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.