



Department of Education Region VIII <region8@deped.gov.ph>

DEPART
REGION

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8-03-2020 #4079

[INVITATION] Session 4 of Kaginhawaan Webinar Series, 05 August 2020, 9:00 AM

Mon, Aug 3, 2020 at 8:26 AM

Cheska Guzman <francesca.guzman@deped.gov.ph>

To: samar@deped.gov.ph, DepEd Alaminos City <alaminos.city@deped.gov.ph>, DepEd Batac City <batac.city@deped.gov.ph>, DepEd Candon City <candon.city@deped.gov.ph>, DepEd Dagupan <dagupan.city@deped.gov.ph>, DepEd Ilocos Norte <ilocos.norte@deped.gov.ph>, DepEd Ilocos Sur <ilocos.sur@deped.gov.ph>, la.union@deped.gov.ph, DepEd Laoag City <laoag.city@deped.gov.ph>, smaprimicias@gmail.com, pangasinan2@deped.gov.ph, sancarlos.city1@deped.gov.ph, sanfernando.city@deped.gov.ph, DepEd Urdaneta City <urdaneta.city@deped.gov.ph>, vigan.city@deped.gov.ph, eduardo.escorpsio@deped.gov.ph, oem_lyor_08@yahoo.com, alfredo.gumara@deped.gov.ph, ilagan@deped.gov.ph, madelyn.macalling@deped.gov.ph, rachelllana146@gmail.com, quirino@deped.gov.ph, cherry.ramos@deped.gov.ph, reynante.caliguiran@deped.gov.ph, City <balanga.city@deped.gov.ph>, romeo.alip@deped.gov.ph, DepEd Bulacan <bulacan@deped.gov.ph>, "nueva.ecija@deped.gov.ph", <olongapo.city@deped.gov.ph>, <pampanga@deped.gov.ph>, <sanfernando.city3@deped.gov.ph>, <sanjose.city@deped.gov.ph>, <sanjosedelmonte.city@deped.gov.ph>, <tarlac@deped.gov.ph>, <tarlac.city@deped.gov.ph>, <zambales@deped.gov.ph>, <region4a@deped.gov.ph>, <antipolo.city@deped.gov.ph>, <bacoor.city@deped.gov.ph>, <batangas@deped.gov.ph>, <batangas.city@deped.gov.ph>, <calamba.city@deped.gov.ph>, <cavite@deped.gov.ph>," <sanjose.city@deped.gov.ph>, "nueva.ecija@deped.gov.ph", <olongapo.city@deped.gov.ph>, <pampanga@deped.gov.ph>, <sanfernando.city3@deped.gov.ph>, <sanjose.city@deped.gov.ph>, <sanjosedelmonte.city@deped.gov.ph>, <tarlac@deped.gov.ph>, <tarlac.city@deped.gov.ph>, <zambales@deped.gov.ph>, <region4a@deped.gov.ph>, <antipolo.city@deped.gov.ph>, <bacoor.city@deped.gov.ph>, <batangas@deped.gov.ph>, <batangas.city@deped.gov.ph>, <calamba.city@deped.gov.ph>, <cavite@deped.gov.ph>," <Tarlac.city@deped.gov.ph>, DepEd Malolos City <malolos.city@deped.gov.ph>, angeles.city@deped.gov.ph, edgarddomingo@yahoo.com, meycauayan.city@deped.gov.ph, dante.parungao@deped.gov.ph, jessieferrer60@yahoo.com, "nueva.ecija@deped.gov.ph", <olongapo.city@deped.gov.ph>, <pampanga@deped.gov.ph>, <sanfernando.city3@deped.gov.ph>, <sanjose.city@deped.gov.ph>, <sanjosedelmonte.city@deped.gov.ph>, <tarlac@deped.gov.ph>, <tarlac.city@deped.gov.ph>, <zambales@deped.gov.ph>, <region4a@deped.gov.ph>, <antipolo.city@deped.gov.ph>, <bacoor.city@deped.gov.ph>, <batangas@deped.gov.ph>, <batangas.city@deped.gov.ph>, <calamba.city@deped.gov.ph>, <cavite@deped.gov.ph>," <pampanga@deped.gov.ph>, lmelda Macaspac <imp26@gmail.com>, "nueva.ecija@deped.gov.ph", <olongapo.city@deped.gov.ph>, <pampanga@deped.gov.ph>, <sanfernando.city3@deped.gov.ph>, <sanjose.city@deped.gov.ph>, <sanjosedelmonte.city@deped.gov.ph>, <tarlac@deped.gov.ph>, <tarlac.city@deped.gov.ph>, <zambales@deped.gov.ph>, <region4a@deped.gov.ph>, <antipolo.city@deped.gov.ph>, <bacoor.city@deped.gov.ph>, <batangas@deped.gov.ph>, <batangas.city@deped.gov.ph>, 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<rizal@deped.gov.ph>, <sanpablo.city@deped.gov.ph>, <santarosa.city@deped.gov.ph>, <tanauan.city@deped.gov.ph>, <tayabas.city@deped.gov.ph>, <region4b@deped.gov.ph>, <calapan.city@deped.gov.ph>, <marinduque@deped.gov.ph>, <occidental.mindoro@deped.gov.ph>," <rizal@deped.gov.ph>, " <lucena.city@deped.gov.ph>, <quezon@deped.gov.ph>, <rizal@deped.gov.ph>, <sanpablo.city@deped.gov.ph>, <santarosa.city@deped.gov.ph>, <tanauan.city@deped.gov.ph>, <tayabas.city@deped.gov.ph>, <region4b@deped.gov.ph>, <calapan.city@deped.gov.ph>, <marinduque@deped.gov.ph>, <occidental.mindoro@deped.gov.ph>," <sanpablo.city@deped.gov.ph>, Helen Ramos <helen.ramos003@deped.gov.ph>, "lucena.city@deped.gov.ph", <quezon@deped.gov.ph>, <rizal@deped.gov.ph>, <sanpablo.city@deped.gov.ph>, <santarosa.city@deped.gov.ph>, <tanauan.city@deped.gov.ph>, <tayabas.city@deped.gov.ph>, <region4b@deped.gov.ph>, <calapan.city@deped.gov.ph>, <marinduque@deped.gov.ph>, <occidental.mindoro@deped.gov.ph>," <tanauan.city@deped.gov.ph>, catherine.talavera@deped.gov.ph, deped.calapan@deped.gov.ph, deped_marinduque@yahoo.com, capa_roger@yahoo.com, DepEd Oriental Mindoro <oriental.mindoro@deped.gov.ph>, palawan@deped.gov.ph,

