



Republic of the Philippines
Department of Education
 REGION I
 SCHOOLS DIVISION OF VIGAN CITY

November 22, 2023

DIVISION MEMORANDUM

No. 162, s. 2023

**DIVISION TRAINING - WORKSHOP ON WHOLE BRAIN APPROACH AND
 MINDFULNESS PRACTICE FOR EFFECTIVE DEVELOPMENT OF WELL-BEING,
 LITERACY AND NUMERACY SKILLS IN POST-PANDEMIC ERA**

To: Officer-In-Charge, Office of the Asst. Schools Division Superintendent
 Chief Education Supervisors (CID and SGOD)
 Public Elementary and Secondary School Heads

1. To provide teachers and educational leaders tools for developing various capacities of the self in becoming highly functional in the 21st century global workplace and instilling values and resilience towards becoming human and humane in response to crises and challenging times, this division shall conduct the three-day Division Training on Whole Brain Approach and Mindfulness Practice for Effective Development of Well-Being, Literacy and Numeracy Skills in Post-Pandemic Era on December 4-6, 2023 for Batch 1 and January 10 - 12, 2024 at OveMar Resort Hotel, Paratong, Sta. Catalina, Ilocos Sur.
2. The training is designed to assist the participants:
 - a. develop strategies and innovative approaches for holistic value-laden, brain-compatible cultivation and development;
 - b. develop whole-brain capability in problem solving and decision-making utilizing the quadrant lenses of logic and objectivity, facts and accuracy, impact on people, and future possibilities;
 - c. apply neuroscience principles of learning and mind-body-spirit connection to better manage thoughts and behavior, teaching-learning processes, relationships, as well as health and well-being;
 - d. evaluate and assess if they are "fit" between jobs and people;
 - e. improve teamwork and productivity and develop a personal strategy to handle and manage stress and stressors;
 - f. improve communication skills and enter into a true spirit of dialogue based on genuine understanding of people's perspectives, values, and motivations; and
 - g. strive to access and develop the highest best self in light of expanded consciousness and understanding of universal values amidst differences and diversities.
3. The participants to this activity are the Program Management Team, SDO Key Personnel, public elementary and secondary school heads, assistant school principals, department heads, subject group heads, and master teachers.
4. Participants are enjoined to bring their own laptop, pocket wi-fi, and extension cord to be used during the training-workshop.



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5. This memorandum shall serve as the authority to travel of all the participants.
6. The following documents are attached for reference:
 - a. ~~Composition~~ of the Program Management Team
 - b. ~~List~~ of Participants
 - c. Training Matrix
7. For information, guidance and compliance.

VILMA D. EDA, CESO V
Schools Division Superintendent

Encl.: As Stated

References: None

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

Whole Brain Approach Mindfulness Practice Literacy and Numeracy Training



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Enclosure 1, Division Memorandum 162 s, 2023

BATCH 1 – December 4 -6, 2023

PROGRAM MANAGEMENT TEAM

No.	Name	
1	Vilma D. Eda, CESO V	Consultant
2	Jo Eulie Mei T. Domingo	Consultant
3	Susiemar Rapisura	Program Manager
4	Julian Vicente	Asst. Program Manger
5	Grace Castaneda	QAME
6	Jonathan del Castillo	Documenter
7	Maria Koryne Taborda	Nurse
8	Princess Torricer	Secretariat

LIST OF PARTICIPANTS

No.	Name	Position	School / Office
9	Marie Christine L. Natividad	CES	SDO-CID
10	Rodrigo Q. Reyes Jr.	CES	SDO-SGOD
11	Elsie Amorin	EPS	SDO-CID
12	Pelagio Cardenas	EPS	SDO-CID
13	Solito Cortel	EPS	SDO-CID
14	Peter John Frial	EPS	SDO-CID
15	Edgar Pescador	EPS	SDO-CID
16	Felipa Regaspi	EPS	SDO-CID
17	Gloria Cabotaje	PO III	SDO-SGOD
18	Arlyn Batulan	Medical Officer	SDO-SGOD
19	Eric Tapat	ITO I	SDO-OSDS
20	Kim Tagorda	Legal Officer Designate	SDO-OSDS
21	Annaliza Aurellado	AO-V	SDO-OSDS
22	Nora Paroligan	Principal III	VCS
23	Paulino Aninag, Jr.	Principal I	MES
24	Vivian Del Castillo	Head Teacher III	GESIIMS
25	Leticia Pugrad	Principal I	BPES
26	Azenith Ramos	Head Teacher III	SPBES
27	Avelina Alon	Principal I	TES
28	Richard Agtutubo	Principal II	BMSW
29	Marie-Sol Castaneda	Principal III	APES



