

Free Webinars Q2 of 2025

PROVIDED BY YOUR EMPLOYEE
ASSISTANCE PROGRAM
505-254-3555

The Science of Laughter

04/30/2025

4:00-5:00pm

This webinar explores the science behind the healing power of laughter, the psychology of humor and physiology of laughter. Plan to giggle, chortle, chuckle, laugh and walk away feeling better as you will gain a first-hand understanding of the value of laughter as good medicine.

Registration: <https://attendee.gototraining.com/r/7379269381961662209>

Overload: Staying Centered in a Volatile, Uncertain, Complex & Ambiguous (VUCA) World

5/30/2025

1:00-2:00pm

The volume of life has been turned up for many of us. With information and technologies coming at us faster than we can discern and emotional upheaval in all parts of our lives, the sense of being overwhelmed is a common experience for people in this country and in the world. In this webinar, we will discuss techniques for staying grounded, better centered and resilient in the face of a very VUCA world. Registration:

<https://attendee.gototraining.com/r/8628259615533868289>

Communication in Relationships

6/23/2025

11:00am-12:00pm

Communication skills are some of the most important skills that we can develop and improve upon. At work, at home and in other interpersonal relationships, poor communication is the most cited reason for difficulties, conflicts and struggles. This webinar looks at key components of good relational communication and ways we can improve our skills for healthier relationships in every part of our lives.

Registration: <https://attendee.gototraining.com/r/5856464469189678819>

Q2 2025