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Date and Time Received
Signature

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emmanuel.garcia@deped.gov.ph, Eduardo Lagos <eduardo.lagos@deped.gov.ph>, normalepiten@yahoo.com, derie_deligero11@yahoo.com, mangubat_novie@yahoo.com, remegio.manco@deped.gov.ph, donabel.orcullo@deped.gov.ph, adeline.luarez@deped.gov.ph, rachel.picardal@deped.gov.ph, beatriz.luga18@gmail.com, rosario.dioko@deped.gov.ph, agapitoruelan@gmail.com, cverunque@yahoo.com, Robinson Garcia <robinson.garcia@deped.gov.ph>, lc_roa@yahoo.com, JUN-NILOU Dulfo <junnilou.dulfo@deped.gov.ph>, ubaldo.diomangay@deped.gov.ph, maribel.ruedas@deped.gov.ph, roy.ador@deped.gov.ph, rhodelia.orbino001@deped.gov.ph, JOSEFINA MATIBAG <josefina.matibag@deped.gov.ph>, noe.hermosilla@deped.gov.ph, artemia.leoberas002@deped.gov.ph, clarita.menda@deped.gov.ph, alfredo.bayon@deped.gov.ph, melani.escobarte001@deped.gov.ph, girlieverdict@yahoo.com, Sherlito Sagapsapan <sherlito.sagapsapan@deped.gov.ph>, Nur Hussien <nur.hussien@deped.gov.ph>, eduardo.gulang001@deped.gov.ph, rosalia.2004@yahoo.com, singsonjoy62@yahoo.com, ernesto.tardo@deped.gov.ph, rosmindoancheta@yahoo.com, edgarabanil@gmail.com, rosaliavorillo@yahoo.com, jon8662@gmail.com, rudy.magdugo@deped.gov.ph, perlinggloduve@yahoo.com, susannuenocarpio@yahoo.com, myrnaregidor50@gmail.com, laniepalapar@yahoo.com, huatanglaw@yahoo.com, ruben.reponte.52@yahoo.com, mario.mondejar@yahoo.com, shirley.abarca@deped.gov.ph, acbatulan@yahoo.com, napoleongio@yahoo.com, depedgensansgod@gmail.com, remorias@mail.com, d_abanil@yahoo.com, sgdcotabatodivision@gmail.com, shie_6666@yahoo.com, fe.sepaya2016@gmail.com, den_su@yahoo.com, mayflorromualdo@yahoo.com.ph, MANUEL CABERTE <manuel.caberte@deped.gov.ph>, glorina_siclon2000@yahoo.com, orlygamfiel@gmail.com, dr_calvo44@yahoo.com, djquinal@yahoo.com, ana.lasco@deped.gov.ph, blewelyne@yahoo.com, RENE EBOL <rene.ebol@deped.gov.ph>, elizabeth.larase@deped.gov.ph, julietranay@yahoo.com, elviraurbiztondo@yahoo.com, gregoriolabrado56@gmail.com, agustin.gumuwang@deped.gov.ph, lemuell.dickson@deped.gov.ph, sgd.apayao@gmail.com, airahkayenaron@yahoo.com, lucio.alawas@deped.gov.ph, andres.cuyasan@deped.gov.ph, rosendo.cacap@deped.gov.ph, sally.feken@deped.gov.ph, crisanto.ecija@deped.gov.ph, ivee.perez@deped.gov.ph, dominique.rivera@deped.gov.ph, corpinaldring@yahoo.com, claudio.rojo33@yahoo.com, emma.arrubio@deped.gov.ph, sgd.manila@gmail.com, elizaldekena@rocketmail.com, mbtmtiman@gmail.com, myrnagaza@yahoo.com, george.tizon001@deped.gov.ph, baltazar.gayem@deped.gov.ph, region1@deped.gov.ph, Department