



# Building Resilience

Course completed by Mario Hernandez2  
Aug 01, 2025 at 04:52AM UTC • 43 minutes

Top skills covered

Wellness

Grit

Resiliency

A stylized, handwritten signature in black ink, appearing to read "Shea H".

Shea Hanson, Head of Learning Content Strategy



Certificate ID: b7f8099a5d9a1953a91e749c3dd3b5941ca6b80e18f4ec2101244862bce7a0d2