

# Level Completion Certificate

This is to certify that:

**Ghaida Hamed Alharthi**

Time and Stress Management

Successfully completed

## Time and Stress Management

The course provided the learner with a better awareness of the principles of time management and controlling the course of life, for better productivity and a better quality of life represented by peace of mind. The course also provided the learner with important skills and competencies to overcome the problems of wasting time and important instructions for doing the most important things in life and thus reaching the stage of effective achievement, whether in the field of study, work or life in general.



Scan code to  
verify the  
certificate



Dr. Suhail Jouaneh

28/2/2023