

Self-Paced Online Learning

ILSSI-CERTIFIED LEAN & LEAN SIX SIGMA
COURSES WITH COACHING SUPPORT

2026



BUSINESS IMPROVEMENT CONSULTANCY



STREAMLINE PROCESSES
IMPROVE QUALITY
MAXIMISE VALUE

Flow – Business Improvement Consultancy

ILSSI-Certified Self-Paced Online Courses with Coaching Support

Flow's self-paced online curriculum gives you a flexible way to gain internationally recognised Lean and Lean Six Sigma certifications – without stepping away from your day job. You learn through structured online modules, then work with an experienced improvement specialist to apply tools to your own processes and prepare for the ILSSI exams.

Who is this for?

- Professionals who want recognised Lean / Lean Six Sigma qualifications without travelling to a classroom
- Team leaders and managers who need a deeper understanding of improvement tools to support their teams
- Organisations looking for a scalable, cost-effective way to build continuous improvement capability across multiple sites

How it works

- 100% online learning platform – access anytime, from anywhere
- Suggested order of modules for each certification, so you always know what to do next
- Regular 1:1 coaching sessions to answer questions, review exercises and support real projects you're working on
- Practical assignments and reflection activities to help you immediately use the tools in your own environment

What's included

- 6 months' full access to your chosen course (with extension options if you need more time)
- Tailored coaching with a Lean Six Sigma Black Belt to support learning and exam preparation
- International Lean Six Sigma Institute (ILSSI) certification on successful completion – including a certificate you can download, print and add to your LinkedIn profile
- Full curriculum for each level, from foundational concepts to advanced tools (statistics, capability, hypothesis testing and more at Green/Black Belt levels)



Lean & Lean Six Sigma Certifications	Page
Lean White Belt (9 modules, 7hrs + 1hr coaching) – £195	3
Lean Yellow Belt (19 modules, 23hrs + 2hrs coaching) – £395	4
Lean Green Belt (28 modules, 38hrs + 3hrs coaching) – £595	5,6
Lean Black Belt (38 modules, 55hrs + 5hrs coaching) – £895	7,8
Lean Six Sigma White Belt (10 modules, 11hrs + 1hr coaching) – £195	9
Lean Six Sigma Yellow Belt (20 modules, 22 hrs + 2hrs coaching) – £395	10
Lean Six Sigma Green Belt (43modules, 63hrs + 3hrs coaching) – £595	11,12
Lean Six Sigma Black Belt (61 modules, 99 hrs + 5hrs coaching) – £895	13,14
Lean Champion (19 modules, 26hrs + 2hrs coaching) – £495	15
Lean Six Sigma Champion (26 modules, 37hrs + 2hrs coaching) – £495	16,17
Certificate in Design for Six Sigma (8 modules, 5hrs + 1hr coaching) – £295	18

What's Included

- 6 months of full course access (*extensions available*)
- Tailored coaching sessions with an experienced improvement specialist
- International Lean Six Sigma Institute (ILSSI) Certification upon successful completion


Ready to Start?

Get in touch to enrol or discuss the best learning path for you or your team

Bart Siwek

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Certificate in Lean – White Belt

9 modules, 7hrs + 1hr coaching

Success in establishing a sustainable Lean quality culture is not only dependent on a committed leadership team, knowledgeable and effective managers, and front-line team members that have learned the fundamentals of Lean Thinking and understand how they can contribute to a continuous improvement strategy... The Lean White Belt!

It is recommended that you complete the required courses in the following order:

- L001 Introduction to Lean
- L002-1 Writing Effective Problem Statements
- L002-2 Introduction to Kaizen
- L002-3 Using the A3 Report for Rapid Improvement
- L002-4 SIPOC Mapping
- L003-1 Understanding and Implementing 5S/6S
- L003-2 Implementing and Facilitating Lean "Huddles"
- L003-3 Visual Workplace
- L003-4 Standard Work

When you have completed the required courses, you can unlock your certificate. Go to the "Operational Excellence: Certificate Programs" section of your home page and select:

- ✓ Certificate in Lean – White Belt

You will be prompted to complete a brief survey after which you will then be able to download and/or print your Certificate and optionally update your LinkedIn™ professional profile and sharing your accomplishment.

