



# Cultivating Mental Agility

Course completed by Amitrajit Roy

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Top skills covered

Mental Training

Cognitive Flexibility

Shea Hanson, Head of Learning Content Strategy



Instructional Delivery Method: QAS Self Study  
In accordance with the standards of the National Registry of CPE Sponsors, CPE credits have been granted based on a 50-minute hour.  
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Field of Study: Personal Development  
Program: National Association of State Boards of Accountancy (NASBA)  
Registry ID: #140940  
Continuing Professional Education Credit (CPE): 1.00  
Certificate ID:  
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