



# Personal Resilience

This is to certify that

Karen Harding

completed an e-learning course in the above subject.

- The key areas covered:**
- What is Personal Resilience?
  - How to prevent Mental Health
  - How will Personal Resilience benefit me?
  - The top tips for building resilience and bouncing back

Date: 11/06/2020

Signed:

**Jon Collins**  
Executive Chairman of CPL Online