



EPALE
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CERTIFICATE

This is to certify that

Nataliya Mamontova

took part in the on-line certification training «Corporate well-being as the energy of business» (total 6 ECTS)



No SCIR-2023-0034
May 01 – June 29, 2023
Pussi, Estonia

Scientific Center of Innovative
Researches, Doctor of Science (Economics),
Professor, **Iryna Mihus**

Name and surname: **Nataliya Mamontova**

Course duration: from: 01.05.2023 to: 29.06.2023

Number of units taken during the course: 180 hours (6 ECTS)

TRAINING NAME: Corporate well-being as the energy of business

COURSE TYPE: Certification training

Topic	ECTS	Competences	GRADE
Emotional well-being and psychological stability	2.0	Emotion management and stress management skills; Skills to develop positive thinking and optimism; Ability to maintain psychological stability in difficult situations	Passed
Social competence and interpersonal relations	2.0	Communication and teamwork skills; Skills of developing effective interpersonal relationships; Ability to work in various social environments	Passed
Energy and productivity	2.0	Time management: planning, prioritization of tasks, effective use of working time; Work efficiency: concentration, creativity, problem solving, ability to work under pressure; Adaptability and flexibility: ability to adapt to new conditions, learn quickly, adapt to changes	Passed