're encouraging you to slow down and have intentional conversations that leave you feeling truly connected and understood.</p> <p>Check out Intellect platform content such as <a href="#">Communicating Your Needs</a> to take connection to the next level!</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>intellect</p> <h3>A Good Conversation Starts With Good Listening</h3> <ul style="list-style-type: none"><li><b>Reacting</b> → <b>Reflecting</b> Restate what you've heard to ensure you've understood correctly</li><li><b>Quick Responses</b> → <b>Thoughtful Questions</b> Tap into your curiosity and ask deeper, open-ended questions (e.g., "Can you tell me more about how you feel about this?")</li><li><b>Filling Silence</b> → <b>Allowing Pauses</b> Be patient and give the other person time to sort out their thoughts and say what they're thinking</li><li><b>Fixing</b> → <b>Understanding</b> Focus on supporting and understanding instead of advising</li></ul> <p>Need a little practice? Chat with an Intellect professional today. <a href="http://app.intellect.co">app.intellect.co</a></p>

Simplified Chinese

Copy	Images to attach
<p>☞ 当提到一场成功的谈话时, 你会想到什么?</p> <p>一场有意义的谈话, 往往从“认真倾听”开始。如今, 我们的交流越来越偏向即时反应——快速回应、礼节性问候以及不停弹出的通知。通过我们的身心健康福利平台 <b>Intellect</b>, 我们帮助你放慢脚步, 进行更有意识的交流, 让你真正感觉自己被理解、被接纳。</p> <p>不妨在 Intellect 平台上探索“<a href="#">表达你的需求</a>”等内容, 建立更深层次的关系!</p> <p>如果还没有用过 Intellect, 请立即在 <b>桌面/移动设备</b> 上用它来开始预约 <b>辅导、关怀或整体健康</b> 课程。</p> <p><b>🖥 桌面版</b></p> <ol style="list-style-type: none"> <li>1. 访问 <a href="http://app.intellect.co">app.intellect.co</a> (please hyperlink here) 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>☞ 當你說到「一場好對話」, 你腦海中會浮現什麼畫面呢?</p> <p>一場有意義的對話, 往往從「好好傾聽」開始。在這個時代, 我們的對話越來越流於直覺反應——充斥著倉促的回覆、表面的關心, 以及不斷跳出的通知。透過我們的身心健康福利 Intellect, 我們鼓勵你慢下來, 展開一次用心的對話, 讓彼此真正感受到被理解與連結。</p> <p>歡迎探索 Intellect 平台上的精選內容 (例如: <a href="#">《表達你的需求》</a>), 讓彼此的連結更進一步!</p> <p>如果您們還沒有準備好, 現在就透過 <b>電腦/手機</b> 使用 Intellect, 預約 <b>輔導/關懷/全面</b> 課程吧!</p> <p><b>🖥 網頁版</b></p> <ol style="list-style-type: none"> <li>1. 瀏覽 <a href="http://app.intellect.co">app.intellect.co</a> (please hyperlink here) 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>☺️เมื่อคุณนึกถึง “บทสนทนาที่ดี” คุณนึกถึงอะไรบ้าง</p> <p>บทสนทนาที่มีความหมายเริ่มต้นจากการรับฟังอย่างตั้งใจ ทุกวันนี้การสื่อสารของเรามักเป็นไปแบบตอบโต้ทันที—เต็มไปด้วยการตอบกลับแบบเร่งด่วน การเช็คอินแบบผิวเผิน และการแจ้งเตือนที่ไม่หยุดหย่อน ด้วยสวัสดิการด้านสุขภาพ <b>Intellect</b> เราอยากชวนคุณลองชะลอจังหวะเวลาในชีวิตลง และสร้างบทสนทนาอย่างตั้งใจ ที่ทำให้คุณรู้สึกเชื่อมโยงและเข้าใจกันอย่างแท้จริง</p> <p>ลองเข้าไปดูคอนเทนต์บนแพลตฟอร์มอย่าง “<a href="#">การสื่อสารความต้องการของคุณ</a>” เพื่อยกระดับการเชื่อมต่อของคุณให้ลึกซึ้งยิ่งขึ้น!</p> <p>หากคุณยังไม่เคยใช้งานมาก่อน คุณสามารถเริ่มใช้งาน Intellect ได้ทั้งบน <b>เดสก์ท็อป/ โน้ตบุ๊ก</b> เพื่อเริ่มต้นการจองเซสชัน <b>การโค้ช/ การดูแล/ แบบองค์รวม</b></p> <p><b>ผ่านเว็บไซต์</b></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><b>ผ่านแอป</b></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>☺️Một cuộc trò chuyện đúng nghĩa với bạn là gì?</p> <p>Một cuộc trò chuyện đúng nghĩa thường bắt đầu từ việc lắng nghe thật sự. Ngày nay, các cuộc trò chuyện của chúng ta ngày càng có xu hướng phản xạ tức thời với những lời đáp vội, những cuộc hỏi han hời hợt và vô số thông báo không dứt. Thông qua phúc lợi chăm sóc sức khỏe tinh thần <b>Intellect</b>, chúng tôi khuyến khích bạn chậm lại và có những cuộc trò chuyện có chủ đích để cả hai thật sự cảm thấy được kết nối và thấu hiểu.</p> <p>Hãy khám phá các nội dung trên nền tảng như “<a href="#">Truyền đạt nhu cầu của bạn</a>” để nâng tầm sự kết nối của bạn!</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><b>Trên máy tính</b></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>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>

