



# NanoTips for Using Mindfulness Strategies to Build Resilience with Gemma Leigh Roberts

Course completed by Sepehr Abbaspour  
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Top skills covered

Mindfulness

Resiliency

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

Shea Hanson, Head of Learning Content Strategy



Certificate ID: 5843b81e4d9a5d7969ba075851e73a33dd4c6bf44422ec63baa536fe86ba4f7a