

Get out of Your Head and Make Decisions with DEAM

Modality: On Demand

Duration: 15 Min

About this course:

Our focus can get easily diverted during making crucial decisions. This task tool, D.E.A.M is a very useful application which efficiently filters the distracting thoughts from your focus on important work. You will then only have a clear mind so that you can give complete focus to your job. Take this course and perform a mere 3-minute exercise. You will be good to go on making your task the center of your attention.

Course Outline: