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creative and innovative way, raising the visibility of skills acquired outside the situation, it is also an investment in Europe's human and cultural capital. . problems, coming up with ways of dealing with them, and sticking to a chosen course of action. Enhancing the ability of those working directly with young people.

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In this article, we discuss strategies for improving your concentration. How many times have you sat at your desk and tried to focus on a task, only to find that your mind Here are some ideas for improving your physical environment: as much as possible – Listening to music can help, especially if it's instrumental music.

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