

FIU | Office of Employee Assistance

Taking Back Power Through Forgiveness

This Office of Employee Assistance (OEA) is hosting the "Taking Back Power Through Forgiveness." This webinar is designed to help individuals learn more about forgiveness, the benefits of working towards forgiving of self and others, and steps to take to initiate the process. Resources to provide support to individuals embarking on this journey will also be provided.

Click on your preferred date below to register:

Tuesday, October 26 at 12 p.m.

Tuesday, November 2 at 12p.m.

Tuesday, November 9 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.