

## **Veterinary Professional Assistance Program Webinar Descriptions**

### **August-November 2025**

#### **Welcoming Change into Your Life**

August 13, 2025, 12-1 p.m. Central

Change is a natural part of life. While some changes can affect the very structure of your life, other changes can have subtle impacts on your day-to-day activities. Sometimes you may be aware that a change is imminent but are uncertain about what it will involve and how it will affect your life. Situations like these can create ambiguity, worry, or a sense of loss and sadness. This seminar will address the emotional reactions that participants may experience when confronted with change, taking into account their personality and strength, and provide coping skills to enable them to manage change more effectively.

At the end of this seminar, participants will be able to do the following:

- Understand the four different types of change.
- Develop strategies for managing change effectively.
- View change in a more positive manner.

**Zoom registration link:** <https://join-health-meet.zoom.us/meeting/register/Y4g8nVBgQWmelwIqOV4Pug>

#### **Suicide Prevention**

*(This is a VPAP customized presentation. It has not yet been finalized, stay tuned.)*

*Target date Sept 10, 12-1 p.m. Central*

Being able to recognize the risk of suicide and learning how to intervene in these difficult situations, requires training. With the right knowledge, skills, and strategies, it's possible to serve as a support to those in need.

At the end of this seminar, participants will be able to do the following:

- Recognize key risk factors and warning signs.
- Learn tips and strategies to assist colleagues.
- Understand available support options.

**Zoom registration link:** Coming soon

#### **Understanding Different Personalities for Better Collaboration**

October 8, 2025, 12-1 p.m. Central

Workplaces can produce high achievers and dynamic team players. They can also be places where employees become regularly frustrated or annoyed with co-workers, be they bullies, people-pleasers, whiners, or gossipers. Developing techniques to address these challenging personality types can greatly increase staff's morale and job satisfaction. This seminar will look at the distinction between difficult behavior and difficult people and

provide participants with strategies to respond effectively to challenging situations with a focus on assertive communication.

Objectives:

- Identify common types of difficult people.
- Understand people's needs and motivations.
- Deal with difficult people.
- Recognize areas for personal development.

**Zoom registration link:** [https://join-health-meet.zoom.us/meeting/register/Vb7Yen5-RZKGxpbQ\\_h\\_vmw](https://join-health-meet.zoom.us/meeting/register/Vb7Yen5-RZKGxpbQ_h_vmw)

## **CREATING BALANCE**

November 12, 2025 12-1 p.m. Central

In today's environment of competing demands, relentless commitments, and a consistent feeling of shortage of time, balance often does not come easily or naturally. A conscious effort, deep commitment, and clear priorities are required to create and protect one's sense of balance. This seminar will help participants explore how their current choices impact their work-life satisfaction and help them to develop strategies to achieve a greater balance in life.

Objectives:

- Understand what balance means.
- Recognize what they can and cannot control.
- Identify priorities in their lives.

**Zoom registration link:** <https://join-health-meet.zoom.us/meeting/register/VlrmSi3ITEuR2NjOAF1qyQ>