REGIONAL MEMORANDUM
No. 197 , s. 2020

WEBINAR ON BUILDING INNER RESILIENCE THROUGH MINDFULNESS

To: Schools Division Superintendents
   Chiefs of the Regional Functional Divisions

1. The welfare of employees amidst the coronavirus global pandemic remains to be one of the top priorities of the Department of Education Regional Office I (DepEd ROI). With this, the Department of Education-Regional Office I through the Human Resource Development Division (HRDD) shall conduct online sessions to address the growing demand for online professional development courses to address the welfare of its educational leaders and staff.

2. In line with this, a Webinar on Building Inner Resilience through Mindfulness will be conducted using the Microsoft Teams on April 28, 2020 at 2:00 p.m. to be facilitated by Dr. Dem Mina Mamaat, a motivational speaker and wellness guru. This activity aims to increase resilience, productivity, and internal wellness to proactively meet the demands of the present times.

3. With this, the RO personnel, CID Chiefs and SGOD Chiefs of the different Schools Divisions Offices are encouraged to join the online session. Expected participants are advised to register via deped.in/WFHMindfulness on or before April 27, 2020. The registered participants are advised to log in 10-15 minutes before the scheduled time.

4. The participants may send their questions or clarifications, if any, through the HRDD Official FB Page: DepEd ROI Human Resource Development Division.

5. Immediate dissemination of this Memorandum is desired.

Reference: None
To be indicated in the Perpetual Index under the following subjects:

TRAININGS LEARNING AND DEVELOPMENT

TOLENTINO G. AQUINO
Director III
OIC, Office of the Regional Director

DepEd Region 1: Built on character; empowered by competence.