
USC WorkWell Center

Empowering Employee Work-Life Wellness

COUNSELING

Confidential, short-term, solution-focused sessions with licensed clinicians to support personal and work-related concerns

COACHING

An individualized, thought-provoking process to help leaders identify and work toward professional and personal goals

CONSULTING

Strategic conversations with, and assistance for, leaders seeking to enhance the work environment, manage troubled employees, and improve employee and team performance



HEALTH & WELL-BEING

Health promotion and education programs and resources for faculty and staff, including the university-wide USC Healthy Campus Initiative

TALKS & GROUPS

Talks, groups, webinars, and trainings that can be specially tailored for departments on a variety of well-being topics; Archive available of past videos

CRISIS MANAGEMENT

After high-impact events, interventions for individuals or groups to support and enable them to return to daily routines more quickly

Our Services

Serving Faculty, Staff, Post-Docs – Cost-free, Confidential, Convenient

Learn more at workwell.usc.edu – Call all us 24/7 at 213-821-0800 – Email us at WorkWell@usc.edu