

# 2024 Content Calendar



RethinkCare will host a total of 12 webinars throughout 2024 as indicated below. Each thought leadership webinar will be tied to one of our three solutions: Parental Success, Personal Wellbeing and Professional Resilience. Please refer to [RethinkCare Webinars](#) for additional webinar details and information about how to register. Enrolled participants will receive a monthly communication from RethinkCare related to the theme, including webinar details. Participants will be invited to attend all webinars. Additionally, your Client Success Manager will provide updates on program features and content throughout the year.



## JANUARY

Executive Function: Get Ready for 2024



## JULY

Bring your Authentic Self to Work



## FEBRUARY

Create Harmony with Different Parenting Styles



## AUGUST

Transition Back-to-school with Strong Executive Functioning Skills



## MARCH

A Behavioral Approach to Neuro-inclusivity in the Workplace



## SEPTEMBER

Build Stronger Teams through Emotional Intelligence



## APRIL

How to Enjoy Parenting from an Empty Tank



## OCTOBER

Behaviorally Speaking Live: Developmental Disabilities



## MAY

How to Build Better Relationships through Positive Psychology



## NOVEMBER

How to Navigate Holiday Stress



## JUNE

How to Teach your Teen Resilience



## DECEMBER

Screen Time for Kids

Webinar descriptions listed on following pages.

Each webinar uses neuro-affirming language and elevates the neurodiversity of our RethinkCare participants. Please reach out to your Client Success Manager with any questions. We're here to help.



**JANUARY 18, 2024**

## **EXECUTIVE FUNCTION: GET READY FOR 2024**

**Speakers:** Kristin Bandi, MA, BCBA • Senior Director of Family and Clinical Services, RethinkCare  
Louis Chesney • Neurodiversity Program Manager, RethinkCare

**Description:** As we enter 2024, honing our executive functioning skills is more important than ever. These skills are a set of processes that help individuals manage their everyday lives, get things done, and control their emotions. People worldwide, irrespective of cultural or regional differences, often face obstacles in managing their daily tasks and staying organized, along with distractions that interfere with productivity and focus. Dive into an overview of executive functioning skills and ways to implement practical strategies to help build these skills.

**In this webinar, you will learn to:**

- Identify your strengths and areas for growth
- Access support and learn why it is important
- Boost skills like focus, organization, and task completion
- Address barriers like procrastination and challenges with time management



**FEBRUARY 15, 2024**

## **CREATE HARMONY WITH DIFFERENT PARENTING STYLES**

**Speaker:** Pasha Bahsoun, MA, BCBA • Director of Family and Clinical Services, RethinkCare

**Description:** Parenting styles naturally vary from caregiver to caregiver, whether it's due to cultural reasons, personal experiences from childhood, or general societal pressures. These styles can involve different viewpoints on discipline, teaching new skills, setting boundaries, or overall priorities you have for your child. But in truth, these differences don't have to conflict, and can often work hand-in-hand. Through compromise and collaboration, you can ultimately determine how to best support and teach your child to maximize their long-term success. This collaborative approach is also vital in families who have multiple caregivers, such as grandparents, or families who are going through a separation or divorce.

**In this webinar, you will learn:**

- Why consistency and collaboration are key when supporting your child
- Strategies to identify what your shared priorities are for your child
- How to collaborate with other caregivers to implement strategies to address these priorities
- Best practices for supporting a child living in separate households



**MARCH 21, 2024**

## **A BEHAVIORAL APPROACH TO NEURO-INCLUSIVITY IN THE WORKPLACE**

**Speaker:** Louis Chesney • Neurodiversity Program Manager, RethinkCare

**Description:** Building upon our previous webinar, "Neurodiversity Explained," we now delve into the transformative power of behavior in promoting neuro-inclusivity. While awareness is an important starting point, our actions lay the foundation for shaping workplace culture and relationships. In this webinar, we will explore how our behaviors, even more than our attitudes or beliefs, have enduring effects on our environment. Gain practical insights into why shifting behaviors can help bridge existing gaps and inspire us to embed systemic solutions to workplace challenges.

**In this webinar, you will learn:**

- What neuro-inclusivity is and why you should embrace it
- The limits of unconscious bias training and its potential drawbacks
- Why new behaviors lead to organic shifts in thinking and perception
- Practical exercises to experiment with new behaviors in the workplace



**APRIL 17, 2024**

## **HOW TO ENJOY PARENTING FROM AN EMPTY TANK**

**Speakers:** Kelly Deacon, BCBA, LBA • Director of Clinical and Family Services, RethinkCare  
Carmen Torres, MA, BCBA, LBA, LPC • Director of Clinical and Family Services, RethinkCare

**Description:** Parenting is one of life's biggest joys, but it comes with its own set of challenges. The reality is we don't have endless wells of energy—despite how much we love our kids. When demands and stress exceed our resources, our well-being suffers. This struggle to cope is often referred to as “burnout,” which the World Health Organization describes as “a vital state of exhaustion.” Originally identified as a work-related phenomenon, burnout has only recently been studied in the parental realm. Once considered a shameful admission, parental burnout awareness is more and more often in the forefront of conversation among parenting blogs and resources. Join us in the exploration of the history, symptoms, and impact of parental burnout. We will share resources and strategies to both cope with burnout and build resilience for a better, happier life.