Certificate in Lean – Yellow Belt

19 modules, 23hrs + 2hrs coaching

The ILSSI Certificate in Lean Yellow Belt is a confirmation of your ability to facilitate Lean “kaizen” rapid improvement projects, successfully working with a small project team to apply basic Lean principles, tools, and methods to solve problems and improve processes.

It is recommended that you complete the required courses in the following order:

- L001 Introduction to Lean
- L002-1 Writing Effective Problem Statements
- L002-2 Introduction to Kaizen
- L002-3 Using the A3 Report for Rapid Improvement
- L002-4 SIPOC Mapping
- L003-1 Understanding and Implementing 5S/6S
- L003-2 Implementing and Facilitating Lean "Huddles"
- L003-3 Visual Workplace
- L003-4 Standard Work
- L004-1 Mapping the Process
- L004-2 Spaghetti Diagrams
- L004-3 Gemba (Waste) Walks
- S002-1 Failure Modes and Effects Analysis
- S002-2 Error-Proofing/Mistake-proofing
- L005-1 Constructing Project Charters
- L005-2 Managing Change
- L006-1 Brainstorming, Affinity Diagrams & Team Voting
- L006-2 Cause & Effect Diagrams & the Five Whys
- L006-3 Pareto Charts and the 80/20 Rule

When you have completed the required courses, you can unlock your certificate. Go to the “Operational Excellence: Certificate Programs” section of your home page and select:

- ✓ Certificate in Lean – Yellow Belt

You will be prompted to complete a brief survey after which you will then be able to download and/or print your Certificate and optionally update your LinkedIn™ professional profile and sharing your accomplishment.



Certificate in Lean – Green Belt

28 modules, 38hrs + 3hrs coaching

The ILSSI Certificate in Lean Green Belt is a confirmation of your ability to manage improvement projects often spanning value streams made up of multiple departments and functions, successfully working with a team of subject matter experts to apply Lean principles, tools, and methods to solve problems, eliminate waste and constraints to flow, and improve processes.

It is recommended that you complete the required courses in the following order:

- L001 Introduction to Lean
- S001 Introduction to Six Sigma
- L002-1 Writing Effective Problem Statements
- L002-2 Introduction to Kaizen
- L002-3 Using the A3 Report for Rapid Improvement
- L002-4 SIPOC Mapping
- L003-1 Understanding and Implementing 5S/6S
- L003-2 Implementing and Facilitating Lean "Huddles"
- L003-3 Visual Workplace
- L003-4 Standard Work
- L004-1 Mapping the Process
- L004-2 Spaghetti Diagrams
- L004-3 Gemba (Waste) Walks
- S002-1 Failure Modes and Effects Analysis
- S002-2 Error-Proofing/Mistake-proofing
- S003 Controlling the Process
- S004 Assessing Process Capability
- L005-1 Constructing Project Charters
- L005-2 Managing Change
- L006-1 Brainstorming, Affinity Diagrams & Team Voting
- L006-2 Cause & Effect Diagrams & the Five Whys
- L006-3 Pareto Charts and the 80/20 Rule
- L007 Value Stream Mapping
- L008 Kanban and Material Management
- L009-1 Work levelling/Load Balancing
- L009-2 Work Cell Design & Improved Office/Facility Layout
- L010 Rapid Changeover Techniques/SMED
- L012 Process Control Plans and Control Charts



When you have completed the required courses, you can unlock your certificate. Go to the “Operational Excellence: Certificate Programs” section of your home page and select:

- ✓ Certificate in Lean – Green Belt

You will be prompted to complete a brief survey after which you will then be able to download and/or print your Certificate and optionally update your LinkedIn™ professional profile and sharing your accomplishment.

Certificate in Lean – Black Belt

38 modules, 55hrs + 5hrs coaching

The ILSSI Certificate in Lean Black Belt is a confirmation of your ability to manage improvement projects often spanning value streams made up of multiple departments and functions, successfully working with a team of subject matter experts to apply Lean principles, tools, and methods to solve problems, eliminate waste and constraints to flow, and improve processes. As a Black Belt, you are also able to assist senior management in developing and implementing a highly customised enterprise deployment of Lean.

