**DRAFT EMAIL FOR MANAGERS**

**Get your managers onboard to encourage teams to join MindWell**

We’re pleased to announce that COMPANY is providing all employees access to MindWell - a mental well-being platform that delivers evidence-based mental health tools and training shown to increase resilience, performance and psychological health and safety and decrease stress, anxiety and burnout.

Providing access to MindWell is part of our commitment to [INSERT your company objective - ex. creating a safer work environment, ensuring psychological safety of all employees, improving employee wellbeing etc.]

MindWell has three main components that may all be accessed once a user has created a profile on the MindWell platform:

* **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.

**What we’re asking of you:**

On DATE, we’re excited to launch MindWell company-wide and we’re looking for your support in maximizing the benefit of this training for COMPANY. Your involvement in this initiative will benefit you as a people leader, your employees and the entire organization as calmer, present and more focused employees lead to a safer and more productive work environment for all.

1. Sign up for your own personal MindWell account and have a look around to understand the platform. app.mindwellu.com/COMPANYTOKEN
2. Start or end your meetings with a reminder for your team to sign up for their own accounts. If they need any help registering, have them email [register@mindwellu.com](mailto:register@mindwellu.com) and the MindWell team will assist them. Don’t worry - you are not responsible for any trouble shooting.
3. Reiterate that the training is [proven](https://www.mindwellu.com/research) to reduce stress, improve well-being and help them feel their best for whatever life brings their way.
4. There are many ways to utilize MindWell including live classes and video on demand. The topics vary from light exercise to healthy cooking classes - all of which will have lasting positive effects on the mental health and well-being of your team.
5. Find ways to encourage and incentivize your team to commit to attending one weekly live class. Consider attending a class as a team or setting aside a 20-minute allotment for each team member where they can log into MindWell and choose a live class, recorded video or training module to complete.

**Thank you for your help making this a beneficial and impactful experience for all!**