



GLOBAL PARTNER



RethinkCare – Personal Wellbeing

RethinkCare's Personal Wellbeing solution helps employees learn mindfulness techniques and manage stress, anxiety and sleep issues in a changing world..

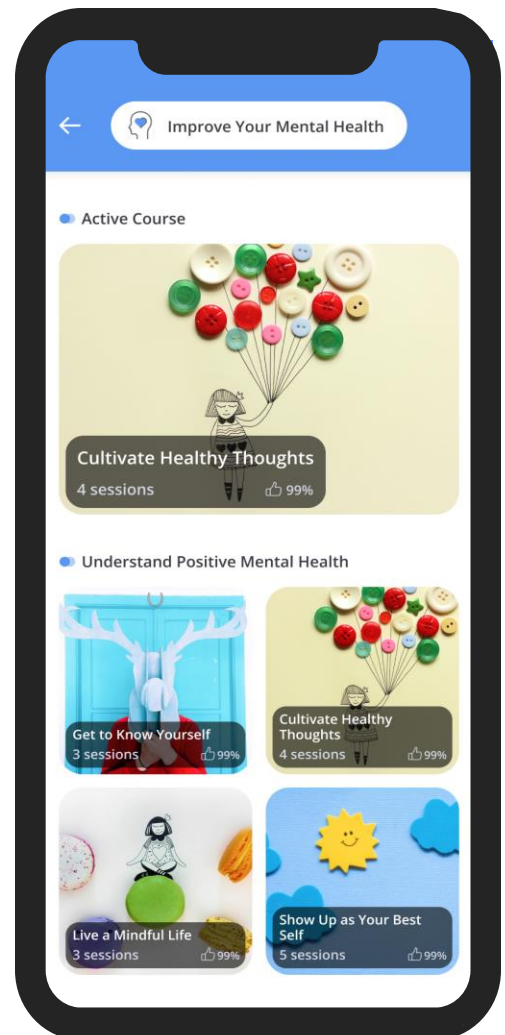
Evidence-based training that leverages neuroscience, positive psychology and adult learning theory.

Personalized and tactical meditations to learn, reinforce and apply new life skills.

Available in 9+ languages to help employees reduce stress and improve focus.

Integrates into your current ecosystem (Wellness, LMS and EAP platforms).

134 digital mini-courses with 25+ Challenges and 3,100+ sessions, tips, articles and exercises



8 evidence-based training collections to improve mental, emotional and physical wellbeing.

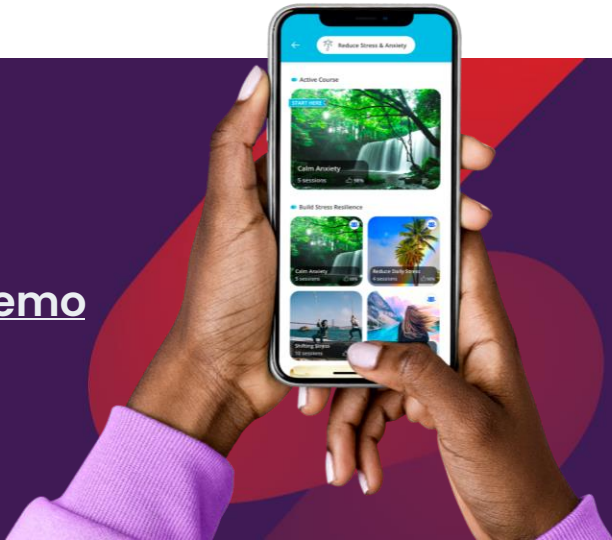
Personal Wellbeing

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

Example courses include:

- Mindfulness Basic Training
7 sessions
- Yoga Basics
9 sessions
- Cultivate Healthy Thoughts
4 sessions
- Experience Peace of Mind
5 sessions

Want to learn more?
Watch our [RethinkCare demo](#)





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RethinkCare – Professional Resilience

RethinkCare's Professional Resilience solution helps employees build emotional intelligence, create high performing teams and a healthy company culture.

