



BRUSSELS  
Mindfulness

# Certificate of Completion

Awarded to

**Sophie Delaunay Vagliasindi**

*Programme: 8-week online positive neuroplasticity course*

*Date of completion: May 2020*

*The course consisted of 8 sessions of 2 hours which have been held online. It is based on the HEAL method developed by clinical psychologist and best-selling author Rick Hanson, for which Beate Trück has been trained and authorised.*

Trainer:

Beate Trück

Founder & Mindfulness Teacher

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