

Empowering work-life wellness



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The USC WorkWell Center (formerly known as the Center for Work and Family Life) provides programs, resources, and services to **USC benefits-eligible faculty, staff, and post-docs** that help them thrive in **all areas of work-life wellness**.



Health and Well-being Program

The Health & Well-being Program coordinates activities and events that encourage faculty and staff to live healthy lifestyles and foster a culture of health throughout the campus.

USC Healthy Campus— A collaboration of campus partners working together to create and sustain a culture that infuses health & well-being into all areas of campus.



Counseling

The WorkWell Center provides confidential, no-cost counseling for personal and work-related concerns.



Coaching

The WorkWell Center has offered free, confidential professional coaching by ICF-trained and certified coaches who are experts in human behavior in the workplace.



Consulting

Workplace consults are confidential discussions to support managing teams facing challenges, addressing concerns about employees, learning how to refer someone to the WorkWell Center, or making an inquiry about our services.



Talks & Groups

The WorkWell Center provides talks, trainings, and workshops related to health & well-being and work-life topics.



Critical Incident Stress Management

The WorkWell Center can support your team to manage stress and other reactions after a critical incident.



Get in touch:



workwell.usc.edu



213-821-0800



workwell@usc.edu