**DRAFT EMAIL FOR EMPLOYEES**

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

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

The benefits of any positive behaviour increase exponentially when the behaviour becomes a daily habit.

MindWell’s *Take 5 Daily* offers bite-sized learning modules and exercises to help you develop the habit of *mindfulness-in-action* so you can decrease stress and feel and perform your best no matter what life brings your way.

That’s why we are excited to announce that we (company name) are launching MindWell’s *Take 5 Daily* company-wide as part of your health/employee program to provide you with simple, effective tools that will help you deal with life’s stressors more effectively so you can feel better and get back on track faster.

With these simple [evidence-based](https://www.mindwellu.com/research) tools and habits you’ll notice improvements in *all* areas of your life.

All you have to do is sign up to MindWell’s online training platform and *Take 5 Daily* today.

Sign Up Here: app.mindwellu.com/COMPANYTOKEN

If you have any questions about *Take 5 Daily* or need any help registering, please visit the [FAQ page.](https://app.mindwellu.com/faq2)

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

SIGNED BY COMPANY