



Republic of the Philippines
Department of Education
 REGION I



REGIONAL MEMORANDUM
 No. 1305, s. 2024

**CAPABILITY BUILDING ON CREATING A MODEL OF TRANSFORMING
 EDUCATION WITH CHARACTER AND HOLISTIC DEVELOPMENT**

To: Assistant Regional Director
 Regional Chiefs of Functional Divisions
 Schools Division Superintendents
 All others concerned

1. This Office, through the Human Resource Development Division, shall conduct Capability Building on Creating a Model of Transforming Education with Character and Holistic Development at J&V Hotel Resort, Sevilla, City of San Fernando La Union on October 23-25, 2024.
2. The activity aims to develop a model of transforming education focused on character and holistic development by providing a balanced perspective in addressing the challenges of the present educational landscape.
3. Participants are the Schools Division Superintendents (SDSs), Assistant Schools Division Superintendents (ASDSs), Regional Chiefs and Program Management Team, SDO Chief (1 from CID/SGOD), and School Principal (2 for small and medium divisions and 4 for large divisions). Please refer to the number of participants per division indicated below:

No.	Regional Office	No. of pax
1	Regional Office	13
	Schools Division Office	
2	Alaminos City	5
3	Batac City	5
4	Candon City	5
5	Dagupan City	5
6	Ilocos Norte	5
7	Ilocos Sur	5
8	Laoag City	5
9	La Union	5
10	Pangasinan I	7
11	Pangasinan II	7
12	San Carlos City	5
13	San Fernando City	5
14	Urduyeta City	5
15	Vigan City	5



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DepEd Region I region1@deped.gov.ph www.depedro1.com



4. Participants are requested to accomplish the attached Pre-Workshop Exercise and submit it on or before October 22, 2024 through e-mail: hrdd.region1@deped.gov.ph for consolidation of the Program Management Team.

5. All participants are expected to arrive on Day 1, October 23, 2024. First meal shall be breakfast on Day 1 and the last meal shall be dinner on Day 3, October 25, 2024.

5. For queries and other concerns, please contact HRDD through (072) 682-224 or e-mail at hrdd.region1@deped.gov.ph.

6. For information and dissemination.



TOLENTINO G. AQUINO
Director IV

Reference: None

Encl.: None

To be indicated in the Perpetual Index
Under the following subjects:

SEMINARS

TRAININGS

HRDD/DCB/RM_ModelofTransformingEducation
October 14, 2024



RM_ Capability Building on Creating a Model of Transforming Education with Character and Holistic Development

PRE-WORKSHOP EXERCISE - 1 YOUR YEAR GOALS

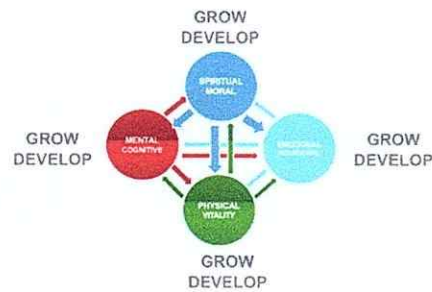
*Complete In Advance of the Upcoming Workshop.
Bring your completed worksheet to the workshop.*

Your 1 Year Goals are designed as distinct, long-term objectives that reflect your aspirations and commitments beyond the scope of short-term challenges. These goals focus on broader, more significant achievements that require extended effort, strategic planning, and persistent dedication. Unlike the specific, structured approach of a short-term challenge, 1 Year Goals are about envisioning where you want to be in various aspects of your life, including career, personal development, relationships, and personal well-being, after a year has passed.

The essence of setting 1 Year Goals is to establish clear, actionable targets that motivate and guide you towards substantial growth and accomplishment. These goals encourage you to think beyond the immediate future and consider what meaningful success looks like to you. Whether it's achieving a professional milestone, mastering a new skill, enhancing your health and fitness, or fostering deeper personal relationships, your 1 Year Goals should be tailored to your unique desires and life situation.

DEFINE YOUR 1 YEAR GOALS

Visualizing Where You Want to Be



These dimensions require continuous and intentional growth and development to unlock our full potential. Now, visualize where you want to be in each of these areas. Please write it down and capture this vision for yourself. Get emotional, get engaged, get engulfed, and visualize details about what makes it so compelling.

Start by articulating a **COMPELLING VISION** for each area, the **WHAT AND WHY**. These are the compelling reasons. Then, map out the **HOW**. This is the plan and the strategy to get you there for each dimension.

VISION		STRATEGY
WHAT? <i>What result are you seeking to achieve?</i>	WHY? <i>Why is this goal important to you?</i>	HOW? <i>How will you get there through purposeful behaviors, actions, habits, and mindsets?</i>
<i>What core values do you want to integrate into your life more fully?</i>	<i>How will you feel when you achieve it?</i>	<i>What daily practices can help you embody these values?</i>
<i>In what ways do you want your actions to reflect your beliefs?</i>	<i>Why are these results significant to your identity and sense of purpose?</i>	<i>What are specific actions you can take to demonstrate these values in challenging situations?</i>
	<i>How do these beliefs shape your interactions and decisions?</i>	<i>How will you hold yourself accountable?</i>

1. Spiritual / Moral

WHAT?	WHY?	HOW?

2. Emotional / Relational

WHAT?	WHY?	HOW?

3. Physical Vitality

WHAT?	WHY?	HOW?

4. Mental / Cognitive

WHAT?	WHY?	HOW?