Player follow up 7 or 14 days

This suggested communication is for the players within a week or two of playing the Resilience game. Its purpose is to keep up momentum for actions and results.

# Communication

**Heading:** Resilience game session XX XXXX at XXam/pm

Hi there,

Last time I said how important it was to keep up momentum. This communication to remind us all about that.

You committed your energy, time and brain power to the game and we all want to see improvements. Our mental health and wellbeing are vital to us.

By now you may have some early positive results to share, have come across a challenge or two or simply gotten side-tracked by life and work events.

When we played the Resilience game we generated energy for improvement. I encourage you to stay focused on your results and:

* Share a success with your colleagues
* Ask for some coaching on a challenge you have

As always simply get in touch with me if you’d like some support.

I will get in touch with some of you over the coming days to hear more about how you’re getting in with building your resilience.

Regards

End