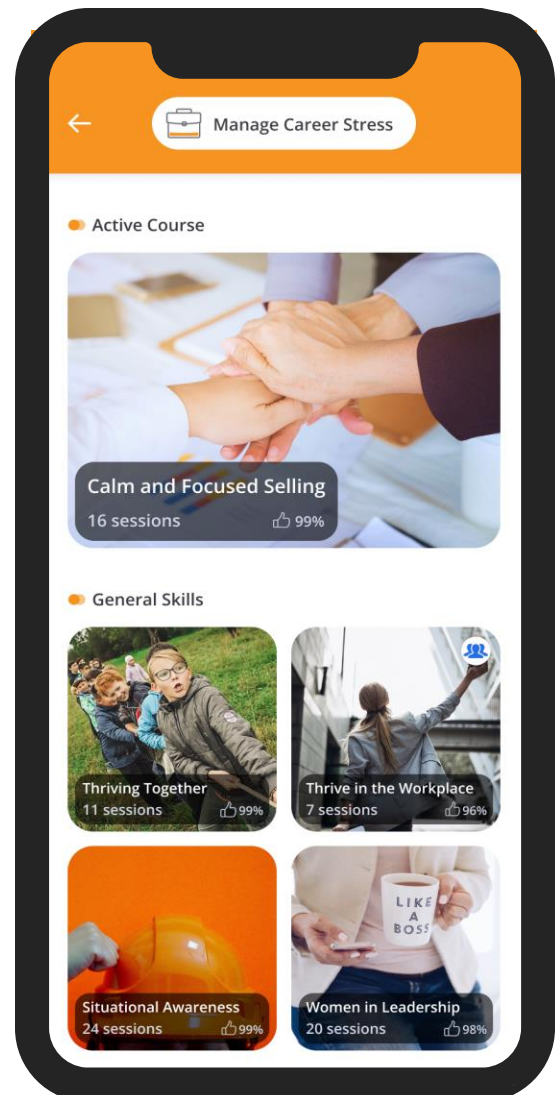
Targeted programs for leaders, supervisors and culture / wellbeing champions at any level.

Credentialed experts and a variety of programs to support a diverse and inclusive workforce.

Success Toolkit and Team Training Guides to create a culture of wellbeing.

Available in 9+ languages. The perfect micro-training for post pandemic professionals.

124 digital mini-courses with 30+ Challenges and 3,700+ sessions, tips, articles and exercises



8 training collections for personal growth, teamwork, emotional intelligence and leadership skills for the future of work.

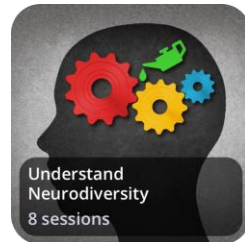
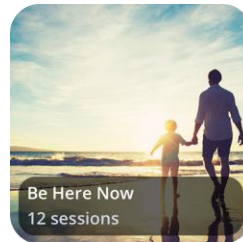
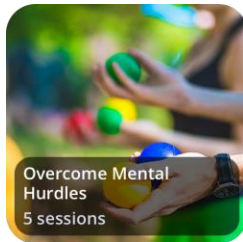
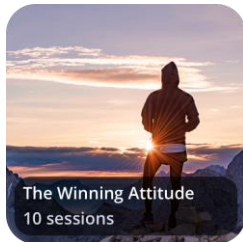
Professional Resilience

- Build Emotional Intelligence
- Improve Relationships
- Develop a Growth Mindset
- Manage Career Stress
- Boost Physical Health

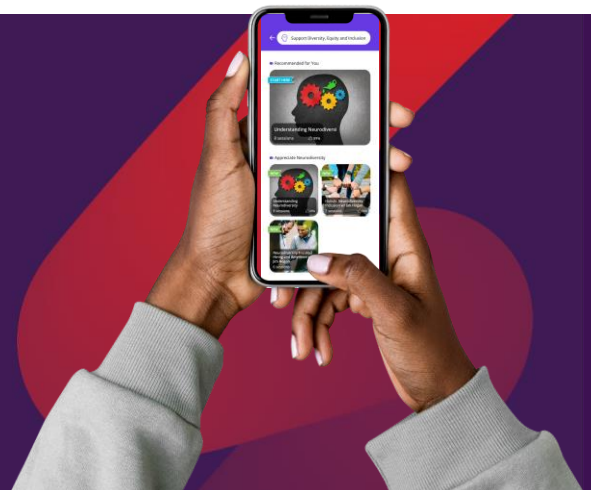
For Leaders, Supervisors and Employee Champions at Every Level

- Create a Culture of Wellbeing **NEW**
- Support Diversity, Equity & Inclusion **NEW**
- Authors and Certifications Series **NEW**

Example courses include:



Want to learn more?
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RethinkCare – Parental Success

RethinkCare's Parental Success solution helps caregivers raise more resilient children, including those with developmental and learning challenges.

