

RethinkCare Program Description

RethinkCare is an employee benefit offered at no cost that offers a robust digital training experience and on-demand clinical consulting to support you across your parenting, personal, and professional needs. Through the RethinkCare platform, you have access to hundreds of expert-led training courses focused on helping you thrive at home and at work.

The Parental Success solution gives parents and caregivers the training and resources they need to raise more confident and resilient children, including those with developmental and learning challenges. Parents and families can also work one-on-one with on-staff Board-Certified Behavior Analysts across a broad spectrum of needs, including addressing challenging behavior, supporting your child's development, and more.

The Professional Resilience solution trains you for the future of work and prepares you to collaborate effectively with your neurotypical and neurodiverse colleagues. Employees and managers can also work one-on-one with on-staff Board-Certified Behavior Analysts across a broad spectrum of needs.

Finally, the Personal Wellbeing solution offers mindfulness and resilience trainings that teach you lifelong skills for managing stress, anxiety, and sleep issues.

[Click here to watch a video](#) on Sabre's RethinkCare program.

To enroll beginning 1/1/2025, go to connect.rethinkcare.com/sponsor/sabre to access your benefit.

Questions? Reach out to support@rethinkcare.com.