# **Email Template 2**

**Week 2:**

**Warm up pre-launch**

(We recommend you to send this with a Calendar invite with the launch date & time)

SUBJECT LINE: Uprise is coming soon

[insert your logo banner + uprise logo (see resources section)]

We appreciate the efforts you make for Company name test and so I’m pleased to be able to announce that we’ve partnered with Uprise to offer a digital wellbeing coaching service for you.

Uprise was recently offered at [insert department/company name]. Here is a testimonial from a participant:

“*The Uprise process and facilitation has been fantastic… The videos thought provoking. The Coach I had was amazing and managed to contextualise and bring together the whole program.”*

We care about our people and appreciate that we could all do with more support when facing the stress of work and home life. Uprise is an app that can help in a few ways:

* If you want to learn the most recent evidence-based skills for building resilience then choose a course in the Uprise app
* If you want to work with a coach to apply the skills to manage something currently stressful then you can get a phone coach
* If you just want to see how you are going you can do a wellbeing check and get a report

Uprise was developed by their founder, Dr. Jay Spence, and has a strong evidence-based approach to support and all the coaches are licenced coaching psychologists or counsellors.

Uprise also provides therapy if you prefer that to coaching. You can also access counselling sessions via the website <https://uprise.co/employee>

Uprise will launch on [insert date] and we will send a signup link with the launch email.

Best,

[insert signature]