



# Training Your Mind to Focus and Handle Distractions Better

Course completed by Wendy Chen  
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Top skills covered

**Self-Management**

**Productivity Improvement**

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

Head of Content Strategy, Learning



Certificate ID: 4f20153028f71c1e196def7d316ade7c70c87f297d5fac2c20a66fff9f4aecf4