



**Corporate
Coach Group**
Training that transforms

This is to certify that
Emilia Hadjiconstantinou
has successfully completed
**Webinar: Emotional Resilience - What it is; How to
get it**
Attended July 2022

This programme covers:

- What is Emotional Resilience
- Overcome difficult circumstances and problems
- Thought control and positive beliefs
- Create a strong self-concept
- Evaluate rationally
- How to develop more energy

Presented by: Mr. Christopher Farmer, Managing Director, Corporate Coach Group

(1 CPD hours)



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