



# Training Your Mind to Focus and Handle Distractions Better

Course completed by Rafael Vanca  
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Top skills covered

Self-Management

Productivity Improvement

A stylized, handwritten signature in black ink that reads "Dan Bradley".

Head of Global Content, Learning



Certificate ID: e4c123b95ffa8484b00a6ddb7b6ead0fac4aa9261e462c49bf0738d32f6d8cd4