

Underperformance at Work



**Be at your best at
work and home.
Call First Sun at
800-968-8143
or visit
www.firstsuneap.com**

Understanding the Signs of Underperformance

Several things may affect work productivity. It may be issues at home that seem to have no solution, stress at work due to conflict with co-workers, or even a lack of skills in time management. Often the signs of poor performance come on slowly, and, if you can learn to recognize them, you can learn how to take control and be the best employee you can be.

First Sun can help you recognize and work through underperformance so you can be at your best.

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.

An Honest Look at the Signs of Underperformance

- ❖ Do you tend to run late to work?
- ❖ Do you seem to be struggling to get on the same page with your co-workers?
- ❖ Are you missing deadlines?
- ❖ Do you leave work worried about what's waiting for you at home?
- ❖ Do you often say, "I'll do it tomorrow"?

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

Employee
& Family

Member Services