### **In this webinar, you will learn to:**

- Identify the signs, symptoms, and risk factors of parental burnout
- Discover the impact of burnout on kids and families
- Boost awareness and learn strategies to counteract parental burnout



**MAY 23, 2024**

## **HOW TO BUILD BETTER RELATIONSHIPS THROUGH POSITIVE PSYCHOLOGY**

**Speakers:** Katie Curann, MAPP • Chief Wellbeing Officer, Proof Positive: Autism Wellbeing Alliance  
Patricia Wright, PhD, MPH • Executive Director, Proof Positive: Autism Wellbeing Alliance

**Description:** Establishing good interpersonal relationships at work significantly impacts job satisfaction and the enjoyment people experience at work. This session will focus on effective positive psychology practices that help colleagues connect and can also extend past work and help establish and strengthen positive relationships between family members and friends. Loneliness concerns everyone, from parents of disconnected teenagers, a colleague who has just relocated to a new town, to a neurodivergent employee who feels alone at work to the Surgeon General of the United States with his report *Our Epidemic of Loneliness and Isolation: The U.S. Surgeon General's Advisory on the Healing Effects of Social Connection and Community*. Join us to learn about and apply effective practices to promote connection.

### **In this webinar, you will learn:**

- The benefit of “active constructive responding” when interacting with another person
- How to evaluate your interactions at work with colleagues and at home with family members and determine strategies to apply to improve communication and connecting with others
- The impact of loneliness on health and wellbeing



**JUNE 20, 2024**

## **HOW TO TEACH YOUR TEEN RESILIENCE**

*\*This webinar is suitable for US and global employees alike.*

**Speakers:** Jennifer Wilkens, MA, BCBA • Senior Director of Family and Clinical Services, RethinkCare  
Kelly Deacon, BCBA, LBA • Behavior Consultant/Parent Trainer, RethinkCare

**Description:** Resilience is the process and outcome of successfully coping and adapting to difficult or challenging life experiences. For teens, difficult life experiences can change the way they view and interact with the world around them, and this can affect mental health, connections with others, and quality of life. Life does not come with a map or a set of instructions, so how do we equip teens with the skills to successfully cope and adapt to challenging life experiences?

### **In this webinar, you will learn:**

- How to communicate the difference between persistence and resilience to your teen
- How to create an environment where your teen feels safe talking about setbacks, challenges, and difficulties
- Which research-based strategies are best for teaching resilient skills to your teen
- How resilience can be beneficial for issues like bullying, poor grades, trouble with friends, advocacy, and more



**JULY 18, 2024**

## **BRING YOUR AUTHENTIC SELF TO WORK**

**Speaker:** Louis Chesney • Neurodiversity Program Manager, RethinkCare

**Description:** Amidst the rapidly changing U.S. work landscape, having a space where everyone can genuinely be themselves, especially for neurodivergent employees, has never been more critical. As we look to the future, authenticity and differentiating ourselves could be key to unlocking new opportunities. Dive into the importance of being true to oneself and ensuring that respect and appropriate boundaries are upheld for all. In this webinar, we will explore ways to help both you and your colleagues shine authentically.

### **In this webinar, you will learn to:**

- Understand the evolving definitions of authenticity and its implications in a workplace context
- Recognize common barriers that prevent genuine self-expression and hinder authenticity at work
- Identify strategies for fostering trust and authentic interactions from senior leadership to team levels



**AUGUST 15, 2024**

## **TRANSITION BACK-TO-SCHOOL WITH STRONG EXECUTIVE FUNCTIONING SKILLS**

*\*This webinar is suitable for a global audience with children between the ages of 3 to 18.*

**Speaker:** Kristin Bandi, MA, BCBA • Senior Director of Family and Clinical Services, RethinkCare

**Description:** Big transitions can be tough, even those that we do year after year. Transitioning back to a school routine can present its own set of challenges, particularly after a summer of fun. Executive functioning skills, that is, the skills that help us manage our time, stay organized and focused, plan our day, prioritize our tasks, and more, make up a significant area of concern for parents during back-to-school transitions. Join us for an inside look into the skills that make up executive function and learn how to foster your child's growth in this area.

