

MEET CHRISTINA

CORPORATE TRAINER

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Christina Isenhower is a corporate consultant at First Sun EAP in Columbia, SC. A native South Carolinian, she attended Furman University and the University of South Carolina, earning a Master of Social Work.

In 2010, she entered the EAP profession and joined First Sun in 2013. At First Sun, Christina has held roles on the Risk Management and Solutions teams. Currently, she is a consultant on the Solutions team, developing and providing workplace training.

She is a Licensed Independent Clinical Social Worker and a Certified Employee Assistance Professional. In 2026, she earned three specialty credentials: Certified Workplace Mediator, Certified Trainer of Conflict Resolution, and the Conflict Dynamics Profile-Individual Certification through the Mediation Training Institute.

Christina enjoys helping employees and leaders thrive at work and in life. Her approach blends evidence-based practices with an emotional depth and authenticity that is rare in workplace training. She hosts the First Sun *What's Important Now* (W.I.N.) sessions — free leadership webinars tackling adverse workplace challenges. You can follow Christina's *Well, Hello Leader* video series where she unveils key attributes accomplished workplace leaders use to enhance their skills and manage successful teams.

Christina is an active member of the Employee Assistance Professionals Association and the Columbia Choral Society and is engaged in non-profit leadership in the Midlands. She loves spending time with her husband and young son in her free time.

I LOOK FORWARD TO PARTNERING WITH YOU.

CHRISTINA K. ISENHOWER

Corporate Consultant
LISW-CP, CEAP

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