

September 12, 2016

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HR News

OFFICE OF EMPLOYEE ASSISTANCE



As part of the *Office of Employee Assistance's World of Wellness Programs*, we are now offering the second workshop of our 3-part series in mindfulness. This workshop is intended for individuals who have either attended the first workshop, **Exploring Mindfulness**, or for individuals who are practicing/have practiced mindfulness or meditation before. This workshop will introduce the use of meditation in the workplace to alleviate job stress and other emotional challenges, increase mental focus and foster a happier, more productive working environment. The workshop, **Mindful Well-Being at Work** will be available at both MMC and BBC and will be held in September and October.

To check out the workshop dates and register please go to: <https://professionaldevelopment.fiu.edu/>. You will receive one hour of professional development credit.

These workshops are designed to create a unique, more personal experience, so capacity is limited, therefore, if you are interested, please register early. The workshops will be offered again in October & November to accommodate everyone interested. We look forward to seeing you there.

For more information about the *Office of Employee Assistance*, please visit us at oea.fiu.edu or call 305-348-2469.

HR RELATIONS



Applications are now open for the [Berta D. Villares Book Scholarship](#). This scholarship will provide a one-time cash award to an eligible faculty/staff member currently using the FIU tuition waiver benefit to pursue their degree. Applications must be received by 5:00 p.m. on Friday, September 30, 2016 for consideration.

To review the criteria and to apply for the Berta D. Villares Book Scholarship, please click [here](#). Should you have any questions, please contact Trudy Fernandez, Director of HR Relations, at 305-348-0101.

BENEFITS AND WELLNESS



This workplace has been recognized by the American Heart Association for meeting criteria for employee wellness.

PAWS for Healthy Eating

September is Fruits and Veggies More Matters month. Fruits and veggies are nature's treat and easy to grab for a snack. For more information visit the [Fruits and Veggies More Matters](#) website. You can also join [America's More Matters Pledge to Fight Obesity](#).

Lunch and Learn

Our Lunch and Learn series begins September 20th at MMC! Please [register](#) to hear Jeska Brodbeck, from Be Light Yoga, speak on Mindfulness and Yoga: Real Tools for the Real World. This event is being co-sponsored the event with the Steven J. Green School of International & Public Affairs.

On September 21st we will have FIU Alum, Dr. Patricia Brathwaite, RDN, LDN, FAND, at the Biscayne Bay Campus, speaking on creating healthy habits and reducing stress around nutrition. On September 22nd Dr. Suzanne Minor will speak at the Parkview Multipurpose room on the topic, Transcending Diversity. On September 23rd Maria Negahbani Ph. D., MPH, MS, RD, LDN, CWWS, TTS, from the Florida Department of Health, will speak on Healthy Habits. Registration for these Lunch and Learn sessions are available on the [FIU Professional Development](#) website and each one will be worth one credit hour of professional development. Make sure to register soon, as seats are limited. Only 10 seats remain for the September 21st event in HL-319 at BBC, and 5 seats in GC Ballroom West, for the September 23rd event at MMC.

For more information on the events please contact Nathan Burandt at nburandt@fiu.edu or 305-348-2530. To view our upcoming events visit our [PAWS Events](#) page.

Podcast and Newsletter

The first ever PAWSCast is now available! Listen to Dr. Minor speak about "[Burnout and Resilience](#)". The podcast and newsletters will be released on the first Tuesday of every month. Register for PAWS Newsletter today! [Sign up for our newsletter here.](#)



Empower.fiu.edu – Now with Single Sign-On

Empower is a web portal that helps recognize our *Worlds Ahead* employees, in turn making FIU a better place to learn and thrive at. Through this portal you can recognize your colleagues for their exceptional work and service, and at the same time submit your *Worlds Ahead* ideas for improving FIU!

In October of 2015 we asked you, FIU's faculty and staff, to log on to **Empower** and recognize the great work that is being done throughout the University. Many of you answered that call. In an effort to make the process easier, we have implemented Single Sign-On for **Empower**. You can now log on using your regular AD credentials and join hundreds of FIU's faculty and staff who use **Empower** as a tool to recognize those who make a difference and suggest *Worlds Ahead* ideas.

Empower.fiu.edu

Campus Updates

ATTN: FIU STAFF

**Get started with your online Master's degree
Using your tuition waiver**

A promotional graphic for the FIU Online Graduate Open House. It features a man and a woman sitting on red armchairs, looking at a laptop. The text 'FIU Online' is in the top right corner. The main text reads 'Considering Grad School? LET'S TALK'. Below that, it says 'SEPT. 29TH | OCT. 1ST | RSVP AT...' and 'FIUONLINE.COM/OPENHOUSE'.

There is no better time than now to pursue your dreams and make them a reality. Take advantage of your tuition waiver and apply for scholarships offered by FIU Online. Find out how, by attending **FIU Online Graduate Open House**, and learn more about our online master degrees in **Communications, Business, Engineering, Education and Health Services Administration**. You will also get the opportunity to network with faculty, staff and alumni and get started on your application process. All attendees will receive an application fee waiver.

Select the FIU Online Open House that works best with your schedule and then [RSVP](#) to reserve your spot. To RSVP, please visit <http://www.fiuonline.com/openhouse>, contact us via email at onlineprograms@fiu.edu or via telephone at (305) 348-3125.

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

