



Republic of the Philippines
Department of Education
 REGION I

Office of the Regional Director

03855

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 RO1 Human Resource Development Division.
5. Immediate dissemination of this Memorandum is desired.

TOLENTINO G. AQUINO
 Director III
 OIC, Office of the Regional Director
 DEPED REGIONAL OFFICE I

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

TRAININGS

LEARNING AND DEVELOPMENT

RELEASED

APR 25 2020

BY:

HRDD/jmv/RMHRD020
 April 23, 2020

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