@Caltech
Worklife
WorkLife (work lif) n.  
The effort exerted to make life work.

Are you working life? Or is life working you?

You can be well @ Caltech with the right resources, a supportive community, and strong connections. At Caltech, we are a community working together to develop alternative energy sources, advance health & medicine, improve information systems, understand our environment, engineer advanced materials, explain behavior & economics, and explore the universe.

We are also people who are sons, daughters, parents, spouses, partners, siblings, friends, neighbors, coworkers, in transition. Through the healthy management of this congruence of roles we can be effective, happy, and flourishing human beings. Work-life harmony is the healthy equilibrium between work and personal priorities and is achievable. WorkLife @ Caltech sees you as a person and supports your life’s mission as an individual.
“You are well entitled to look confidently to the future, because you harmoniously combine the joy of life, the joy of work, and a carefree, enterprising spirit which pervades your very being, and seems to make the day’s work like blessed play to a child”

– New Year’s (1931) message to Caltech by Albert Einstein

The campus WorkLife program can connect you with community and campus services such as:

• Pasadena Unified School District/ Pasadena Education Network (PEN)
• International Office
• Staff & Faculty Consultation Center
• Human Resources Total Rewards Program
• Caltech Housing Office
• And many more!

We enable you and your family to take full advantage of the programs and services offered by Caltech that are designed to promote a healthy & sustainable WorkLife integration.
Community.

Our campus is unique in that we are small, nimble, and mighty. We are able to work together across disciplines, despite histories, with ages, among races, including genders, engaging orientations, and beyond statuses to evolve as one Caltech. We are full of diversity, giving us the ability to understand and account for the implications and the significance of our work’s impact.

For example, Caltech and United Way are partnering in the fight to end homelessness and put Veterans to work to create a better tomorrow. Caltech is increasing diversity by expanding access to science, technology, engineering, and mathematics for historically underrepresented communities.

We are driving social change across industrial sectors and geographic boundaries by promoting sustainability, integrating environmental stewardship with classroom instruction, and research initiatives. Our integrity, mutual respect, and ethical commitment create a welcoming and creative community environment.

WorkLife @ Caltech supports and helps you navigate our community, our resources, global and group citizenship, and your personal search for integration, helping you feel your best at work and at home. The initiatives we bring together will help you develop your WorkLife harmony through a variety of programs, events, clubs, outreach, and community involvement.
As a member of any community, it is important to feel connected mentally, spiritually, and emotionally. Our website, social networks, events, programs, and initiatives will help you connect with yourself, others, and globally. WorkLife @ Caltech along with the Caltech Events & Education group delivers a diverse range of educational programs designed to increase your success.

Our high-quality social, professional, wellness, and family programs promote both personal and professional growth. Included in this mission is the commitment to make these opportunities convenient and accessible for the entire Caltech community.

WorkLife can connect you with campus offices and local services such as:

- Caltech iTunes U
- Tuition Reimbursement Program
- Lunchtime Seminars
- Speaker Series
- Family-Friendly Programs
- Caregivers’ Support Group
- And other campus events.
Be well.

To be well means that we are intellectually, physically, spiritually, and emotionally healthy; to be well means to be thoughtful about those aspects of our lives beyond work. WorkLife@Caltech is here to support you on your journey toward holistic wellness. Programs and services are provided to help you begin, continue, or advance on your personal path toward wellness.

These programs range from:

- An on-campus recreation center with state-of-the-art equipment, fitness classes, swimming pool, and track
- Lactation lounge & privacy panel rental, LGBTQ reading room, and private lounge that can be used for meditation
- Information, social networking, and other resources that keep you up-to-date on local and community wellness programs
- Fitness and movement opportunities during the workday
- Regular health assessments and screening
- Employee assistance program through the Staff and Faculty Consultation Center
- And a variety of campus wellness-oriented clubs, programs, seminars, events, and other support networks.
WorkLife@Caltech is here to provide resources, capitalize on community, and connect you to services that allow you to be well. We welcome you.

Contact:

Caltech Human Resources

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