of Education Regional Office III <region3@deped.gov.ph>, DepEd Region IV-A CALABARZON <region4a@deped.gov.ph>, Region VIII Eastern Visayas <region8@deped.gov.ph>, DepEd RO-IX ZamPen <region9@deped.gov.ph>, DepEd Region XIII CARAGA <caraga@deped.gov.ph>, min.ed.barmm@gmail.com, Deped Cordillera Administrative Region <car@deped.gov.ph>, nurh26@yahoo.com, rosalia.conturno001@deped.gov.ph, aquilo.rentillosa@deped.gov.ph, Office of the Secretary <osec@deped.gov.ph>, ouci@deped.gov.ph, oula@deped.gov.ph, usec.financebpm@deped.gov.ph, legis@deped.gov.ph, bhrod.od@deped.gov.ph, bhrod.oed@deped.gov.ph, Employee Welfare Division <bhrod.ewd@deped.gov.ph>, bhrod.hrdd@deped.gov.ph, bhrod.pd@deped.gov.ph, bhrod.sed@deped.gov.ph, blss.od@deped.gov.ph, blss.ssd@deped.gov.ph, Health Division <blss.shd@deped.gov.ph>, blss.yfd@deped.gov.ph, fs.eamd@deped.gov.ph, ls.od@deped.gov.ph, pas.od@deped.gov.ph, pas.cd@deped.gov.ph, pas.pd@deped.gov.ph, pms.od@deped.gov.ph, pms.pdd@deped.gov.ph, pms.pmd@deped.gov.ph, fs.ad@deped.gov.ph, as.od@deped.gov.ph, as.amd@deped.gov.ph, fs.bd@deped.gov.ph, blr.od@deped.gov.ph, bcd.od@deped.gov.ph, bea.od@deped.gov.ph, bld.od@deped.gov.ph, as.cd@deped.gov.ph, ps.cmd@deped.gov.ph, bcd.csdd@deped.gov.ph, drrms.od@deped.gov.ph, bea.ead@deped.gov.ph, as.efd@deped.gov.ph, ps.emisd@deped.gov.ph, Education Programs Delivery Unit <epdu@deped.gov.ph>, bea.erd@deped.gov.ph, eps.od@deped.gov.ph, fs.od@deped.gov.ph, as.gsd@deped.gov.ph, icts.od@deped.gov.ph, ias.mad@deped.gov.ph, ias.oad@deped.gov.ph, ias.od@deped.gov.ph, ls.id@deped.gov.ph, blr.lrpd@deped.gov.ph, blr.lrqad@deped.gov.ph, ls.ld@deped.gov.ph, lcc@deped.gov.ph, pas.multimedia@deped.gov.ph, neap.od@deped.gov.ph, oulla@deped.gov.ph, asec.ppmfo@deped.gov.ph, ps.od@deped.gov.ph, ps.pmd@deped.gov.ph, ps.ppd@deped.gov.ph, ps.prd@deped.gov.ph, procms.od@deped.gov.ph, procms.ppm@deped.gov.ph, neap.pdd@deped.gov.ph, neap.qad@deped.gov.ph, as.rd@deped.gov.ph, icts.sdd@deped.gov.ph, bcd.scpd@deped.gov.ph, bld.sid@deped.gov.ph, tec@deped.gov.ph, bld.tld@deped.gov.ph, icts.tid@deped.gov.ph, usec.governance@deped.gov.ph, usec.admin@deped.gov.ph, usec.legal@deped.gov.ph, icts.usd@deped.gov.ph, externalpartnerships@deped.gov.ph, ico@deped.gov.ph, DepEd DRRMS <drrmo@deped.gov.ph>, ipseo@deped.gov.ph

