



How to Manage Feeling Overwhelmed

Course completed by Oleg Evdokimov
Sep 20, 2023 at 03:46PM UTC • 43 minutes

Top skills covered

Self-regulation

Stress Management

A handwritten signature in black ink that reads "Dan Brodnitz".

Head of Content Strategy, Learning



Certificate ID: e62c60cf99aafdc5d0ee681f6450ccdce9284d6ed7981b951a29dbb6e888ece3