

February 8, 2013

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The Office of Employee Assistance – “Insights” Newsletter, February 2013

The Office of Employee Assistance (OEA) is happy to present the February issue of [Insights](#). The newsletter begins with a description of OEA’s newest addition to the World of Wellness (WOW) Series – the Effective Communication online course. Following the theme of effective communication, this edition of *Insights* includes the article “The impact of communication on relationships” which highlights common communication mistakes made in relationships and effective alternatives. Finally, the newsletter concludes with very important information about the Faculty & Staff Behavioral Intervention Team (FASTeam), whose goal is to provide an integrated and coordinated process for identifying and responding to faculty, staff and other individuals who may be at risk of harming themselves or others. The FASTeam works in conjunction with the Behavioral Intervention Team for students (BITeam) to promote a campus that is safe.

If you have any feedback or questions about the services that the OEA provides, please call 305-348-2469.

FIU Faculty, Staff & Family Spring Picnic

SAVE THE DATE for the [FIU Faculty, Staff & Family Spring Picnic](#)! The annual event will be held on Saturday, April 13, 2013 between the Gold & Blue Garages! We look forward to seeing you and your loved ones at this special event! More information will be forthcoming later this month.

2013 Spring Wellness Expo

The Division of Human Resources is pleased to invite you to participate in our first 2013 Spring Wellness Expo: "Journey through Wellness." Benefits Administration is partnering with University Health Services to foster healthy lifestyles for faculty, staff and students through education, health promotion activities and preventive screenings. [Click here](#) for details about this energizing event.

[Relay with the TLC Brigade Team on Friday, March 1st – 6:00 p.m.](#)

The TLC Brigade Committee invites you to join us at this year's Relay For Life. During this special occasion, the FIU family and community comes together to celebrate our cancer survivors and caregivers, honor loved ones battling the disease, and to remember our heroes who have lost the battle against cancer. This will be a great opportunity for us to show our support to colleagues, family and friends who have been touched by cancer in many ways.

We invite you to get involved and help make this [Relay For Life](#) the most memorable event yet. Join the [TLC Brigade Team](#), start a new team, or simply stop by on Friday March 1st at 6:00 p.m. for the opening ceremony. This event will take place at the Ryder Business Building Circle on the Modesto A. Maidique Campus. The more participants we involve, the greater the difference we make in the fight against cancer. As a host site, fundraising is optional and not a requirement to participate. Our students and teams will also be selling lots of fun food items to help fundraise towards this worthy cause.

Cancer survivors will also enjoy a special dinner courtesy of the Relay For Life committee following the opening ceremony. Be sure to register today and bring family and friends to cheer you along during the Survivor/Caregiver Lap! Should you have any questions, please feel free to contact Trudy Fernandez, Director of HR Relations, at 305-348-0101 or Beatriz Newborn, HR Relations Coordinator and TLC Brigade Team Captain, at 305-348-6099.

Don't miss it – the next issue of FIU Magazine is almost here

The Spring 2013 issue of [FIU Magazine](#) comes out this month. Find out what we're doing to help students find employment, learn more about our new basketball coach and sand volleyball team, and be inspired by our successful alumni. Subscribe at go.fiu.edu/subscribe to get the digital edition in your email (print versions will still be available in PC and GC racks).

Leadership Lecture with Major General David Garza

Don't Miss The Leadership Lectures series with Major General David Garza, United States Marine Corps, Retired. Whether you are a military or civilian employee with aspirations of climbing the leadership ladder, there are important leadership fundamentals you must understand that can help you become a successful leader. The Military Leadership Fundamentals lecture will provide building blocks for leadership, necessary traits, values, and competencies, a problem solving process, and expected senior leadership cross functional skills. For more information and to RSVP, [click here](#).

To provide feedback on this newsletter, please contact us at hadmin@fiu.edu.