



Nano Tips for Using Mindfulness to Handle Difficult Conversations at Work with Lillian Daniels

Course completed by Sepehr Abbaspour
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Top skills covered

Mindfulness

Difficult Situations

A stylized, handwritten signature in black ink, appearing to read "Shea Hanson".

Shea Hanson, Head of Learning Content Strategy



Certificate ID: fda60a82b87018c0ccae5b8071d3e364c96b2fd36f9a1151eb76a491b03fc35f