



Personal Resilience

This is to certify that

Mark Harry

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: 12/06/2020

Signed:

Jon Collins
Executive Chairman of CPL Online