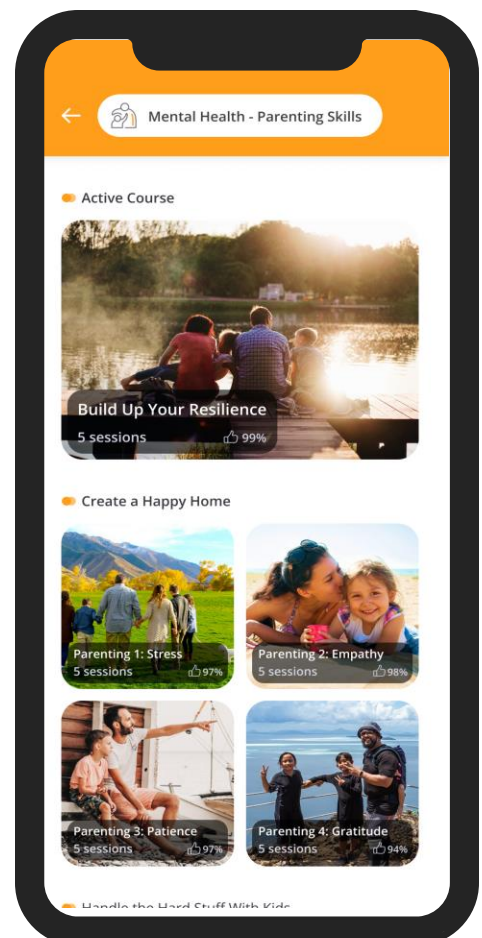
Clinically-validated with robust digital & live support for all age ranges and caregiving situations.

Supports the whole family by empowering any caregiver to manage challenging behaviors at home.

Deep clinical expertise for children with developmental challenges, including 1:1 tailored approaches for each child.

Equitable access for employees from diverse backgrounds with no diagnosis required.

110+ digital mini-courses with Challenges and 2,400+ sessions, tips, articles and exercises.



14 training collections for parenting life skills, including raising children with Autism, ADHD and other developmental challenges.

Parenting & Caregiving

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

Example courses include:



Want to learn more?
Watch our [Whil demo](#)



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Mental Health Mindfulness Essentials

Science-based mindfulness solution designed to help employees reduce stress and improve their mental wellbeing. Deliver an introductory subset of library content to increase employee mindfulness and productivity.

An introduction to mindfulness and stress reduction, with access to RethinkCare's top three (3) Personal Wellbeing training collections, including any new courses that may be added to such collections in the future: "Learn to Meditate", "Reduce Stress and Anxiety", and "Be Happier.

Evidence-based training that leverages neuroscience, positive psychology and adult learning theory.

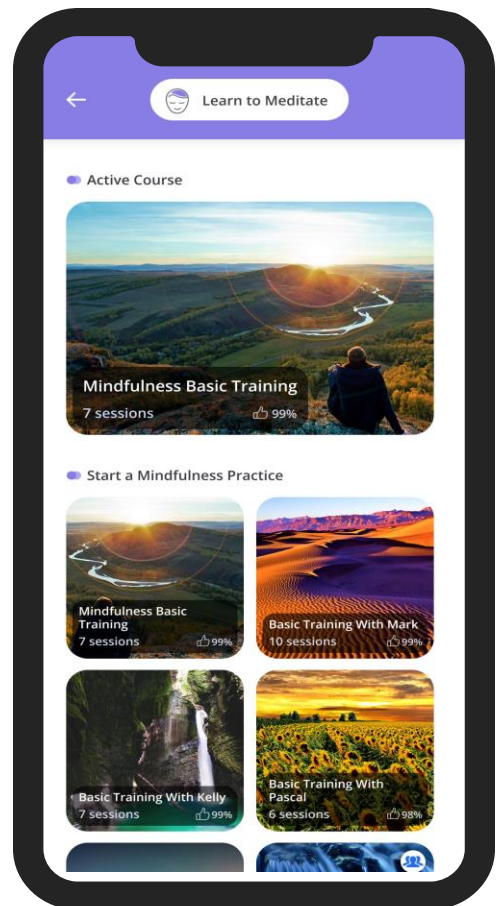
Integrates into your current ecosystem (Wellness, LMS and EAP platforms).

96%

Of participating learners say RethinkCare "helped me reduce stress"

88%

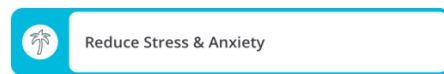
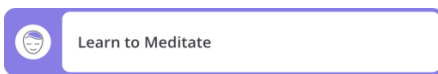
Virgin Pulse members clicked on RethinkCare promotion with 55k completing at least 2 sessions and 22k completing at least 1 entire week + program



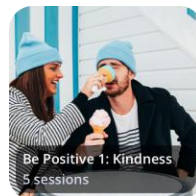
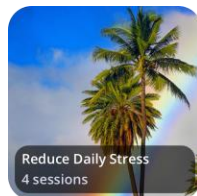
RethinkCare | Mindfulness Essentials

Top three (3) Personal Wellbeing training collections

Top 3 Collections



Example courses include:



Want to learn more?
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