Cc: ORLANDO BARACHINA <orlando.barachina@deped.gov.ph>, Lara Jean Salaysay <lara.salaysay@deped.gov.ph>

Dear Sirs and Mesdames,

Good day!

The series of psychosocial support activities for the members of the Management Committee (ManCom) titled ***Towards Psychosocial Well-being and Mental Health: Kaginhawaan of Top Leaders at the DepEd*** has been in cognizance of the extra-ordinary burden to top decision-makers amidst the uncertainties surrounding the COVID-19 pandemic.

Through the guidance and facilitation of University of the Philippines *Professor Emeritus* in Psychiatry and former World Association for Psychosocial Rehabilitation (WAPR) president Dr. Lourdes Ladrido-Ignacio, the webinar series is now on its **fourth and last group session on August 5, 2020 (Wednesday), 9:00 – 11:00 AM** titled ***“Isolated but Not Alone: Hindi ka Nag-iisa”*** which shall include a **twenty-minute inspirational message from Secretary Leonor Magtolis Briones.**

In light of this, each **region and division** are given **four slots** which may be filled by **leaders up to the Chief Administrative Officers or Chief Education Program Specialists level**. Management Committee Members who missed their session may also register. Central Office Division Chiefs may also attend. Attached is the program for your reference.

All participants shall **register at <https://tinyurl.com/KaginhawaanS4>** on or before **4 August 2020**. To practice digital security, a DepEd e-mail is required to open the registration form. The meeting room link will be sent to the e-mail of those who registered on 5 August 2020, 8:00 A.M.

Those who were not able to attend any of the three previous sessions are requested to access the recording and presentations at <http://deped.in/KaginhawaanResources> to prepare for the upcoming session.

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2 attachments

Kaginhawaan of Top Leaders of the Department of Education	
SESSION 4	
TIME	AGENDA
8:00 AM - 8:30 AM	Check-in
8:30 AM - 9:00 AM	Opening Remarks Insured For Your Honor Kings Ka Tagasa
9:00 - 10:00 AM	Dr. Lourdes L. Delos Angeles Philippine Council for Health, Education and Welfare President, Council, Secretary of the Program Inspire Your Message
10:00 - 10:30 AM	Secretary Maria Mercedes Arzobispo Department of Education Continue Inspiring and Empowering
10:30 - 11:00 AM	Dr. Joseph C. De Jesus Chief, Training and Support Services Ward of Talents and Wise Forward

[SESSION 4] Kaginhawaan Webinar Series Program.jpg
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DepEd Task Force COVID-19
MEMORANDUM NO. 78
31 July 2020

For: **Undersecretaries**
Assistant Secretaries
Regional Directors and BARMM Education Minister
Bureau and Service Directors
Assistant Regional Directors
Schools Division Superintendents
Assistant Schools Division Superintendents
Central Office Division Chiefs
Regional CLMD, ESSD and Administrative Division Chiefs
Division CID and SGOD Chiefs

