

# CLEAR IS KIND: 2.0

## Promoting Workplace Mental



**Thursday, April 9, 2026 9:00–10:30 am**

**Join us for an updated virtual session on the next evolution of clear communication in the workplace.**

In fast-moving environments where roles shift and demands are high, unclear expectations, unspoken tension, and overwhelm can quietly drive anxiety and reduce productivity. This training explores how direct, values-aligned communication, delivered with steadiness and healthy boundaries, strengthens psychological safety, accountability, and performance.

### What You Will Gain:

- Clarify roles and expectations to reduce confusion, burnout, and cognitive overload.
- Address conflict early with brave, direct language that builds trust rather than avoidance.
- Reduce overwhelm and emotional spillover to stabilize team morale.
- Use intentional timing and boundary-setting to increase focus, accountability, and productivity.

**Presenter**  
**Beka Swisher,**  
**MS, LAMFT**

Beka conducts therapeutic groups for caregivers, mental health support for individuals and families housed at Anna Marie's Alliance, (a domestic violence shelter), and provides dynamic and engaging training in Mental Health in a variety of settings.



### Register today!

For more information, contact Lori Kampa at [lkampa@cmjts.org](mailto:lkampa@cmjts.org) or follow the QR code to register for this virtual event.



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