



Certificate no: UC-742034fa-237b-4972-8c1d-d2383ceb0cff

Certificate url: [ude.my/UC-742034fa-237b-4972-8c1d-d2383ceb0cff](https://ude.my/UC-742034fa-237b-4972-8c1d-d2383ceb0cff)

Reference Number: 0004

CERTIFICATE OF COMPLETION

# Mindfulness for Resilience

Instructors **Vasco Patrício**

## Tong-Kiat Tan

Date **Jan. 16, 2024**

Length **1 total hour**