

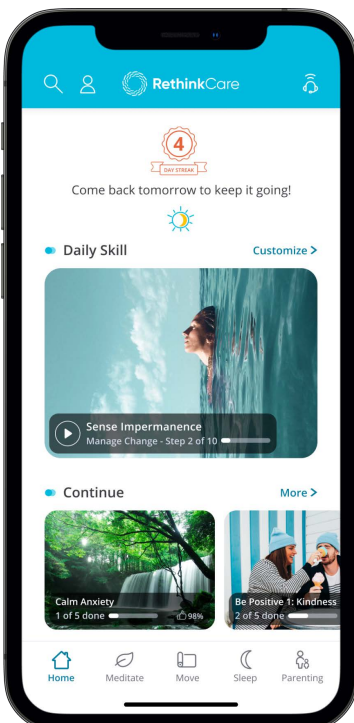


RethinkCare

For parents to thrive at work,
they first need to thrive at home.



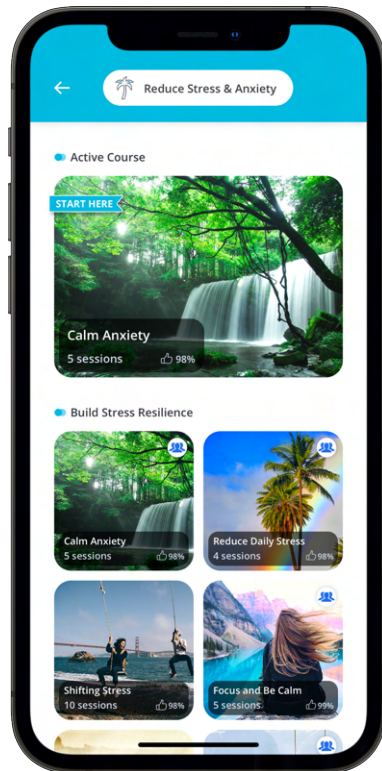
Parental Success, Personal Wellbeing, and Professional Resilience
Solutions for an Engaged and Resilient Workforce.



- ✓ Evidence-based **clinically-validated skills training** for employees' work and home needs.
- ✓ **Live consultations** with our Board Certified Behavior Analysts
- ✓ **370+ digital minicourses** supported by 9,000+ video / audio sessions, tips, articles and exercises.
- ✓ **9 languages available** to help employees worldwide optimize performance
- ✓ **The perfect complement** to enhance your existing caregiving, wellness, LMS, and EAP programs

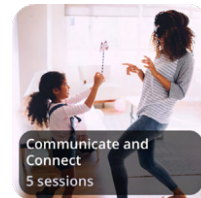
RethinkCare users learn immediate and repeatable skills to become better parents, employees, and versions of themselves.

Integrates Seamlessly Into Your Employee Experience.



Example courses include:

Parental Success



Personal Wellbeing



Professional Resilience



Created with 85+ leading MDs, PhDs & certified experts



Dan Siegel, PhD
Psychologist & Author
Cultivate a Healthy Mind



Mona Potter, MD
Medical Director
Adolescent Mental Health



Jeffrey Durmer, MD, PhD
CMO, Nox Health
Sleep



Michelle Maldonado, JD
Trainer, Search Inside Yourself
Emotional Intelligence



Anil Dindigal
VP, Salesforce
Sales



Linda Curtis
Trainer / Former VP, Visa
Financial Services



Rudy Wolf
Director of Safety, PG&E
Safety



Tara Cousineau, PhD
Chief Science Advisor, RethinkCare
Women in Leadership & STEM



Rick Hanson, PhD
Psychologist & Author
Positive Neuroplasticity

To learn more about our Parental Success, Personal Wellbeing, and Professional Resilience solutions, visit rethinkcare.com.








Chose 1, 2, or all 3 of our solutions to match your employee's needs and benefits strategy.

