

May 17, 2019

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The Office of Employee Assistance – Mental Health Awareness Month



Mental health is essential to everyone's overall health and well-being, and mental illnesses are common and treatable. Navigating life with a mental health condition can be tough, and the isolation, blame, and secrecy that is often encouraged by stigma can create huge challenges to reaching out, getting needed support and living well. See below for workshops and other resources offered by The Office of Employee Assistance (OEA).

- [Mindfulness & Meditation Workshops](#) - Wednesday, May 22nd, 12pm – 1pm, MMC | GL-482
- [Online Mental Health Screening Test](#) – A free anonymous test for FIU faculty, staff, and their family members.

Questions? Contact the Office of Employee Assistance at 305-348-2469 or oea@fiu.edu.

FIU's Counseling & Psychological Services – Kognito



Difficulty conversations with distressed students can happen any time. FIU's Counseling & Psychological Services is pleased to introduce Kognito, an online resource that helps people prepare

for the conversations that matter most. This resources is free for faculty and staff. Visit [Kognito](#) today for more information and to try it out!

Questions? Contact Counseling & Psychological Services at 305-348-2277.

The Countdown is On! – Homecoming 2019



Mark your calendars and save the date for one of the most fun and spirited times of the year! Homecoming week will take place from Sunday, October 6th through Saturday, October 12th.

In addition to exciting programming for our students, some of your favorite faculty/staff activities and competitions will be making a comeback. Start thinking how you'll "Unleash the Spirit" for our Spirit Decorating Competition, Panther Pride Social Media Competition and for the highly anticipated Faculty/Staff Homecoming King and Queen.

Stay tuned for more information!

Questions Contact HR Relations at 305-348-0101, or hrrel@fiu.edu.

RSVP for Tech Day: Smartphone Photography – Friday, June 28th



Say cheese! Do you know a retiree or senior family or friend who may be interested in learning how to document their cherished memories and adventures through their smartphone? If so, please invite them to join us for the next FIU Retiree Association [Tech Day](#) on Friday, June 28th at 2pm at the

Engineering Center. Our Tech Days Team from the College of Engineering and Computing will provide tips on how to better understand and navigate smartphone photography. Additionally, our team will offer assistance with their other tech questions.

This free event is open to our community seniors. [RSVP](#) by Friday, May 31st. Seats are limited.

Questions? Contact HR Relations at 305-348-0101, or hrrel@fiu.edu

Employee Benefits – Important Updates and Reminders



Summer Benefits Walk-In Sessions

- Join us at the upcoming Benefits Walk-In Sessions to have all your benefits questions answered. All sessions will take place from 11am- 2:30pm at MMC | PC 411.
 - Thursday, May 23rd
 - Thursday, June 6th
 - Thursday, June 20th

Scavenger Perk Hunt

- Check out our NEW [Scavenger Perk Hunt Challenge](#) and seasonal perks.

Questions? Contact Benefits Administration at 305-348-2181, or benefits@fiu.edu.

Professional Development – Register for these Upcoming Sessions



Check out our upcoming workshops by logging into the [professional development registration site](#). The click “Upcoming Training” to see a calendar of upcoming professional development workshops.

- **Service Excellence Workshops** – Employees have an opportunity to learn about FIU’s philosophy on service excellence, professionalism at work, effective service over the telephone, and much more. Register for these classes today!
 - Thursday, May 30th, 1pm – 4pm, MMC | CSC 1144A
 - Wednesday, June 12th, 9am- 12pm, MM | CSC 1144A

Questions? Contact Talent Acquisition and Management at 305-348-2181.

- **Employee and Labor Relations** – Join the roundtable discussion on all things performance and questions you have related to this topic in your role as an employee.
 - Thursday, May 23rd, 12pm – 1pm, MMC | GL 835

Questions? Contact Employee and Labor Relations at 305-348-4186.

FIU Panthers Active Wellness Services – Florida Worksite Wellness Recognition



FIU's Panthers Active Wellness Services (PAWS) was recognized by the Consortium for a Healthier Miami-Dade and the Florida Department of Health of Miami-Dade County earning the 2019 Florida Worksite Wellness award! PAWS continues to evolve while providing faculty and staff the best wellness programs and offering possible.

Close out the academic year with PAWS on Tuesday, May 21st from 12pm - 2pm in the GC Ballrooms for the Finish Line Celebration. [RSVP today!](#) To help the program reach the Next Horizon, we need your feedback! Please complete the [PAWS: End of Year and Interest Survey](#) today.

Questions? Contact Panthers Active Wellness Services at 305-348-2530, or pawswellness@fiu.edu.

Did You Know – Inclusion, Diversity, Equity and Access (IDEA)



DID YOU KNOW?

The Office of Equal Opportunity Programs and Diversity (EOPD) has a new name! Effective immediately, EOPD is now called Inclusion, Diversity, Equity and Access (IDEA).

IDEA is committed to ensuring that instruction and services are delivered in a manner that is reflective and supportive of diversity as it relates to gender, socioeconomic status, gender identity, race, ethnicity, physical and mental ability, nationality, military status, sexual orientation, spirituality, and cultural identity.

Questions? Contact the Office of Inclusion, Diversity, Equity and Access (IDEA) at 305-348-2785.