

Effectively Managing Change in the Workplace



Call First Sun at
800-968-8143
or visit
www.firstsuneap.com

Say goodbye to old routines and hello to new opportunities.

Coping with change in the workplace could mean working with new coworkers, a new boss or in a role that is no longer familiar. It is a chance to develop a new norm which can also mean new opportunity.

We provide a variety of trainings, webinars and articles online so you can learn how to manage these changes. You can also use your counseling sessions to learn the skills you need to increase your resilience.

First Sun EAP services are made available to you and your family members by your employer. You can use the services whether or not you have chosen to participate in an employer health plan.

All counseling services are confidential in compliance with the law.

First Sun EAP Counselors are available 24/7/365 at 800-968-8143.

Employee
& Family

Member Services