

Subject: Step into summer mentally fit with Yet

Dear [NAME/Colleagues],

We all sometimes need a bit of extra support to overcome obstacles and challenges. With the holidays approaching, you might feel the urge to push through on your last reserves. Not advisable and not necessary. Just one hour can be enough to adjust course and start the summer on a positive note.

That's why, throughout June, we are offering you a free personal session with an experienced professional from Yet.

Whether you're stuck at work, experiencing stress, having issues with a colleague, or just need some extra help to achieve your ambitions, one good conversation can help you get a grip on the situation and take the next step.

The great thing is that you can book the session whenever you need it, without waiting lists, including evenings and weekends. The session is quick and easy to book online, allowing you to choose the most suitable professional for your needs. For example, a leadership coach, a psychologist, or a career coach. Two short questions on the site will help you make your choice. The one-on-one session lasts an hour and takes place online, so you don't lose any travel time. All conversations are completely confidential, so sensitive topics can be discussed freely.

How to book a session?

- You can directly book a session on Yet's website: <https://yet.nl/en/plan>
- Answer two short questions to choose the most suitable professional.
- Select the day and time that works for you.
- Enter our company code XXXX when confirming to book at no cost.
- You will receive a confirmation email with a link to the video call.

At [your organization], we strive to create a positive work environment where everyone can have a meaningful impact. Don't hesitate to book a session if something is bothering you.

Warm regards,

[NAME]