<p><b>📱 Trên ứng dụng</b></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 **áp dụng cho tổ chức dùng SSO</p>	
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## Japanese

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<p>🗨️「良い会話」と聞いて、どのようなイメージが思い浮かびますか？</p> <p>意義のある会話は、まず「しっかりと相手の話を聞くこと」から始まります。最近では、私たちの会話がますます反動的になりがちです。素早い返信、表面的な確認、そして絶え間ない通知...</p> <p>ウェルビーイングサービス <b>Intellect</b> とともに、少しペースを落として、意図を持った会話をしてみませんか？心からつながりを感じ、「理解されている」と実感できる対話を大切にしていきましょう。</p> <p>プラットフォームのコンテンツ「<a href="#">自分のニーズを伝える</a>」もぜひチェックして、つながりをさらに深めてみてください！</p> <p>まだIntellectを始めていない方は、<b>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</b>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="https://app.intellect.co">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>🗨️ 좋은 대화라고 하면 무엇이 떠오르시나요?</p> <p>의미 있는 대화는 경청에서 시작합니다. 설 새 없이 울리는 알림 속에서 빠른 답장과 형식적인 안부로만 채워지는 요즘, 우리는 그저 즉각적으로 반응하는 데 급급하곤 합니다. 여러분을 위한 웰빙 혜택인 <b>Intellect</b>와 함께 잠시 여유를 갖고, 상대방과 진심으로 교감하며 서로를 깊이 이해하는 대화를 나눠보는 건 어떨까요?</p> <p>관계를 한 단계 더 발전시키고 싶다면, <b>Intellect</b> 플랫폼에서 "<a href="#">내 욕구 표현하기</a>" 콘텐츠를 확인해 보세요!</p> <p>아직 시작하지 않으셨다면, <b>데스크톱 / 모바일</b> 기기에서 <b>Intellect</b>에 접속하여 <b>코칭 / 케어 / 종합</b> 세션 예약을 시작해 보세요.</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>

<p><b>🖥️ 웹에서 이용하기</b></p> <ol style="list-style-type: none"> <li>1. <a href="http://app.intellect.co">app.intellect.co</a> 접속하기 (please hyperlink here)</li> <li>2. 액세스 코드 <b>CODE*</b>를 입력하거나 / “<b>SSO</b>로 시작”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>SSO</b>로 시작” 클릭하기</li> <li>3. 업무용 이메일 주소로 가입하기</li> </ol> <p>*귀하의 조직에 해당하는 고유한 액세스 코드를 사용하세요  <b>**SSO</b>를 사용하는 조직에만 해당합니다</p>	
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**Bahasa Indo**

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<p>🗨️ Apa yang terlintas di benak Anda ketika memikirkan sebuah percakapan yang baik?</p> <p>Percakapan yang bermakna dimulai dari mendengarkan. Saat ini, percakapan terasa semakin reaktif – dipenuhi balasan cepat, percakapan singkat yang dangkal, dan notifikasi yang tiada henti. Melalui manfaat kesejahteraan dari <b>Intellect</b>, kami mengajak Anda untuk memperlambat ritme dan membangun percakapan yang lebih penuh kesadaran, sehingga Anda benar-benar merasa terhubung dan dipahami.</p> <p>Jelajahi konten di platform Intellect seperti “<a href="#">Mengomunikasikan Kebutuhan Anda</a>” untuk membawa kualitas hubungan Anda ke tingkat berikutnya!</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 <b>CODE*</b>/ 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 <b>CODE*</b>/ Klik “Continue with SSO”**</li> <li>3. Daftar menggunakan alamat email kantormu</li> </ol> <p>* gunakan kode akses unik organisasimu  <b>**hanya bagi organisasi yang memiliki SSO</b></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>🗨️ Apakah yang terlintas di fikiran anda apabila memikirkan tentang perbualan yang baik?</p> <p>Perbualan yang bermakna bermula dengan mendengar dengan penuh perhatian. Hari ini, banyak perbualan menjadi semakin reaktif, dipenuhi dengan balasan pantas, sapaan sekadar lalu, dan notifikasi yang tidak henti-henti. Bersama manfaat kesejahteraan <b>Intellect</b>, kami menggalakkan anda untuk memperlambatkan langkah dan mengadakan</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>

perbualan yang lebih disengajakan, supaya anda benar-benar dapat berasa difahami dan terhubung.

Terokai kandungan platform Intellect seperti "[Menyampaikan Keperluan Anda](#)" untuk membawa hubungan anda ke tahap seterusnya!

Jika anda belum berbuat demikian, mulakan perjalanan anda dengan Intellect di **komputer/ alat mudah alih** anda untuk menempah sesi **kejurulatan/ penjagaan/ menyeluruh**.

 **Di Web**

1. Lawati [app.intellect.co](http://app.intellect.co) (please hyperlink here)
2. Masukkan kod akses CODE\*/ Klik "Teruskan dengan SSO" (Continue with SSO)\*\*
3. Cipta akaun menggunakan alamat e-mel kerja anda

 **Di Aplikasi**

1. Pilih 'Saya pengguna baharu di sini' (I'm new here), kemudian 'Dengan organisasi anda' (With your organisation)
2. Masukkan kod CODE\*/ Klik "Teruskan dengan SSO" (Continue with SSO)\*\*
3. Daftar menggunakan alamat e-mel kerja anda

\*sila gunakan kod akses unik organisasi anda

\*\*hanya untuk organisasi dengan SSO