

FOR IMMEDIATE RELEASE: 4/22/2020
Maria Lund, President/COO
First Sun EAP
800-968-8143
maria.lund@firstsuneap.com

First Sun EAP Supports SC Business Community During COVID-19:
Free Resources, Consultations and Trainings for All Business Leaders

Columbia, SC: Beginning immediately, First Sun EAP will extend the reach of its award-winning leadership consultation and training services to the South Carolina business community. Leaders across South Carolina are facing challenges unlike any they have seen. Resources, consultation and training from our leadership and organizational experts are available to any leader who needs support.

We offer webinars on how to help anxious employees, guidance on how to help remote workers and tips for facilitating re-entry into the workplace. We consult on supporting employee health and engagement, maintaining a positive culture and taking time for self-care. Training leaders on managing change is one of First Sun EAP's specialties and now is the perfect time for all of us to brush up on these skills.

"Our mission is to help people be better at work. We have made it our top priority to assist South Carolina businesses through the pandemic." said Maria Lund, First Sun EAP's President and COO. "The health and strength of our business community is important to us and that begins with the health and effectiveness of its leaders. We are all in this together. As we struggle through this crisis, we have to make tough decisions and navigate new and uncharted complexities to meet the needs and expectations of our employees. Our goal is to support everyone's success by walking together every step of the way."

To access professional services:

- Visit www.firstsuneap.com for a curated list of information, resources and webinars for employees and leaders;
- Join us every other Friday at noon for our virtual leader collaboration meetings on What's Important Now (WIN);
- Listen to our leadership podcasts on issues related to leading during the pandemic;
- Follow us on LinkedIn, Facebook, Twitter and Instagram for leadership tips, articles and videos;
- Register for one of our free live webinar trainings. Visit our website news and events tab for postings.

For more information about our resources, please contact Maria Lund at maria.lund@firstsuneap.com or find us at www.firstsuneap.com.

About First Sun EAP: First Sun EAP is a full-service EAP offering an award-winning employee assistance program, behavioral risk management, organizational consultation, and corporate and professional training programs to companies nationwide. First Sun EAP is the largest South Carolina-based regional EAP. Our clients receive a superior customer experience and custom workplace solutions to help them achieve their goals and maintain a healthy organization. You can reach us at 800-968-8143 or www.firstsuneap.com.