



How to Manage Feeling Overwhelmed

Course completed by
Jun 29, 2024 at 06:36AM UTC • 43 minutes

Top skills covered

Self-regulation

Stress Management

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

Head of Global Content, Learning



Certificate ID: e1261dad340ee816c60e9334574acf586314bdfd0b7f2fbdfd257e14a843249