Subject: **INVITATION TO THE FOURTH AND LAST GROUP SESSION OF**
KAGINHAWAAN OF TOP LEADERS OF THE DEPARTMENT
OF EDUCATION

In cognizance of the extra-ordinary burden to top decision-makers amidst the uncertainties surrounding the COVID-19 pandemic, DepEd launched the series of psychosocial support activities for the members of the Management Committee (ManCom) titled **Towards Psychosocial Well-being and Mental Health: Kaginhawaan of Top Leaders at the DepEd.**

The first session held on May 6, 2020 focused on understanding the different dimensions of psychosocial well-being and mental health. It further discussed the different psychosocial reactions, recognition of red flags of psychosocial stress, *kaginhawaan* in relation to the core essentials of leadership, and Zen meditation. The second session held on May 13, 20, and 27, 2020 discussed how to achieve *kaginhawaan* in our daily life. This webinar-workshop focused on the practice of self-care techniques, application of arts-based coping strategies, mindfulness meditation, and silencing the body and mind in harmony with the breath through Zen meditation. Meanwhile, the third session on "*Mental Health Condition as Social Phenomena: Psychosocial Stress in Leadership*" held on July 1 and 8, 2020 covered different self-assessment tools (e.g., burn-out, psychological problem, social problem, coping mechanism checklist), resiliency, and recovery.

Through the guidance and facilitation of University of the Philippines Professor Emeritus in Psychiatry and former World Association for Psychosocial Rehabilitation



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[Administrative Service (AS), Information and Communications Technology Service (ICTS), Disaster Risk Reduction and Management Service (DRRMS), Bureau of Learner Support Services (BLSS), Baguio Teachers' Camp (BTC), Central Security & Safety Office (CSSO)]

Department of Education, Central Office, Meralco Avenue, Pasig City
Rm 519, Mabini Bldg; Mobile: +639260320762; Tel: +63286337203, +63286376207
Email: usec.admin@deped.gov.ph; Facebook/Twitter @depedtayo

(WAPR) President Dr. Lourdes Ladrido-Ignacio, the webinar series is now on its **fourth and last group session** on **August 5, 2020, 9:00 – 11:00 AM** titled **“Isolated but Not Alone: Hindi ka Nag-iisa”** which shall include a **twenty-minute inspirational message from Secretary Leonor Magtolis Briones**. This message shall highlight the psychosocial experiences of Secretary Briones amidst the COVID-19 pandemic especially the challenges she encountered in being COVID-19 positive and leading the Department of Education towards the new normal.

In light of this, each **region and division** are given **four slots** which may be filled by **leaders up to the Chief Administrative Officers or Chief Education Program Supervisors level**. Management Committee Members who missed their session may also register. Central Office Division Chiefs may also attend. Attached is the program for your reference.

All participants shall **register at** <https://tinyurl.com/KaginhawaanS4> on or before **4 August 2020**. To practice digital security, a DepEd e-mail is required to open the registration form. The meeting room link will be sent to the e-mail of those who registered on 5 August 2020, 8:00 A.M.

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Thank you.



ALAIN DEL B. PASCUA
Undersecretary
Chairperson, DepEd Task Force COVID-19



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Kaginhawaan of Top Leaders of the Department of Education

SESSION 4

05 August 2020 9:00 A.M. – 11:00 A.M.	Schools Division Superintendents CO/RO/SDO Chiefs
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INDICATIVE PROGRAM

TIME	AGENDA
9:00 – 9:10 A.M.	Check-in
9:10 – 9:15 A.M.	Welcoming Remarks
	Isolated But Not Alone: Hindi Ka Nag-iisa
9:15 – 10:15 A.M.	Dr. Lourdes Ladrado-Ignacio Philippine Council for Mental Health <i>Professor Emeritus, University of the Philippines</i> Inspirational Message
10:15 – 10:35 A.M.	Secretary Leonor Magtolis Briones Department of Education
10:35 – 10:45 A.M.	Ginhawa: Well-Being in Everyday Life
	Dr. Japhet G. F. De Leon Child Psychiatrist, West Visayas State University
10:45 – 11:00 A.M.	Word of Thanks and Ways Forward