







## Sophia JAPPINEN has successfully completed the

## Building Personal Resilience™ Program

and is hereby licensed as a

HeartMath® Certified Mentor

qD746DOKjI

Certificate Number

July 6, 2022

**Certification Date** 

Deborah Kozman

Deborah Rozman, PhD, CEO HeartMath LLC

Sara Childre

Sara Childre, President, HeartMath Institute