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30	Maria Theresa Paz	Principal II	PIS
31	Rosario Organo	Principal II	JSES
32	Royston Quidolit	Head Teacher III	CAPES
33	Pablo Banaga Jr.	Head Teacher II	SJES
34	Ana Castor	Principal III	NES
35	Lany Corpuz	Principal I	BMSE
36	Eric Bilgera	Head Teacher III	RES
37	Dina Rivad	Principal II	RPES
38	Racquel Follante	Principal II	CCES
39	Karen Frando	Principal I	CAMES
40	Editha Bagcal	Principal IV	ISNHS
41	Reynario Vilorio	Principal I	VNHSW
42	Anita Presto	Principal III	VNHSE
43	Glenn Tadena	Asst. Principal I	ISNHS
44	Eloisa Aquino	Head Teacher VI	ISNHS
45	Maria Theresa Redondo	Head Teacher VI	ISNHS
46	Dennis Quillopo	Head Teacher VI	ISNHS
47	Joseph Obrero	Head Teacher VI	ISNHS
48	Efren Armandico	Head Teacher VI	ISNHS
49	Aileen Joy Manzano	Head Teacher VI	ISNHS
50	Ronald Alejo	Head Teacher VI	ISNHS
51	Erlinda Anicas	Head Teacher VI	ISNHS
52	Ken Kdunny Palapcac	Master Teacher I	ISNHS
53	Eliza Arcaparias	Master Teacher I	ISNHS
54	Angeline Rafanan	Master Teacher I	ISNHS
55	Antonio Tagorda	Master Teacher I	ISNHS
56	Renan Soriano	Master Teacher I	ISNHS
57	Raymond Florendo	Master Teacher I	ISNHS
58	Mary Ann Ablog	Master Teacher I	ISNHS
59	Marvelous Ragasa	Master Teacher I	ISNHS
60	Salvador Avisia	Master Teacher I	ISNHS
61	Miriam Grace Battad	Master Teacher I	ISNHS
62	Maresita Rabino	Master Teacher I	ISNHS
63	Zimadar Apoongao	Master Teacher I	ISNHS
64	Estela Avila	Master Teacher I	ISNHS
65	Joan Regua	Master Teacher II	ISNHS
66	Evangeline dela Cruz	Master Teacher II	ISNHS
67	Clark Cortez	Master Teacher II	ISNHS
68	Maria Cleofe Quitevis	Master Teacher II	ISNHS
69	Evelyn Vera Cruz	Master Teacher II	ISNHS
70	Joy Jean Marie Rapada	Master Teacher II	ISNHS
71	Rolly Raceles	Master Teacher II	ISNHS
72	Jennifer Emerita Rabang	Master Teacher II	ISNHS
73	Benelyn Alcausin	Master Teacher II	ISNHS
74	Ma. Teresa Antiporda	Master Teacher II	ISNHS
75	Theodore Dan Castro Rivero	Teacher III	ISNHS
76	Wayne Alconis	Teacher III	ISNHS
77	Lexter Supnet	Master Teacher II	ISNHS



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78	Nenita Tabaniag	Master Teacher I	BPES
79	Elizabeth Choi	Master Teacher I	JSES
80	Rhoda Ped	Master Teacher I	ISNHS
81	Rodelio Rivera	Master Teacher I	SJES
82	Alexis Ricanor	Master Teacher I	BMSE
83	Cerelina Versoza	Master Teacher I	CAPES
84	Cherry Ann Andres	Master Teacher I	NES
85	Helconida Abero	Master Teacher I	VCS
86	Veronica Chan	Master Teacher I	BMSW
87	Janet Berzamina	Master Teacher I	NES
88	Queenie Aslor	Master Teacher I	BMSW
89	Evangeline Alcain	Master Teacher I	VCS
90	Nerissa Bagorio	Master Teacher I	NES
91	Jovilory Filart	Master Teacher I	RPES
92	Janeel Llanes	Teacher III	VCS
93	Ria Aileen Quinto	Teacher III	GES2MES
94	Giggily Ahnn Rafanan	Teacher III	MES
95	Benmarie Arrojo	Teacher III	BPES
96	Pearl Ann Lacuesta	Teacher III	BMSW
97	Jovy A. Haylar	Teacher III	PIS
98	Mae Angielet Alquiza	Teacher III	APES
99	Queribin Berido	Teacher III	CES
100	Neriza Julio	Teacher III	SJES



