

Level Completion Certificate

This is to certify that:

Mohamed Tarek Elaraby Barakat

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.



A handwritten signature in black ink, reading 'Suhail Jouaneh'.

Dr. Suhail Jouaneh



Scan code to

verify the

certificate

8/3/2024