Parental Success








(including content for children with developmental disabilities)

 Mental Health - Parenting Skills NEW	 Practice Mindfulness With Your Child NEW
 Increase Awareness of Self & Others	 Build Daily Living Skills
 Practice Self Care	 Develop Communication Skills
 Manage Emotions	 Develop Motor Skills
 Develop Social Awareness	 Foster Play and Leisure
 Improve Social Skills	 Prepare for School
 Coping With Trauma	 Grow Social and Emotional Awareness

Personal Wellbeing

 Learn to Meditate	 Practice Yoga
 Reduce Stress & Anxiety	 Sleep Better
 Be Happier	 Improve Your Mental Health NEW
 Take One-Minute Breaks	

Professional Resilience

 Build Emotional Intelligence	
 Improve Relationships	 Support Diversity, Equity & Inclusion NEW
 Develop a Growth Mindset	 Authors and Certifications Series NEW
 Manage Career Stress	
 Boost Physical Health	

For Leaders, Supervisors and Employee Champions

73% of employees report increased focus and productivity at work

Resilience with Results

With a post-consultation Net Promoter Score of 86, our award-winning solutions address the root causes of your workforce's biggest stressors.



3 Solutions
on 1 unified platform



Live Access
to parenting experts



9,000+
audio & video sessions

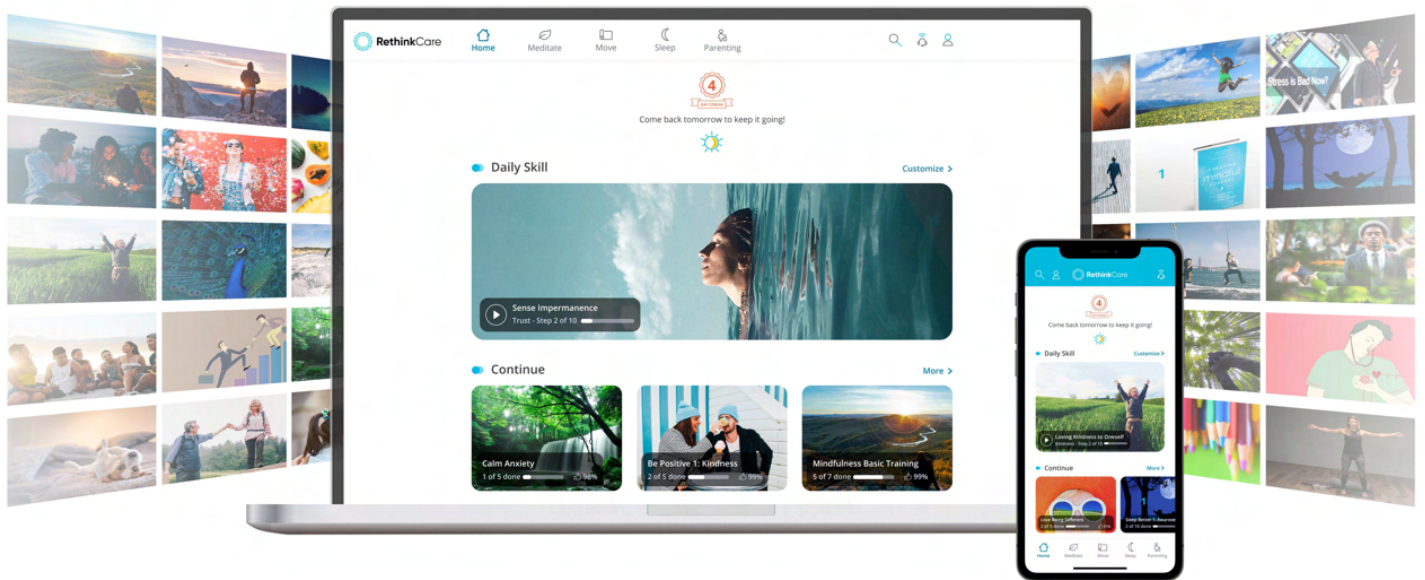


Support
for the parent, child & family



Global Access
in 9 languages

The Leader in Parental, Personal, and Professional Support



“



“I was struggling to help my son adjust to a new school environment. **Rethink empowered me with a new approach** to my son's issue.”

- Bridget, RethinkCare participant

Learn more at rethinkcare.com