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BATCH 2 – January 10 – 12, 2024

PROGRAM MANAGEMENT TEAM

No.	Name	
1	Vilma D. Eda, CESO V	Consultant
2	Jo Eulie Mei T. Domingo	Consultant
3	Susiemar Rapisura	Program Manager
4	Julian Vicente, Jr	Asst. Program Manger
5	Grace Castaneda	QAME
6	Jonathan del Castillo	Documenter
7	Maria Koryne Taborda	Nurse/Welfare Officer
8	Princess Torricer	Secretariat

LIST OF PARTICIPANTS

No.	Name	Position	School / Office
9	Rommel Rabo	Education Program Supervisor	SDO
10	Amelyn Abella	Education Program Supervisor	SDO
11	Clarito Siababa	Education Program Supervisor	SDO
12	Nelson Robinol	Education Program Supervisor	SDO
13	Clarita Manalang	Master Teacher I	ISNHS
14	Christopher Tapo	Master Teacher I	ISNHS
15	Regina Llagas	Master Teacher I	ISNHS
16	Leila Rabo	Master Teacher I	ISNHS
17	Josephine Rabaca	Master Teacher I	ISNHS
18	Renan Soriano	Master Teacher I	ISNHS
19	Dennis Quillopo	Master Teacher I	ISNHS
20	Leonardo Castaneda	Master Teacher I	ISNHS
21	Julius Pajarillo	Master Teacher I	ISNHS
22	Robert Rabbon	Master Teacher I	ISNHS
23	Restituto Palacpac	Master Teacher I	ISNHS
24	Janice Alonzo	Master Teacher II	ISNHS
25	Marites Iniba	Master Teacher II	VNHSE
26	Cristina Ballerta	Master Teacher II	ISNHS



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27	Doriden Fabre	Master Teacher II	ISNHS
28	Monette Refuerzo	Master Teacher II	VNHSW
29	George Abuel	Master Teacher II	ISNHS
30	Romano Quitevis	Master Teacher II	ISNHS
31	Crispulo Arquero III	Master Teacher I	TES
32	Marites Organo	Master Teacher I	APES
33	Marilou Aninag	Master Teacher I	PIS
34	Marilou Barrios	Master Teacher I	VCS
35	Marilyn Tiongson	Master Teacher I	ISNHS
36	Ella Celana	Master Teacher I	VCS
37	Maribel A. Adame	Teacher III	GES2MES
38	Judy Ann Adolfo	Teacher III	BPES
39	Margie Bulaoat	Master Teacher I	MES
40	Jeffrey Acena	Master Teacher II	RES
41	Juliet Taborda	Master Teacher II	CAMES
42	Sheryl Pata	Master Teacher II	SPBES
43	Jovilory Filart	Master Teacher II	RPES
44	Kristine Joy Bilgera	Master Teacher I	APES
45	Maribel Quibilan	Master Teacher I	BMSW
46	Loricor Gay Timbreza	Teacher III	VCS
47	Jessa Nova Celana	Teacher III	VCS
48	Jermaine Siababa	Teacher III	VCS
49	Ma. Cristina Quional	Teacher III	VCS
50	Mylene Unarse	Teacher III	GES2MES
51	Yolanda Palas	Teacher III	SPBES
52	Ricky Bosque	Master Teacher II	ISNHS
53	Leslie Ann Consolacion	Teacher III	TES
54	Marife Retuta	Teacher III	BMSW
55	Estrella Adolfo	Teacher III	BMSW
56	Teresita Quiton	Teacher III	JSES
57	Lorena Amano	Teacher III	APES
58	Gemma dela Cruz	Teacher III	SJES
59	Cecil Astrologio	Teacher III	SJES
60	Kazel Aquino	Teacher III	BMSE
61	R Jay de Guzman	Teacher III	CCES
62	Aiman Bajet	Teacher III	CCES
63	Bernadette Frial	Teacher III	CAMES
64	Francisca Figuerres	Teacher III	CAMES
65	Marc John Micenarei Acena	Teacher III	ALS
66	Joe Darwin Queja	Teacher III	ALS
67	Amanda Jane Regua	Teacher III	ISNHS
68	Desiree Anne Aquino	Teacher II	ISNHS
69	Then Then Cariaga	Teacher II	ISNHS
70	Laurence Sales	Teacher II	ISNHS
71	Froilan Pastor	Master Teacher I	ISNHS
72	Renante Bista Jr.	Teacher III	ISNHS
73	Eddie James Fernandez	Teacher III	ISNHS
74	Marilyn Cervantes	Master Teacher I	ISNHS



