

CLEAR IS KIND: Promoting Workplace Mental



Friday, June 6, 2025 ■ 9:00–11:00 am

Join us for a virtual insightful session on the power of clear communication in the workplace. When communication is direct and transparent, anxiety decreases, and overall mental wellness improves. This session will explore what clear communication looks and feels like for both you and your team. Gain a fresh perspective on how communication shapes your leadership and discover simple yet impactful shifts in language and timing that can enhance team well-being.

Key Takeaways:

- Learn how clear communication reduces workplace anxiety and fosters mental wellness.
- Discover practical language and timing adjustments to improve team dynamics.
- Gain tools to integrate effective communication into your leadership approach.



Register today!

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



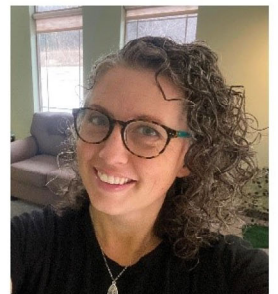
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Presenter
Beka Swisher, MS, LAMFT

Beka conducts therapeutic groups for caregivers, provides mental health support for individuals and families housed at Anna Marie's Alliance, a domestic violence shelter, provides reflective consultation, and conducts dynamic and engaging training regarding Early Childhood Mental Health, Mental Health, and Systems/Organizational Health in a variety of settings.

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