It is recommended that you complete the required courses in the following order:

- L001 Introduction to Lean
- S001 Introduction to Six Sigma
- L002-1 Writing Effective Problem Statements
- L002-2 Introduction to Kaizen
- L002-3 Using the A3 Report for Rapid Improvement
- L002-4 SIPOC Mapping
- L003-1 Understanding and Implementing 5S/6S
- L003-2 Implementing and Facilitating Lean "Huddles"
- L003-3 Visual Workplace
- L003-4 Standard Work
- L004-1 Mapping the Process
- L004-2 Spaghetti Diagrams
- L004-3 Gemba (Waste) Walks
- S002-1 Failure Modes and Effects Analysis
- S002-2 Error-Proofing/Mistake-proofing
- S003 Controlling the Process
- S004 Assessing Process Capability
- L005-1 Constructing Project Charters
- L005-2 Managing Change
- L006-1 Brainstorming, Affinity Diagrams & Team Voting
- L006-2 Cause & Effect Diagrams & the Five Whys
- L006-3 Pareto Charts and the 80/20 Rule
- L007 Value Stream Mapping
- L008 Kanban and Material Management
- L009-1 Work levelling/Load Balancing
- L009-2 Work Cell Design & Improved Office/Facility Layout
- L010 Rapid Changeover Techniques/SMED
- L011 Total Productive Maintenance (TPM)
- L012 Process Control Plans and Control Charts
- S005 Introduction to Basic Statistics



- S006-1 The Normal Distribution
- S006-2 The Standard Normal (Z) Distribution
- S006-3 Testing for Normality
- S007-1 Graphical Analysis - The Histogram
- S007-2 Graphical Analysis - The Boxplot
- S007-3 Graphical Analysis - The Scatter Plot
- L013 Lean Deployment Strategy and Methods
- L014 Lean and Green: The Environmental Benefits

When you have completed the required courses, you can unlock your certificate. Go to the “Operational Excellence: Certificate Programs” section of your home page and select:

✓ Certificate in Lean – Black Belt

You will be prompted to complete a brief survey after which you will then be able to download and/or print your Certificate and optionally update your LinkedIn™ professional profile and sharing your accomplishment.



Certificate in Lean Six Sigma – White Belt

10 modules, 11hrs + 1hr coaching

Success in establishing a sustainable Lean Six Sigma quality culture is not only dependent on a committed leadership team, knowledgeable and effective managers, and front-line team members that have learned the fundamentals of Lean Thinking and understand how they can contribute to a continuous improvement strategy... The Lean Six Sigma White Belt!

It is recommended that you complete the required courses in the following order:

- L001 Introduction to Lean
- S001 Introduction to Six Sigma
- L002-1 Writing Effective Problem Statements
- L002-2 Introduction to Kaizen
- L002-3 Using the A3 Report for Rapid Improvement
- L002-4 SIPOC Mapping
- L003-1 Understanding and Implementing 5S/6S
- L003-2 Implementing and Facilitating Lean "Huddles"
- L003-3 Visual Workplace
- L003-4 Standard Work

When you have completed the required courses, you can unlock your certificate. Go to the "Operational Excellence: Certificate Programs" section of your home page and select:

✓ Certificate in Lean Six Sigma – White Belt

You will be prompted to complete a brief survey after which you will then be able to download and/or print your Certificate and optionally update your LinkedIn™ professional profile and sharing your accomplishment.



Certificate in Lean Six Sigma – Yellow Belt

20 modules, 22 hrs + 2hrs coaching

The ILSSI Certificate in Lean Six Sigma Yellow Belt is a confirmation of your ability to facilitate Lean “kaizen” rapid improvement projects, successfully working with a small project team to apply basic Lean principles, tools, and methods to solve problems and improve processes. Your knowledge of Six Sigma and the ability to leverage basic statistics and perform graphical analysis provides you with a robust set of tools for the process improvement projects you will be leading.

