

## Self Confidence and Assertiveness



**Learn more!**  
**Be assertive and**  
**call First Sun today**  
**at 1-800-968-8143**  
**or visit**  
**[www.firstsuneap.com](http://www.firstsuneap.com)**

### **Be the Person You Want to Be**

We all have situations in our personal lives where the ability to be assertive helps us achieve our goals. Standing up for yourself will translate into success throughout your personal and professional lives. It will help grow a person's self-confidence, and make every day challenges easier to overcome.

### **Start Today!**

First Sun EAP is available to help you develop this and other life skills. Please call our office and let us know how we can help you achieve your goals. **We are available for you 24 hours a day, 7 days a week at 1-800-968-8143 and online at [www.firstsuneap.com](http://www.firstsuneap.com).**

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

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