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**C1 | Launch | Launch message and watch the explainer video**

**Great News: Yet Has Arrived!**

We're excited to introduce Yet – your personal guide, cheerleader, and sometimes, your gentle nudge in the right direction. Think of Yet as the person you turn to when you need clarity, support, or just someone to talk to. Almost too good to be true? Maybe. But here’s the catch: Yet isn’t a colleague you bump into by the coffee machine — it’s something even better.

**So... what is Yet?**

Yet is our all-in-one online platform, designed to support your mental well-being, personal development, and everything life throws at you — both at work and at home.

It brings together a powerful mix of professionals: psychologists, career coaches, leadership coaches, trusted advisors, and life counselors — all in one place. You choose who you want to talk to, anonymously, without wait times, and on your own terms.

**Take control. Tap into your strength.**

What makes Yet truly unique is the method behind it: Single Session Therapy (SST). Don’t worry — it sounds more complicated than it is. It simply means that a single, focused session gives you the clarity and tools you need to take the next step forward.

Feeling stuck, uncertain, or just need to get something off your chest? Book a session and let a Yet expert help you shift perspective and move forward.

Curious what one conversation can do? Book it now at <https://yet.nl/en/plan>

**C2 | L+1 | Questions and answers can be found in the FAQ**

**Got a question about Yet?**

Good — curiosity is the best place to start. Maybe you’re wondering, “Is Yet something for me?” or “What happens with my information?”

Totally fair questions. So here’s what most people want to know.

**When should I book a session with Yet?**

Whenever something’s on your mind. It might be something big, or just something that’s been bothering you for a while. Think stress, conflict at work or at home, low motivation, restlessness, self-doubt, or money worries. No topic is too small — anything goes.

**Do I need to know exactly what I want to talk about?**

Not at all. Sometimes you just have a sense that something’s off. That’s enough. The expert will help you get clarity on what’s going on and what you might need.

**How does booking work?**

You choose the type of expert that fits your situation — like a psychologist, coach, or counselor — and book a one-on-one session online. When booking, you’ll answer two short questions to help guide your choice. The session lasts about an hour and is fully confidential.

**Is anything recorded or shared?**

No. There’s no written report of your session. Your email address is deleted afterwards. The only things saved are your age group and education level — anonymously, and only to help us understand how Yet is being used. Nothing is ever linked back to you.

**Can I use Yet more than once?**

Absolutely. Each session stands on its own. There are no follow-ups, no referrals, and no record. You stay in control — and you decide if or when to book again.

**Still have a question**? Visit <https://yet.nl/en> or email us at [support@yet.nl](mailto:support@yet.nl).

Sometimes, one conversation really is all it takes.

Want to book a session? Go to <https://yet.nl/en/plan>

**C3 | L+2 | Separate intranet message**

**The power of Yet: why it works**

There’s always a reason not to talk about something.

It feels too small, too personal, too messy. You don’t want to complain. You don’t want to burden anyone. You're busy. You tell yourself it’ll pass.

But the truth is, when things pile up, they get heavier. That’s where Yet makes a difference — with one fully confidential conversation with an independent expert. Especially when it’s something that’s hard to discuss with a partner, manager or colleague, but the pressure is still very real.

Still need a reason to book a session with Yet? Here are three:

**1. Mindset matters – no matter how big or small the issue**

How you experience the world shapes your mental wellbeing. Everyone struggles with negative thoughts now and then. A fresh perspective — and someone who really listens — can help you see things differently and open up new options.

**2. One session can honestly be enough**

A session with Yet can be just the shift you need. Talking things through brings structure and creates space for solutions. 80% of people say one session gave them what they needed to move forward. It offers insight, reveals your own answers, and boosts your confidence.

**3. You’re not the only one affected**

When you’re not feeling like yourself, the people around you feel it too. Mood and energy are contagious. At work, it can affect your team. At home, tension builds. We respond to each other — and we influence each other, for better or worse.

Taking care of your own mental wellbeing is an investment in everyone around you.

It’s normal to hesitate before taking action. But it’s worth it.

Talking helps. It clears your head, gives you direction, and can actually shift a situation.

So — what’s stopping you? Yet’s experts are here when you’re ready.

Your wellbeing matters — for you, and for the people around you.

Want to book a session? Go to <https://yet.nl/en/plan>

**C4 | L+3 | Separate intranet message**

**Thinking about a session with Yet? Here’s what to expect.**

Considering booking a session with a Yet expert? It’s normal to have questions — especially if you’ve never done something like this before. Let’s walk you through what a session looks like, and how it can help.

**Get clarity and headspace**

Work. Life. It all adds up. Whether you’re feeling overwhelmed, stuck in a pattern, or just off your game — a focused conversation can shift something.

A Yet expert will help you get clear on what’s going on and what you’d like to get out of the session. We use a proven method called Single Session Therapy: one session, fully confidential, designed to help you move forward.

**Yes, one session can actually be enough**

Still on the fence? Totally fair. But the idea isn’t to fix everything — it’s to help you get unstuck.

Annelies, work & organisation specialist: "We’re trained to ask the right questions, so we can get to the heart of things quickly."

**One hour. Just for you.**

A session with Yet is one-on-one, lasts about an hour, and stands on its own.

Maud, psychologist: "We focus on what’s happening now, and what you want to take away from the session. Whether you need a plan, a shift in mindset, or just someone who gets it — we shape the session around you."

Jacobien, career coach: "It’s fully confidential. Nothing is recorded, and nothing is shared with your employer. The session is for you — and you alone."

