

International Women's Day

Celebrating Women in the Workplace

RethinkCare celebrates Women in the Workplace, and International Woman's Day.

Check out these support resources for Working Women:

- [Women in Leadership](#) – More than just one day
 - Our Women in Leadership 4 Week Course is included in our Managing Career Stress Collection. With daily sessions available for 5,10, or 20-minute sessions, this course can fit into any schedule.

Additional support resources for Working Women

- [Managing Mom Guilt - RethinkCare Podcast](#)
- [4 Ways to Thrive as a Female Leader PDF](#)



Log in or Enroll in RethinkCare:

All RethinkCare resources are available **at no cost to you through Personify Health. Not a Personify Health member yet?**

Visit <https://app.personifyhealth.com> (Formerly Virgin Pulse)

Woman in Leadership Playlist

Celebrate Women in the Workplace: “Women in Leadership” is a 4-week course with daily sessions for women professionals to improve mental wellbeing while developing a growth mindset.

Women In Leadership



● Week 2: Understand Bias, Confirm You Belong

● Week 1: Start With Wellbeing

- ▶ Introduction
- ▶ Ignite Your Calm and Connect System
- ▶ Set Intention
- ▶ Sense the Body
- ▶ Relax the Nervous System
- ▶ Get Down to It
- ▶ Takeaways

● Week 4: Connect and Thrive

● Week 3: Maintain a Growth Mindset

- ▶ Introduction
- ▶ Develop Your Wise Inner Voice
- ▶ Make Room to Discover
- ▶ Being Confident
- ▶ The "I Don't Know" Mind
- ▶ Uncover Blind Spots
- ▶ Takeaways

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Choose from 5, 10, or 20-minute Daily Sessions