



For Immediate Release

First Sun EAP Celebrates its 30th Anniversary

COLUMBIA, SC – September 1, 2022 – First Sun EAP, the leader of innovative EAP solutions in the Southeast, celebrates its 30th anniversary. Established in 1992, First Sun EAP was born from the dreams of our founder, Don Lake. Don desired to build a business that encourages employees and clients to dream big and find success personally and professionally. This dream is the foundation for thirty years of successful business ... and one that carries us into our future. Over the years, First Sun EAP and its staff have won numerous industry awards and have become a top-tier national EAP. This year we wholeheartedly celebrate these experiences, the professionals and the partners who've supported our mission and tagline – “We Help People **Be Better** at Work.”

Our Gratitude to Customers, Providers, Brokers, and Partners

From the first day of business, First Sun encountered great customers who cared deeply for their employees and who wished to have healthy cultures to drive business success. We have enjoyed working with organizations large and small from all sectors of the economy. Best-selling author, Melody Beattie, reminds us, “Gratitude unlocks the fullness of life. It turns what we have into enough and more. It ... creates a vision for tomorrow.” First Sun’s vice president of EAP, Lisa Hardy shares her perspective on those we serve, “Whether you have been with us for one month or thirty years, we are truly grateful for the trust you place in us. You are essential to why we do what we do and how we continue to grow. Together, we look forward to the journey of seeing **Everyone At Potential**.”

First Sun EAP is grateful to the counselors in our provider network. These professionals have helped employees and their families grow and prosper at work and in life. We have enjoyed an excellent working relationship and have hosted conferences, roundtables, and case consultations to help these professionals maintain best practice clinical care over the years. First Sun EAP’s vice president of stakeholder relations, Lucy Henry, shares, “Our network providers continue to look to First Sun to guide them and help them be better in their work with employees.”

A pillar in First Sun EAP’s business strategy is to provide comprehensive and integrated services to our customers through professional partnerships. Over the years, we have built partnerships with attorneys, human resources groups, trainers, coaches, specialty service providers, and

more. These relationships allow us to be a valuable partner to our customers in addressing their well-being needs. “It’s a win-win,” said Nancy Grunnet, vice president of corporate consulting. “Our corporate customers have access to vetted professionals at a reduced rate. Our partners offer amazing services: video-based compliance training, DE&I coaching, active shooter prevention and security audits, and self-paced leadership training modules. Because of them, we can greatly expand our service offerings.”

Our Intentional Strategy for Innovation

“First Sun has long been known as an innovator in tailored EAP services and has expanded into cutting-edge training, coaching, and population programs focused on well-being,” said Maria Lund, First Sun EAP president and COO. “We will continue strategic investments in technology, staff, and partners to grow First Sun Solutions (our training and coaching division) to facilitate organizational well-being for customers across the nation.”

Events and Celebrations

To celebrate 30 years in business, First Sun EAP has scheduled events with our employees, customers, and the community. These will include an Advisory Conference free of charge to the professional community, thirty hours of public service to our community, and more. Shannon Lake, vice president of operations at First Sun EAP, shares, “We go the extra mile for our community, customers, partners, and team. First Sun provides the level of care and service to meet our customers' wide-ranging and ever-expanding needs.” [Visit our website](#) to learn more.

About First Sun EAP

First Sun EAP is a leading provider of well-being solutions for work, home and life. We collaborate with enterprises and groups to cover their entire population with our comprehensive well-being services: full-service EAP, population programs, training and development, and disruptive event management. Our integrated approach to well-being reduces the overwhelming challenges people face daily and supports leaders with the tools to manage their teams successfully. For more information or to get a [quote](#), visit www.firstsuneap.com.

###



Media Contact:

Maria Lund, President and COO, First Sun EAP

maria.lund@firstsuneap.com

800-968-8143