



Elevate Your Career with RethinkCare

Meetings, deadlines, and commitments at home – we get it, managing competing priorities can create challenges with our focus, time management, task prioritization and organizational skills. That's why your company provides RethinkCare's Professional Resilience benefit, so you can access the support you need to bring your best self to work.



Resources to Support Career Success

- **Evidence-based digital training courses** on professional development, emotional intelligence, managing work stress, collaboration with neurodivergent and neurotypical team members and more.
- **Personalized content** to help you build resilience, meaning and purpose in your work and develop a growth mindset.
- **Daily sessions, mini courses, and resources** to help you build practical, life-long skills to elevate your career.



Workplace Neurodiversity Support

- **1:1 Expert Consultations*** with on-staff neurodiversity experts to help you develop executive function skills and navigate daily work activities and relationships more effectively.
- **On-demand training** to motivate leaders and managers to initiate and support their employees' development.
- **Research-based courses and materials** to educate managers and colleagues around fostering inclusive environments.

1:1 Expert Consultations*

- On-staff consultants include masters- and doctoral-level practitioners who specialize in working with individuals with ADHD, autism, and more.
- No preparation required – during the first call, our experts will ask about your goals and what you hope to learn.
- Consultations are open to all employees—no need for neurodivergent identification or diagnosis.

New to RethinkCare? Enroll Today!

Enroll in your RethinkCare benefit and schedule your first consultation at:

Questions?

Reach out to support@rethinkcare.com.