It is recommended that you complete the required courses in the following order:

- L001 Introduction to Lean
- S001 Introduction to Six Sigma
- S001-1 Introduction to DMAIC
- L002-1 Writing Effective Problem Statements
- L002-2 Introduction to Kaizen
- L002-3 Using the A3 Report for Rapid Improvement
- L002-4 SIPOC Mapping
- L003-1 Understanding and Implementing 5S/6S
- L003-2 Implementing and Facilitating Lean "Huddles"
- L003-3 Visual Workplace
- L003-4 Standard Work
- L004-1 Mapping the Process
- L004-2 Spaghetti Diagrams
- L004-3 Gemba (Waste) Walks
- S002-2 Error-Proofing/Mistake-proofing
- L006-2 Cause & Effect Diagrams & the Five Whys
- L006-3 Pareto Charts and the 80/20 Rule
- S005 Introduction to Basic Statistics
- S007-1 Graphical Analysis - The Histogram
- S007-3 Graphical Analysis - The Scatter Plot

When you have completed the required courses, you can unlock your certificate. Go to the “Operational Excellence: Certificate Programs” section of your home page and select:

- ✓ Certificate in Lean Six Sigma – Yellow Belt

You will be prompted to complete a brief survey after which you will then be able to download and/or print your Certificate and optionally update your LinkedIn™ professional profile and sharing your accomplishment.



Certificate in Lean Six Sigma – Green Belt

43 modules, 63hrs + 3hrs coaching

The ILSSI Certificate in Lean Six Sigma Green Belt is a confirmation of your ability to manage complex improvement projects often spanning value streams made up of multiple departments and functions, successfully working with a team of subject matter experts to apply Lean Six Sigma principles, tools, and methods to analyse process variation as part of root cause analysis, solve problems, eliminate waste and constraints to flow, and improve processes.

It is recommended that you complete the required courses in the following order:

- L001 Introduction to Lean
- S001 Introduction to Six Sigma
- S001-1 Introduction to DMAIC
- L002-1 Writing Effective Problem Statements
- L002-2 Introduction to Kaizen
- L002-3 Using the A3 Report for Rapid Improvement
- L002-4 SIPOC Mapping
- L003-1 Understanding and Implementing 5S/6S
- L003-2 Implementing and Facilitating Lean "Huddles"
- L003-3 Visual Workplace
- L003-4 Standard Work
- L004-1 Mapping the Process
- L004-2 Spaghetti Diagrams
- L004-3 Gemba (Waste) Walks
- S002-1 Failure Modes and Effects Analysis
- S002-2 Error-Proofing/Mistake-proofing
- S003 Controlling the Process
- S004 Assessing Process Capability
- L005-1 Constructing Project Charters
- L005-2 Managing Change
- L006-1 Brainstorming, Affinity Diagrams & Team Voting
- L006-2 Cause & Effect Diagrams & the Five Whys
- L006-3 Pareto Charts and the 80/20 Rule
- L007 Value Stream Mapping
- L008 Kanban and Material Management
- L009-1 Work levelling/Load Balancing
- L009-2 Work Cell Design & Improved Office/Facility Layout
- L010 Rapid Changeover Techniques/SMED
- L012 Process Control Plans and Control Charts
- S005 Introduction to Basic Statistics



- S006-1 The Normal Distribution
- S006-2 The Standard Normal (Z) Distribution
- S007-1 Graphical Analysis - The Histogram
- S007-2 Graphical Analysis - The Boxplot
- S007-3 Graphical Analysis - The Scatter Plot
- S009 Introduction to Hypothesis Testing
- S010 Data Collection and Sampling
- S011 MSA - Gauge R & R Studies
- S013-1 Process Capability Measures - Discrete
- S013-2 Process Capability Measures - Continuous
- S014 Correlation and Simple Linear Regression
- S020-1 Voice of the Customer - Kano Analysis
- S020-2 Voice of the Customer - Net Promoter Score

When you have completed the required courses, you can unlock your certificate. Go to the “Operational Excellence: Certificate Programs” section of your home page and select:

✓ Certificate in Lean Six Sigma – Green Belt

You will be prompted to complete a brief survey after which you will then be able to download and/or print your Certificate and optionally update your LinkedIn™ professional profile and sharing your accomplishment.

Certificate in Lean Six Sigma – Black Belt

61 modules, 99 hrs + 5hrs coaching

The ILSSI Certificate in Lean Six Sigma Black Belt is a confirmation of your ability to manage enterprise-wide improvement projects spanning value streams made up of multiple departments and functions, successfully working with a team of subject matter experts to apply Lean Six Sigma principles, tools, and methods to perform complex assessments and analyses to solve problems, eliminate waste and constraints to flow, and improve processes. As a Lean Six Sigma Black Belt, you are also able to assist senior management in developing and implementing a highly customised enterprise deployment of Lean.

