**DRAFT EMAIL FOR EMPLOYEES**

**Goal: Get Your Employees Signed Up for MindWell**

Hello \_\_\_(name)\_\_\_!

Would you like to…

… experience less stress?

… improve your well-being?

… feel your best?

If you’re like most people, you answered “yes”.

While it’s true that life may not always go as planned - a colleague calls in sick, a deadline is missed or something unexpected happens with your family - we *can* be better prepared to deal with these stressors so you can feel better and get back on track faster.

We are pleased to announce that we (company name) are launching MindWell company-wide as part of your health/employee program to provide you with simple, effective tools that will decrease stress, improve performance and help you better handle all life brings your way.

With these simple [evidence-based](https://www.mindwellu.com/research) tools and habits you’ll notice improvements not just in the workplace but in *all* areas of your life.

All you have to do is sign up to MindWell and [you will get access to:](https://www.mindwellu.com/introduction)

* **Training:** Evidence-based training that enhances your daily life by reducing stress, improving resilience and much more. Earn a Certificate of Training you can add to your resume.
* **Lives Classes:** Live classes and 4-week programs with leading experts on a variety of topics from exercise to meditation and even cooking classes. New classes and themes every month!
* **Video Library:** Take a class on your own schedule or learn how to tackle almost any life situation in these clips from leading experts inside MindWell’s on-demand library.

Sign Up Here: app.mindwellu.com/COMPANYTOKEN

If you have any questions about MindWell or need any help registering, please visit the [FAQ page.](http://app.mindwellu.com/faq2)

We look forward to seeing all the positive results you achieve embarking on this program.

SIGNED BY COMPANY