



# Mindfulness Nano Tips for Decision-Making with Lillian Daniels

Course completed by Sepehr Abbaspour  
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Top skills covered

Mindfulness

Decision-Making

A stylized, handwritten signature in blue ink, appearing to read "Shea H".

Shea Hanson, Head of Learning Content Strategy



Certificate ID: f27531bdb4daf851e8342f63b12b02edc8eb5afe7cb8f1490ecdffc67be7897d