



About the WorkLife Office

What services can I find through MSU's WorkLife Office?

Consultations

We meet with faculty, staff, postdocs and their families to discuss work-life issues such as family care, family issues, career transitions, workplace issues, community connections both on campus and off and being new at MSU. Click [here](#) to learn more about consultations or [request a consultation](#).

Supervisor Consultations

We also provide consultations and resources to supervisors to support their employees. Click [here](#) to request a consultation.

Presentations

We present to faculty and staff at meetings around issues of personal and workplace wellness including stress at work, team building, how to build better collegial relationships, etc. Click [here](#) to view upcoming Webinars or [request a presentation](#) for your staff.

Listservs

The WorkLife Office manages several popular listservs. These email lists are an effective way for MSU faculty and staff to communicate directly with a group of people. Click [here](#) for information on how to sign up for a listserv.

Education Sessions

We provide education sessions in person and via Zoom around a variety of topics related to family care, career, workplace, community connections, relocation/newcomers and workplace wellness. Many educational sessions can be listened to via [podcast](#), read in our [blog](#), or seen via [webinar](#).

Finding Childcare/Eldercare

We assist people in finding childcare and eldercare. Get help finding childcare [here](#). Get help finding eldercare [here](#).

Connecting to Communities

LGBTQIA+, ChiLA, Black Fac and Staff, Women of Color Community, Women's Networking Association, Veteran Fac and Staff, and more. Check out our [Campus Connections](#) page.

WorkLife Connections

Read our [monthly newsletter](#) with upcoming events and relevant information to the field of work-life.

Resource Lists

Used widely across campus, great for newcomers and long-time Spartans alike! These lists are where other Spartans refer people to businesses and services such as realtors, doctors, dentists, contractors, pet sitters, and more. Click [here](#) to access the resource lists.

Assisting Spouses and Significant Others

We assist spouses/sos of newcomers in becoming acclimated to the community, assist them with career resources, connect them to community resources, etc. Spouses and significant others can also utilize the [Resource Lists](#) or email worklife@msu.edu directly.

International Newcomers

We have a mentoring program, listserv and many networking opportunities to help international newcomers connect. Click [here](#) for more information on international newcomer services.