



Certificate no: UC-dd01d7d2-0d24-4ca1-9c3a-18d27ac3a079

Certificate url: ude.my/UC-dd01d7d2-0d24-4ca1-9c3a-18d27ac3a079

Reference Number: 0004

CERTIFICATE OF COMPLETION

10 Mindful Practices to Boost Resilience

Instructors **Elizabeth Heck**

Tong-Kiat Tan

Date **June 22, 2024**

Length **1 total hour**