It is recommended that you complete the required courses in the following order:

- L001 Introduction to Lean
- S001 Introduction to Six Sigma
- S001-1 Introduction to DMAIC
- L002-1 Writing Effective Problem Statements
- L002-2 Introduction to Kaizen
- L002-3 Using the A3 Report for Rapid Improvement
- L002-4 SIPOC Mapping
- L003-1 Understanding and Implementing 5S/6S
- L003-2 Implementing and Facilitating Lean "Huddles"
- L003-3 Visual Workplace
- L003-4 Standard Work
- L004-1 Mapping the Process
- L004-2 Spaghetti Diagrams
- L004-3 Gemba (Waste) Walks
- S002-1 Failure Modes and Effects Analysis
- S002-2 Error-Proofing/Mistake-proofing
- S003 Controlling the Process
- S004 Assessing Process Capability
- L005-1 Constructing Project Charters
- L005-2 Managing Change
- L006-1 Brainstorming, Affinity Diagrams & Team Voting
- L006-2 Cause & Effect Diagrams & the Five Whys
- L006-3 Pareto Charts and the 80/20 Rule
- L007 Value Stream Mapping
- L008 Kanban and Material Management
- L009-1 Work levelling/Load Balancing



- L009-2 Work Cell Design & Improved Office/Facility Layout
- L010 Rapid Changeover Techniques/SMED
- L011 Total Productive Maintenance (TPM)
- L012 Process Control Plans and Control Charts
- S005 Introduction to Basic Statistics
- S006-1 The Normal Distribution
- S006-2 The Standard Normal (Z) Distribution
- S006-3 Testing for Normality
- S007-1 Graphical Analysis - The Histogram
- S007-2 Graphical Analysis - The Boxplot
- S007-3 Graphical Analysis - The Scatter Plot
- L013 Lean Deployment Strategy and Methods
- L014 Lean and Green: The Environmental Benefits
- S008 Central Limit Theorem and Confidence Intervals
- S009 Introduction to Hypothesis Testing
- S010 Data Collection and Sampling
- S011 MSA - Gauge R & R Studies
- S012 MSA - Attribute Agreement Analysis
- S013-1 Process Capability Measures - Discrete
- S013-2 Process Capability Measures - Continuous
- S014 Correlation and Simple Linear Regression
- S015 Discrete & Continuous Probability Distributions
- S016 Hypothesis Testing - Mean and Median
- S017 Test for Equal Variance
- S018 Analysis of Variance (ANOVA) and ANOM
- S019-1 Proportion Testing
- S019-2 Chi-Square Analysis
- S020-1 Voice of the Customer - Kano Analysis
- S020-2 Voice of the Customer - Net Promoter Score
- S021 Use of Data Transformation in Analysis
- S022 Introduction to Logistic Regression
- S023 Introduction to General Linear Models (GLM)
- S024 Introduction to Reliability Life Data Analysis
- S025 Introduction to Design of Experiments (DOE)
- S028 Introduction to Design for Six Sigma

When you have completed the required courses, you can unlock your certificate. Go to the “Operational Excellence: Certificate Programs” section of your home page and select:

- ✓ Certificate in Lean Six Sigma – Black Belt

You will be prompted to complete a brief survey after which you will then be able to download and/or print your Certificate and optionally update your LinkedIn™ professional profile and sharing your accomplishment.



Certificate in Lean – Champion

19 modules, 26hrs + 2hrs coaching

The ILSSI Certificate in Lean Champion is a confirmation of your understanding of the fundamentals of Lean and your ability to promote and inspire the use of Lean principles, tools and methods in your organization. As a Lean Champion, you are prepared to sponsor and support successful Lean improvement projects and participate in the planning and deployment of a strategically aligned Lean program.