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75	Kenneth Matthew Obrero	Teacher I	ISNHS
76	Alvin Jake Pajo	Teacher III	ISNHS
77	Mary Angeline Ponce	Teacher III	ISNHS
78	Lexter John Agtutubo	Teacher III	ISNHS
79	Angelica Andres	Teacher III	ISNHS
80	Rhoda Quereza	Teacher III	ISNHS
81	Henry Buemio	Teacher III	ISNHS
82	Mary Antonette Sy	Teacher III	ISNHS
83	Maggie Aytona	Master Teacher II	ISNHS
84	Junalyn Refuerzo	Teacher III	ISNHS
85	Kenneth Pico	Teacher III	ISNHS
86	Cristina Parada	Teacher III	ISNHS
87	Lemuel Tinio	Teacher III	ISNHS
88	Dany Mar Frio	Teacher III	ISNHS
89	Kurt Kenneth Aspacio	Teacher III	ISNHS
90	Jeffrey Pido	Teacher III	ISNHS
91	Ruth Anthony Langbayan	Teacher III	ISNHS
92	Gladys Padre	Teacher III	ISNHS
93	Peter Andrew Duruin	Teacher III	VNHSE
94	John Lorenzo Catura	Teacher III	VNHSE
95	Cindy Presto	Teacher III	VNHSE
96	Jocelyn Tagorda	Teacher III	VNHSE
97	Romeo Soriano	Teacher III	VNHSE
98	Maverick Arquillo	Teacher III	VNHSW
99	Wilmarie Amongol	Teacher III	VNHSW
100	Jefferson Gannaban	Teacher III	ISNHS



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TRAINING MATRIX
Batch 1 – December 4-6, 2023
Batch 2 – January 10 – 12, 2024
Venue: OveMar Resort Hotel, Paratong, Sta. Catalina, Ilocos Sur

Time	Activity
Day 1	
7:30 – 8:00	Registration
	Opening Program
	National Anthem AVP
	Prayer AVP
8:00 – 8:30	Opening Remarks Jo Eulie Mei T. Domingo OIC, Office of the Asst. Schools Division Superintendent
	Acknowledgement of Participants Moderator
	Message Vilma D. Eda, CESO V Schools Division Superintendent
	Statement of Purpose Marie Christine L. Natividad Chief Education Supervisor, CID
Training Proper	Dr. Cecilia B. Manikan
8:00 – 10:00	Whole-Brain Thinking and Learning 1. Neuroscience Foundation of Learning and Behavior
10:00 – 10:30	HEALTH BREAK
10:30 – 12:00	Whole-Brain Thinking and Learning 2. Quadrant Brain Test (HBD, MBTI)
12:00 – 1:00	LUNCH BREAK
1:00 – 3:00	Whole-Brain Thinking and Learning 3. Behavioural and Pedagogical Import of Brain Dynamics
3:00 – 3:30	HEALTH BREAK
3:30 – 5:00	Whole-Brain Thinking and Learning 4. Enhancing Comprehension: How the Brain Learns
Day 2	
8:00 – 9:30	Learning to Feel, Learning to Intuit



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	1. The Emotional Competence Framework
9:30 – 10:00	HEALTH BREAK
10:00 – 12:00	Learning to Feel, Learning to Intuit 2. Managing Relationships
12:00 – 1:00	LUNCH BREAK
1:00 – 3:00	Learning to Feel, Learning to Intuit 3. Cultivation of Mindfulness
3:00 – 3:30	HEALTH BREAK
3:30 – 5:00	Learning to Feel, Learning to Intuit 4. Developing Intuition 5. Meditation for Healing and Wellness
Day 3	
8:00 – 9:30	Learning to Lead, Learning to Be 1. Life Mapping Exercises
9:30 – 10:00	HEALTH BREAK
10:00 – 12:00	Learning to Lead, Learning to Be 2. Basic Steps in Mindfulness Practice
12:00 – 1:00	LUNCH BREAK
1:00 – 3:00	Learning to Lead, Learning to Be 3. Spirituality in the Workplace
3:00 – 3:30	HEALTH BREAK
3:30 – 5:00	Closing Program
	Nationalistic Song AVP
	Prayer AVP
	Training Impressions Selected Participants
	Ways Forward Marie Christine L. Natividad Chief Education Supervisor, CID
	Closing Remarks Rodrigo Q. Reyes Jr. Chief Education Supervisor, SGOD
Moderator: Julian Vicente Jr. Education Program Supervisor	

