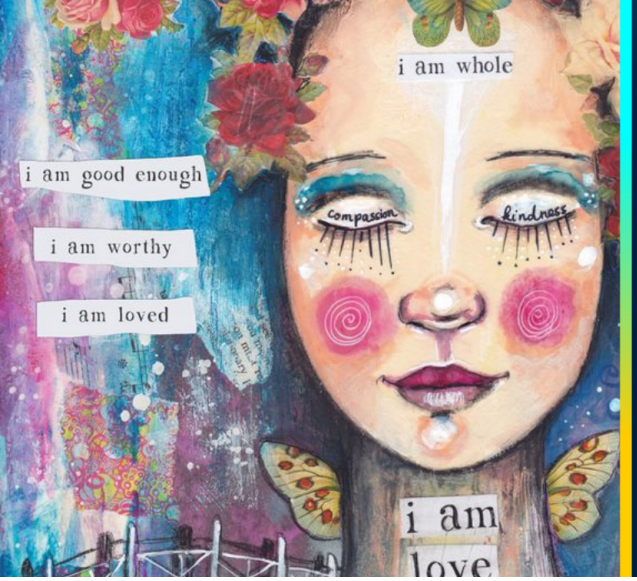


FIU | Office of Employee Assistance

The Art of Embracing All of You

This Office of Employee Assistance (OEA) is hosting the "The Art of Embracing All of You." This webinar will provide participants with education, guidance and tools to cultivate a healthy, loving relationship with themselves. The way you relate with yourself has a significant impact on your quality of life, relationship with others, and sense of wellbeing and resilience. Strengthening the bond that you have with yourself can help you navigate through adversity and thrive. This webinar will include topics such as unhealthy self-relatedness, ways to foster self worth and practices to increase self-love and compassion.

Click below to register:

Thursday, October 28 at 12 p.m.

For more information about the Office of Employee Assistance (OEA), please visit hr.fiu.edu/employees-affiliates/assistance-wellness/.

Questions? Contact OEA at oea@fiu.edu or call (305) 348-2469.