



# Establishing Evening Routines to Optimize the Day Ahead

Course completed by Himel Das

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Top skills covered

Organization Skills

Self-care

A handwritten signature in black ink that reads "Shea Hanson".

Shea Hanson, Head of Learning Content Strategy

Certificate ID: 5c3dc9deb9d5a97b670055b4570ca59c2c663ca7c4daa02ca8436e6fd094a3fe