### **In this webinar, you will learn to:**

- Identify your child's strengths and challenges
- Improve your child's organization, time management, and planning
- Address barriers to paying attention, focusing, and starting/staying on task
- Increase your child's independence and emotional regulation



**SEPTEMBER 19, 2024**

## **BUILD STRONGER TEAMS THROUGH EMOTIONAL INTELLIGENCE**

*\*This webinar is suitable for US and global employees alike.*

**Speakers:** Dr. Angela Nelson • VP of Operations and Executive Director of Clinical Services, RethinkCare  
Jennifer Wilkens, MA, BCBA • Senior Director of Family and Clinical Services, RethinkCare

**Description:** Building strong teams is critical to organizational success and workplace satisfaction but it is sometimes easier said than done. This is not only the task of leaders but everyone who takes part in a team at the organization. In this webinar, you will learn how emotional intelligence, that is, the ability to understand and manage your emotions, as well as recognize and influence the emotions of those around you, helps us with team building.

**In this webinar, you will learn:**

- What emotional intelligence is and why it's important at work
- How emotional intelligence skills facilitate team building
- Ways to boost your emotional intelligence, regardless of your starting point and current abilities



**OCTOBER 17, 2024**

## **BEHAVIORALLY SPEAKING LIVE: DEVELOPMENTAL DISABILITIES**

**Speakers:** Dr. Angela Nelson • VP of Operations and Executive Director of Clinical Services, RethinkCare  
Kristin Bandi, MA, BCBA • Senior Director of Family and Clinical Services, RethinkCare

**Description:** Based on popular demand, clinicians and the hosts of the podcast, Behaviorally Speaking, Kristin Bandi and Angela Nelson, come together for a live, fireside chat about developmental disabilities in kids and teens. In this discussion, they will answer your questions about diagnosis, school support, evidence-based therapies, supporting skill-building and self-advocacy, the future of disabilities in the workforce, and much more. This chat is geared for parents both inside and outside the United States, raising children ages 1 to 18. This chat will be driven by questions submitted ahead of time by parents like you! Feel free to submit your questions to [hollie.mhlanga@rethinkcare.com](mailto:hollie.mhlanga@rethinkcare.com). Questions will be prioritized based on supporting the greater good of our diverse attendee group. Questions very specific to your own family can be supported through 1:1 consultations, which you can sign up for through the in-app "Experts" tab.



**NOVEMBER 21, 2024**

## **HOW TO NAVIGATE HOLIDAY STRESS**

**Speakers:** Dr. Joseph (J.J.) Ferrito • Director of Mental Health Learning and Research

**Description:** For a variety of reasons, it can be challenging to balance work, health, relationships, and family during the holidays. How we navigate and prioritize the different areas of our lives can make a big difference in how much we experience being present, fulfilled, and connected to what matters most to us. In this webinar we will share strategies rooted in Acceptance and Commitment Therapy, an approach that emphasizes finding ways to put values at the center of decisions and actions. Amid what can feel like holiday chaos, having a clear sense of what is important and ways to connect with it can help us be more flexible and resilient to stress.

**In this webinar, you will learn to:**

- Understand the role of values, acceptance, and committed action in holiday stress
- Survey and identify your values heading into the holidays
- Plan ways to focus and act on what is important to you



## DECEMBER 19, 2024

### SCREEN TIME FOR KIDS

*\*This webinar is for a global audience, and it will discuss strategies for children from 2-17 years old*

**Speakers:** Vivian Escobar, MAT, BCBA • Director of Family & Clinical Services, RethinkCare  
Kelly Deacon, BCBA, LBA • Behavior Consultant/Parent Trainer, RethinkCare

**Description:** In today's fast-paced world, screens have seamlessly integrated into various facets of our lives, spanning work, education, leisure, and social interactions. The pervasive nature of screens has significantly impacted the upbringing of children, who are now more immersed in screen-centric activities than ever before. However, many children lack the necessary self-management skills to regulate their screen usage effectively. This lack of screentime management skills can manifest in various problematic patterns, ranging from off-task behavior and avoidance of social interactions to extreme emotional responses. Recognizing the need for a comprehensive approach, parents can benefit from a strategic guide on instilling healthy screen habits that extend beyond conventional duration recommendations. Our upcoming webinar aims to provide parents with a roadmap for cultivating effective screen management plans tailored to the individual needs of their children. We will consider factors such as age, skill level, personality traits, and the innate drive for autonomy. Join us as we delve into practical strategies for fostering a healthy relationship between children and screens in today's digital age.

**In this webinar, you will learn:**

- What screen time is
- Effective approaches to collaborate and engage in conversations about screen time with your children
- Strategies for establishing healthy screen time habits that empower children, while consistently maintaining boundaries
- Specific tools and resources designed to facilitate mindful and constructive screen time use