Learner Achievement Verification

This is to certify that the management of Alison has decided to award Doaa Gamal living in Egypt the certificate of completion in Procrastination Solution – Beat Procrastination.

Learner Details



Name: Doaa Gamal

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Country: Egypt

Course and Result



Score
100%

Study Time
2:02:35

Procrastination Solution – Beat Procrastination

In this free online procrastination course, you will learn how to finally overcome procrastination, instead of it beating you. In the first training section, you will learn the secrets of how your brain and brain chemistry works against you to create procrastination. You will learn how to notice when this is happening and specific ways to handle this problem effectively. You will be shown how your brain is designed to cause procrastination and why it is difficult to overcome.

Modules Studied

Module 1: Procrastination - Introduction and Beginning Concepts

Module 2: Beating Procrastination

Module 3: Course assessment