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## Be an Effective Communicator

Do you practice the characteristics of good communication?

If you lack communication skills, you might struggle to be understood by others. That can make every conversation stressful. Effective communication skills can significantly enhance your success at work and in life.

A First Sun EAP coach can help you develop your communication skills. These sessions can enable you to strengthen your relationships at work and home. Call our Intake team today to discuss your needs.

Select your organization's name to register for the Well-Being Center.   
Your Employee Assistance Program (EAP) is paid by your employer. You and your household members are automatically covered. No health insurance is needed to participate. To speak to an intake specialist, call 800-968-8143. Services are confidential. First Sun EAP does not sell your personal information to third parties.