**From stuck to structure**

When you’ve been sitting with something for too long, it can start to feel like a dead end.

Maud again: "Creating structure is often the first relief. Then we look at what action is possible — what’s in the way, what could help, and how you can take the next step."

**You’ll find the right expert for your situation**

Stress? Uncertainty? Something you can’t quite name? You’ll find someone at Yet who gets it.

Our experts include psychologists, leadership and career coaches, and more — so whatever’s going on, you’ll be matched with someone who fits.

**You’ve got this — and we’ve got you**

You don’t have to do it alone. One conversation can help you reconnect with your own strength and find a way forward.

Maud: "That’s what I love about this work — helping people realise they already have what it takes."

**Ready to book?** Head to https://yet.nl/en/plan and see what one good conversation can do.

**C5 | L+4 | Separate intranet message**

**New year, new focus? Maybe it’s time for Yet.**

The new year’s here — a moment to take stock and decide what really matters.

Maybe you want to manage stress better, set clearer boundaries, or finally take that next step in your career. All great goals — but where do you start?

Change doesn’t have to be big. In fact, small, realistic shifts often make the biggest difference.

**Here are a few that matter:**

– Focus on what you find important — not just what you think others expect from you

– Support new habits by adjusting your environment

– Be flexible. If your first plan doesn’t work, tweak it — don’t quit.

**And remember: you don’t have to figure it all out on your own.**

If you’re feeling stuck or overwhelmed, there’s always someone who can help.

With Yet, you can easily book a one-on-one session with a professional who fits your situation — whether it’s a coach, psychologist or career expert.

Just one session can bring clarity, focus, and a sense of calm.

**Ready to make space for what matters most to you?**

Book your session at https://yet.nl/en/plan

Let’s make this a year where your choices reflect who you really are — and what you actually need.

**C6 | L+5 | Separate intranet message**

**Make time for your Yet moment**

**We all have those times when life feels a bit off.**

Your head’s full, the pressure’s rising, you’re overthinking things — or just not quite yourself. That’s exactly when one good conversation can make a real difference.

**What’s a Yet moment?**

A Yet moment is time for you. Time to pause, reflect, and make sense of what’s going on. It’s not just a break — it’s support from someone who’s fully focused on helping you move forward.

Whether you need clarity, perspective, or just a space to breathe, one session can bring exactly that.

**How it works**

You’ll work one-on-one with an expert using the proven Single Session approach: a focused, powerful conversation that helps you move forward — right away.

There’s no long process, no follow-up required. Just insight, structure, and practical steps.

You choose your expert, book online, and meet in a fully confidential video session — no waiting, no referrals.

**Why wait?**

Sometimes, one hour is all it takes to feel lighter, clearer, and more in control.

So take the time. Invest in yourself. Give yourself that one moment that can change your direction.

Book your session at https://yet.nl/en/plan and see what one conversation can do.

**C7 | L+6 | Separate intranet message**

**Stress isn’t always a bad thing. Here’s why.**

We hear about it more and more: stress-related burnout, rising absenteeism, mental overload.

The numbers speak for themselves. If you’ve been feeling the pressure, it’s easy to lose sight of what’s actually going on.

But here’s something we don’t hear as often: not all stress is harmful.

**Stress is a natural response**

Stress is your body’s built-in way of dealing with pressure. It’s a survival response that helps you act fast, stay alert, and focus when it counts.

In the right amounts, stress can even be helpful — sharpening your thinking, boosting performance, and giving you that extra push when you need it.

**But too much stress? That’s a different story.**

When stress sticks around too long, it starts to take a toll — on your energy, your sleep, your mood, your focus. It’s your system’s way of saying: something’s off.

So ask yourself:

– What’s causing this?

– What can I shift — in the situation or in how I respond to it?

– What would help me feel more in control?

**You don’t have to figure it out alone**

Not sure where to start? A single session with a Yet expert can help you make sense of what’s going on and give you practical ways to regain clarity and calm.

It’s not about long-term therapy or fixing everything — just one focused, confidential conversation that gets you moving again.

Book your session at https://yet.nl/en/plan and see how one conversation can make a difference.

**C8 | L+7 | Happiness at Work Week**

**Take a moment for yourself during Happiness at Work Week**

Happiness at Work Week is a great reminder to check in with yourself.

Feeling under pressure? Or caught in a loop of racing thoughts and what-ifs? You’re not alone — and a few small shifts can make a big difference.

**Set boundaries (and stick to them)**

A healthy work-life balance isn’t a luxury — it’s a foundation.

Block out time for what matters, say “no” when you need to, and give yourself space to recharge. That’s not selfish — it’s smart.

**Talk it out**

Human connection makes work more meaningful.

Open up when it feels right, really listen to others, and don’t be afraid to ask for help.

You’d be surprised how much lighter things feel once you’ve said them out loud.

**Breathe. Move. Reset.**

Need to reset in the moment? Your breath is your best ally.

Try the 4-7-8 technique: breathe in for 4 counts, hold for 7, breathe out for 8.

Rather get moving? Go for a quick walk, bike to work, or grab someone else a coffee just because. Movement shifts energy — mentally and physically.

**Build your own resilience — with Yet**

Some questions need more than just a quick fix — they deserve real attention.

With Yet, you can book a one-on-one session with an expert in mental well-being, personal development, or workplace challenges.

It’s confidential, there’s no waiting list, and just one session might be all you need to feel clearer, stronger, and back in control.

**Power to you**

Ready to plan your session? Head to https://yet.nl/en/plan