



## Skills certificate

No. 531524619655666499

# Mael Demessence



On 25 June 2024

## FOCUS | The keys to getting organized and efficient

- Improving your personal organization to increase performance
- Preserving your work-life balance
- Embracing breaks and time-boxing to maintain productivity



**Naomi Bearcroft**  
Expert

**Léna Leparoux**  
Head of training

Single link:  
<https://unow.fr/certificats/531524619655666499>