Skills certificate

No. 408324475479673068

Guillermo Garcia

On 10 December 2021

Time management in the digital age

- Tell the difference between a priority and an emergency
- Get organized to improve performance
- Oversee external disruptions: protect yourself, delegate, say no
- Reconcile work and personal life
- Identify the sources of stress in your life and act on them

Naomi Bearcroft
Expert

Pierre Monclos
Head of training

Single link:
https://unow.fr/certificats/408324475479673068

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