

Count on the First Sun EAP Well-being & Training Center to maintain work-life balance



The interactive resource that helps you grow through

- Articles
- Calculators
- Screenings
- Training courses
- Quizzes
- Videos
- Assessments
- Webinars



Emotional Well-being

Mental and physical health issues are equally important to your overall well-being. We offer resources and information on all major health topics:

- Addiction
- Anxiety
- Depression
- Eating disorders
- Grief and loss
- Autism
- Managing stress
- Violence and abuse



Relationships

Relationships are an integral part of life and require time and energy to maintain. Let our resources help you develop and further strengthen the relationships with those in your life:

- Coworkers
- Family activities
- Parenting
- Self esteem
- Caregiving support
- Communication
- Partners/Marriage
- Confidence



Health

Whether you're concerned about a disease or condition, or just interested in a new fitness routine or healthy recipe, our tools and information will help you start your journey:

- Fitness
- Arthritis
- Skin health
- Sleep disorders
- Nutrition
- Cancer prevention
- Weight-loss strategies
- Smoking



Financial

Financial stability can be a difficult goal to achieve. Let our calculators, forms and other essential information help you become financially resilient:

- Budgeting
- Insurance
- Estate planning
- Credit repair
- Debt and bankruptcy
- Tax laws
- Home buying
- Social security



Legal

Legal troubles like traffic tickets and divorce can affect every aspect of your work and home life. We have the tools to help you with:

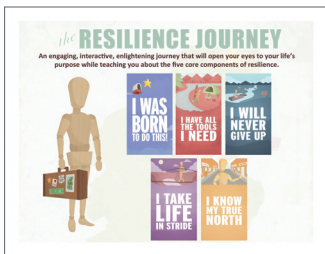
- Consumer law
- Real estate
- Retirement
- Neighbors and pets
- Divorce and child care
- Criminal law
- Wills and estates
- Debt and bankruptcy



Personal Growth

Improving your personal and professional skills will help you be more successful at work and home. Check out the videos, courses and article on:

- Leadership
- Supervision
- Staying positive
- Human resources
- Performance management
- Team building
- Managing work and family
- Communication



Resilience Program

Becoming more resilient can be the key to finding your way over, around and through life's obstacles. Log in to begin your journey!



Training Center

We offer more than 170 soft skill courses for personal and professional growth in the areas of communication, professional development, leadership, work-life balance, child and elder care, sales skills and interpersonal skills.



Get started today.

Visit the Well-being and Training Center at www.firstsuneap.com. Log in or create an account by entering your company name and creating a user name and password.



FIRST SUN
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We Help People Be Better at Work

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