

Self Confidence and Assertiveness



Learn more!
Be assertive and
call First Sun today
at 1-800-968-8143
or visit
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.

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

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