



## Workplace Neurodiversity Support

### 1:1 Expert Consultations

RethinkCare offers free, personalized, virtual consultations with neurodiversity experts to help you with staying organized, maintaining focus, managing time, and regulating emotions. These skills, also known as executive functions, are critical to helping you navigate daily work activities and relationships more effectively. Our experts tailor each conversation around your specific needs. If you are a manager, consultations can help improve your ability to support neurodiverse employees and lead inclusively.



### Meet with On-Staff Experts

- Consultations are led by RethinkCare professionals, including those with master's and doctoral-level degrees
- On-staff consultants are experts in working with neurodiverse individuals, including those with autism and ADHD
- Consultations are open to all employees—no need for neurodiverse identification or diagnosis



### What to Expect

- No preparation required
- During the first call, our experts will ask about your goals and what you hope to learn
- For subsequent calls, you set the agenda for what you want to discuss
- Our experts will help you apply helpful strategies and resources into your daily work routine



### How to Book a Consultation

1. Log in to your RethinkCare account at [connect.rethinkcare.com](https://connect.rethinkcare.com)
2. Click the 'Experts' icon and navigate to the 'Workplace Neurodiversity' page to speak with a neurodiversity expert
3. Pick a day and time that works best for you and choose whether you want to meet over the phone or via video chat



### New to RethinkCare? Enroll Today!

Enroll in your RethinkCare benefits and schedule your first expert consultation at:

### Workplace Neurodiversity Experts Can Help:

- Express your needs and strengths in the workplace
- Recognize and manage executive function challenges such as staying organized and focused at work
- Meet deadlines, set boundaries, and improve work/life balance
- Strengthen workplace skills such as communicating effectively with supervisors and direct reports
- Understand and advocate for workplace support
- Motivate leaders and managers to initiate and support their employees' development