It is recommended that you complete the required courses in the following order:

- L001 Introduction to Lean
- L002-1 Writing Effective Problem Statements
- L002-2 Introduction to Kaizen
- L002-3 Using the A3 Report for Rapid Improvement
- L002-4 SIPOC Mapping
- L003-1 Understanding and Implementing 5S/6S
- L003-2 Implementing and Facilitating Lean "Huddles"
- L003-3 Visual Workplace
- L003-4 Standard Work
- L004-3 Gemba (Waste) Walks
- S003 Controlling the Process
- S004 Assessing Process Capability
- L005-1 Constructing Project Charters
- L005-2 Managing Change
- L007 Value Stream Mapping
- L013 Lean Deployment Strategy and Methods
- L014 Lean and Green: The Environmental Benefits
- S020-1 Voice of the Customer - Kano Analysis
- S020-2 Voice of the Customer - Net Promoter Score

When you have completed the required courses, you can unlock your certificate. Go to the "Operational Excellence: Certificate Programs" section of your home page and select:

✓ Certificate in Lean – Champion

You will be prompted to complete a brief survey after which you will then be able to download and/or print your Certificate and optionally update your LinkedIn™ professional profile and sharing your accomplishment.



Certificate in Lean Six Sigma – Champion

26 modules, 37hrs + 2hrs coaching

The ILSSI Certificate in Lean Six Sigma Champion is a confirmation of your understanding of the fundamentals of Lean and your ability to promote and inspire the use of Lean Six Sigma principles, tools and methods in your organization. As a Lean Six Sigma Champion, you are prepared to sponsor and support successful Lean Six Sigma improvement projects and participate in the planning and deployment of a strategically aligned Lean Six Sigma program.

It is recommended that you complete the required courses in the following order:

- L001 Introduction to Lean
- S001 Introduction to Six Sigma
- S001-1 Introduction to DMAIC
- L002-1 Writing Effective Problem Statements
- L002-2 Introduction to Kaizen
- L002-3 Using the A3 Report for Rapid Improvement
- L002-4 SIPOC Mapping
- L003-1 Understanding and Implementing 5S/6S
- L003-2 Implementing and Facilitating Lean "Huddles"
- L003-3 Visual Workplace
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- L004-3 Gemba (Waste) Walks
- S003 Controlling the Process
- S004 Assessing Process Capability
- L005-1 Constructing Project Charters
- L005-2 Managing Change
- L007 Value Stream Mapping
- S005 Introduction to Basic Statistics
- S007-1 Graphical Analysis - The Histogram
- S007-2 Graphical Analysis - The Boxplot
- S007-3 Graphical Analysis - The Scatter Plot
- L013 Lean Deployment Strategy and Methods
- L014 Lean and Green: The Environmental Benefits
- S009 Introduction to Hypothesis Testing
- S020-1 Voice of the Customer - Kano Analysis
- S020-2 Voice of the Customer - Net Promoter Score

When you have completed the required courses, you can unlock your certificate. Go to the "Operational Excellence: Certificate Programs" section of your home page and select:



✓ Certificate in Lean Six Sigma – Champion

You will be prompted to complete a brief survey after which you will then be able to download and/or print your Certificate and optionally update your LinkedIn™ professional profile and sharing your accomplishment.



Certificate in Design for Six Sigma

8 modules, 5hrs + 1hr coaching

The ILSSI Certificate in Design for Six Sigma is a confirmation of your understanding of the principles, methods, and tools that can be employed to develop products and services that are aligned with the voice of the customer and can operate at Six Sigma or above in terms of overall quality, efficiency, and effectiveness. Design for Six Sigma complements your Lean Six Sigma knowledge and skillset by combining design thinking with creative thinking, quality management, innovation, and robust design techniques. While not a prerequisite for this program, it is recommended that you have already completed Lean Six Sigma Green Belt or Black Belt training.

Your courses in Design for Six Sigma should be completed in the following order:

- S028 Introduction to Design for Six Sigma
- DTE05 The Design Thinking Mindset
- S020-1 Voice of the Customer - Kano Analysis
- BI002 Creative Thinking
- HRE02 Adapting to Innovation
- QME05 Quality Improvement
- S002-1 Failure Modes and Effects Analysis
- S002-2 Error-Proofing/Mistake-proofing

When you have completed the required courses, you can unlock your certificate. Go to the “Operational Excellence: Certificate Programs” section of your home page and select:

- ✓ Certificate in Design for Six Sigma

You will be prompted to complete a brief survey after which you will then be able to download and/or print your Certificate and optionally update your LinkedIn™ professional profile and sharing your accomplishment.

Ready to Start?

Get in touch to enrol or discuss the best learning path for you or your team

Bart Siwek

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