

August 25, 2017

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## Mindful Practices at Work Workshops



Join the Office of Employee Assistance for their Mindful Practices at Work workshops. To sign up for the workshops below, please click [here](#).

Wednesday, August 30<sup>th</sup>, 12:00 p.m. – 1:00 p.m., GL-482 | MMC

Friday, September 1<sup>st</sup>, 12:00 p.m. – 1:00 p.m., HL-319 | BBC

Wednesday, September 6<sup>th</sup>, 12:00 p.m. – 1:00 p.m., GL-482 | MMC

Wednesday, September 20<sup>th</sup>, 12:00 p.m. – 1:00 p.m., GL-482 | MMC

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## Sign Up Today for the Service Excellence Workshop



The Service Excellence workshops are back for the fall! Brush up on your 'in-person,' telephone, and written customer service skills. The workshops will cover:

- FIU's philosophy on Service Excellence
- Professionalism at work
- Effective service over the telephone
- Managing written correspondence
- Techniques for delivering excellent service, even in difficult situations

### Date and Time:

Wednesday, September 6<sup>th</sup>, 9:00 a.m. – 12:00 p.m., CSC-1144A | MMC

Thursday, September 21<sup>st</sup>, 1:00 p.m. – 4:00 p.m., CSC-1144A | MMC

Thursday, October 12<sup>th</sup>, 9:00 a.m. – 12:00 p.m., CSC-1144A | MMC

Wednesday, October 25<sup>th</sup>, 1:00 p.m. – 4:00 p.m., CSC-1144A | MMC

Space is filling up quickly. [Register today!](#)

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It's that time of year! Join FIU Athletics for the annual FIU Faculty, Staff and Retirees Appreciation Day on Saturday, September 9<sup>th</sup> at 7:30 p.m. in Riccardo Silva Stadium. FIU Faculty, Staff, & Retirees can purchase up to four tickets for only \$1.00 per ticket. Be sure to bring your blue and gold Panther Spirit as we support our student-athletes during the season football home opener against Alcorn State! Click [here](#) to purchase your tickets. Click on the "SPECIAL OFFERS" tab and enter code "PANTHERS" in the designated box. All online tickets will be held at Will Call. A valid FIU OneCard must be presented at the time of ticket pick up. For more information, please call FIU Athletics at 305-FIU-GAME.

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Calling all Faculty, Staff & Retiree parent/guardians of current FIU students! Join the Division of Student Affairs and the Office of Orientation and Parent Programs for the annual FIU Parent & Family Day on Saturday, September 9<sup>th</sup>. Come out for a full day of events, including a family brunch and the FIU Football home opener again Alcorn State University! To register you and your family for Parent and Family Day, please click [here](#). For more information and a complete list of events, please click [here](#). Have questions? Contact Orientation and Parent Programs at (305) 348-6414 or [parent@fiu.edu](mailto:parent@fiu.edu).

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Missed the FIU Faculty, Staff & Retiree Art Exhibition? Not to worry! Follow us on [Facebook](#) to catch our artist spotlights throughout Fall 2017. Special thanks to our friends at Vicky Café who offered a 10% discount until Thursday, August 31<sup>st</sup>. Click [here](#) to download and use your discounted coupon!

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[Click here to like us on Facebook!](#)

**Sign Up Today for the PAWS Physical Screening** – It's time to lace up your sneakers and begin your wellness journey! FIU is kicking off the Panther Active Wellness Services (PAWS) Wellness Journey challenge! Registration for an optional physical screening will be available through Monday, August 28<sup>th</sup>. Each screening takes about 10 minutes. To register, please click [here](#). Get excited for this year's Wellness Journey! View a special message from President Rosenberg [here](#).

**Lunchtime Workshops** – Sign up today for September's Lunchtime Workshops! PAWS presents "Don't Panic! How to Use Yoga to Survive the College Experience." Join Bonnie **Quiceno**, a **yoga instructor at FIU**, speaker, and author, as she shares innovative ways to get more yoga into your life, even if you're 'strapped' to your desk all day! Click [here](#) to sign up for the workshops below.

**Tuesday, September 12<sup>th</sup>, 12:00 p.m. – 1:00 p.m., GC-243 | MMC**

**Wednesday, September 13<sup>th</sup>, 12:00 p.m. – 1:00 p.m., HL-319 | BBC**

**Free Community Forum: Dollars & \$ense** – The Consortium for a Healthier Miami-Dade Worksite Wellness Committee presents a free, open community forum entitled "Dollars & \$ense: Making Wellness Dollars Work for You" on **Thursday, September 7<sup>th</sup> from 10:00 a.m. – 12:00 p.m.** at the **United Way Center for Excellence** located at 3250 SW 3<sup>rd</sup> Ave. To RSVP, please click [here](#).

**Consortium Connection August Newsletter** – This month's edition of the Consortium Connection newsletter is [here](#)! Click [here](#) to discover how to choose the right repellent during these summer months, how to get involved in the feature programs, and explore the calendar of events. Enjoy!

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**Employee Benefits**



**Address Review & Update Reminder** – The Division of Human Resources' Benefits Administration Department brings you this important update concerning your mailing address. In order to receive communication materials regarding your State-Sponsored Benefits on time, it is very important to keep your address of record up to date in our [PantherSoft System](#). If you have experienced any changes in address, please update your information on file immediately.

The address verification process in the People First system began on August 1, 2017. This annual process is necessary to ensure your current contact information is accurate within the State of Florida's People First portal. Click [here](#) for more information.

**Optional Life Insurance Premium Change** – The Benefits Administration Department brings you this important update concerning your Optional Life Insurance premiums, provided through Minnesota Life. The Optional Life Insurance premiums are calculated based on your age and salary. When you have a birthday reflecting a milestone age in five-year increments (ex: 45, 50, 55, etc.) and/or when your salary increases, the Optional Life Insurance plan premium will increase as well. For more information, please click [here](#).

**NEW Perks!** – The Division of Human Resources is excited to present to you FIU's fantastic perks! Discover **NEW** savings on restaurants, housing, car rentals, entertainment, and more [here](#).

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## Sign up today for the English Language Institute Classes!



Sign up today for the English Language Institute's Accent Reduction, Practical Conversation, and Advanced Grammar classes! Classes start in October. Classes will be offered:

**Mondays and Wednesdays, 7:00 p.m. – 9:30 p.m.**

**Tuesdays and Thursdays, 7:00 p.m. – 9:30 p.m.**

**Saturdays, 9:00 a.m. – 2:00 p.m.**

Registration is now open for the October term! Classes will be offered at \$249.00 per course, 50% off the regular price! This price is available to FIU employees only. All benefit earning employees have the option to use payroll deduction to pay for classes! Please bring your FIU OneCard when registering for any of these courses. For more information, please click [here](#), or call the English Language Institute at (305) 348-2222.

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## The Next Step: FIU Online Open House



**Make a change for the better with a graduate degree from FIU Online. As an FIU staff member, you can take advantage of the tuition waiver, apply for FIU Online scholarships, and begin your graduate program as soon as next term! Increase your possibilities, pursue more, and achieve your goals – come learn about FIU Online’s programs and enrich your path with one of the top online programs in the nation. Join us at our Open House:**

**Thursday, September 28<sup>th</sup>, 6:00 p.m. – 8:00 p.m. | MMC**  
**Saturday, September 30<sup>th</sup>, 10:00 a.m. – 12:00 p.m. | FIU at I-75**

Don’t have anyone to watch the kids? Bring them along! For more information or to RSVP, please click [here](#).