

Hi {Manager},

I'd love to enroll in a new learning opportunity from Susan David, Ph.D. Emotional Agility for Wellbeing at Work is a learning journey designed for working professionals interested in cultivating wellbeing for themselves and their organizations.

A few highlights include:

- Two virtual live sessions with Susan David, Ph.D.
- 15 exclusive emotional agility microskills completed over the course of three weeks
- A set of tailored discussion questions for individuals and groups to deepen their learning together

The skills offered would directly impact the way I show up for myself and others at work, and I would look forward to sharing the actionable tools gained through this experience with the rest of the team.

This opportunity costs \$199 USD. If you'd like, you can review the details [here](#) and learn more about Susan David [on her website](#).

Thank you for considering.

{Your Name}

P.S. This learning experience is also available at a special group rate, so if anyone else on our team is interested, we could [sign up together](#).