**DRAFT EMAIL FOR MANAGERS**

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

On DATE, we’re excited to launch MindWell’s [*Take 5 Daily*](https://www.mindwellu.com/take5-video)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.

So, what is *Take 5 Daily?*

Take 5 Daily is an online training designed for people who want to decrease stress, improve their well-being and ultimately - feel better and bounce back faster when they’re met with life’s stressors.

The good news?

All of this is possible in just 5-10 minutes a day when you log onto MindWell’s platform on any device and get your daily dose of Take 5. In other words, you’ll learn simple, effective tools that have been shown by [researchers](https://www.mindwellu.com/research) to lower stress, increase resilience, improve teamwork, and strengthen leadership skills.

Just imagine how life would improve when your entire team comes to work better rested, less stressed and able to bounce back faster from stressors like tight deadlines, short staffing and more.

This is where you come in. We are asking you to lead by example and take part in Take 5 Daily yourself *and* encourage your team to do the same. The more people we have reaping the benefits of this program, the better for all involved.

**What we’re asking of you:**

1. Sign up for your own personal MindWell account if you don’t have one already and sign up for Take 5 Daily. app.mindwellu.com/COMPANYTOKEN/T5D
2. Promote the program to your team by sharing the benefits listed above and by reminding them to sign up during meetings. If they need any help registering, have them email [register@mindwellu.com](mailto:register@mindwellu.com) and the MindWell team will assist them. You are not responsible for any trouble shooting.
3. Set a start date for you and your team to begin the training together. Having others going through the program at the same time helps with accountability and team engagement.
4. Once your team has started *Take 5 Daily,* consider starting meetings/shifts/jobs by doing a Take 5 practice together as a team and providing your colleagues with an opportunity to share what they are learning.
5. Most importantly - remember that every Take 5 completed leads to an improved workplace and better well-being for everyone.

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