



Managing Stress for Positive Change

Course completed by Judith Sanchez
Oct 03, 2023 at 07:12PM UTC • 53 minutes

Top skills covered

Stress Management

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

Head of Content Strategy, Learning



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Program: PMI® Registered Education Provider
Provider ID: #4101
Activity #: 4101B7S54R
PDUs/ContactHours: 0.75
Certificate ID:
91794e581d86e07fc1f52d6a03139825671c1c21c09d0b31ae891847c8cc54a8

