



We all struggle with focus, time management, and organizational skills. These skills, known as executive functions, are essential to effectively navigate daily work activities and relationships. For those with ADHD, autism, dyslexia and other neurodiverse conditions, challenges with executive functions can be even greater.

RethinkCare provides expert-led training and consultations to help build an inclusive workplace, embrace neurodiverse thinking patterns and provide a supportive environment that allows all employees to succeed.

This benefit is provided by your employer at no cost to you.

With RethinkCare, you have access to:



Ongoing consultations
with a neurodiversity expert to address your specific challenges



Workplace skills training
to improve focus, task prioritization, time management and effective communication



Leadership and manager trainings
to foster a supportive and inclusive work environment



On-demand expert resources
including how-to videos and resources to teach crucial skills

Support for Employees

- Identify and gain skills to manage workplace challenges such as maintaining focus, prioritizing deadlines and effective time management and more.
- Improve your communication skills and learn how to advocate for the support and resources you need.
- Understand how to support colleagues with ADHD, autism, dyslexia and other neurodiverse conditions.

Support for Managers

- Understand strategies and tactics to support the success of employees with different thinking and working styles.
- Learn how to communicate effectively with employees who process information differently from you.
- Enhance your candidate interviewing skills to spot talented individuals among a diverse applicant pool.



Get started with RethinkCare today.

Scan the QR code or visit connect.rethinkcare.com/sponsor/snowflake

Questions? Contact support@rethinkcare.com.