



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

DIVISION MEMORANDUM

No. 416, s.2024

**CORRIGENDUM TO DIVISION MEMORANDUM NO. 404, S. 2024
(PARTICIPANTS OF THE DIVISION TRAINING-WORKSHOP FOR TEACHERS ON
WHOLE BRAIN APPROACH AND MINDFULNESS PRACTICE FOR EFFECTIVE
DEVELOPMENT OF WELL-BEING, LITERACY AND NUMERACY SKILLS IN
LEARNERS)**

TO: Assistant Schools Division Superintendent
Chief Education Supervisor – SGOD
Public Elementary and Secondary School Heads
All Others Concerned

1. Relative to the previously issued Division Memorandum No. 404, s. 2024 titled *Division Training-Workshop for Teachers on Whole Brain Approach and Mindfulness Practice for Effective Development of Well-Being, Literacy and Numeracy Skills in Learners*, this Office informs the field that the List of Participants is hereby corrected due to the attendance of some participants to the SY 2024-2025 Division School Press Conference on December 4-6, 2024.
2. Enclosed is the revised List of Participants for reference.
3. All other provisions stated in DM No. 404, s. 2024 remains in effect.
4. Immediate dissemination of this memorandum is desired.

VILMA D. EDA, CESO V
Schools Division Superintendent



📍 Mena Crisologo St. corner Rivero St., Brgy. IX, Vigan City, Ilocos Sur
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Republic of the Philippines
Department of Education
REGION I
SCHOOLS DIVISION OF VIGAN CITY

LIST OF PARTICIPANTS

Batch 3

No.	Name	Position	School
1	DE GUZMAN, BRENDA PAGADOR	TEACHER II	Ayusan-Paoa Elementary School
2	PRADES, MA. EMMA VIÑAS	TEACHER III	Bulala-Paratong Elementary School
3	PAA, APPLE DE LA CRUZ	TEACHER III	Bulala-Paratong Elementary School
4	ADOLFO, JUDY-ANN DE LA CRUZ	TEACHER III	Bulala-Paratong Elementary School
5	PALECPEC, ALLAN	TEACHER III	Camangaan Elementary School
6	ACENA, RICHELLE DOMINGO	TEACHER I	Capangpangan Elementary School
7	GELACIO, JULIE ANN	TEACHER III	Capangpangan Elementary School
8	ADCAPAN, NADIA MARIE ACYAPAT	GUIDANCE COORDINATOR III	Ilocos Sur National High School
9	NEGAPATAN, GWYNETH PASCUA	GUIDANCE COUNSELOR III	Ilocos Sur National High School
10	GAMBOA, VALERIE BILLEZA	TEACHER III	Ilocos Sur National High School
11	BALLERTA, CRISTINA ABUNDO	MASTER TEACHER II	Ilocos Sur National High School
12	CATURA, PHAULA LOUISSE DOMINGO	SPECIAL SCIENCE TEACHER I	Ilocos Sur National High School
13	FERNANDEZ, JADE CESAR ARCONADO	TEACHER III	Ilocos Sur National High School
14	PASCUA, MARY-ROSE BEGONIA	TEACHER I	Ilocos Sur National High School
15	PATUBO, JOANNA ANN	TEACHER I	Ilocos Sur National High School
16	PUBLICO, LEVIN JOHN	TEACHER II	Ilocos Sur National High School
17	TAPAT, CHRISTINE JOY	TEACHER I	Ilocos Sur National High School
18	ULANIMO, LOUIE UGALINO	TEACHER I	Ilocos Sur National High School
19	BARROGA, JELOU OLIVER	TEACHER I	Ilocos Sur National High School
20	BENZON, MARY ANN	TEACHER I	Ilocos Sur National High School
21	AGTUTUBO, LESTER JEHN SALAS	TEACHER I	Ilocos Sur National High School
22	PANELA, RUBY ANN VALLEJOS	TEACHER I	Ilocos Sur National High School
23	CAMCAM, KRISTIAN GUZMAN	TEACHER I	Ilocos Sur National High School
24	CORTEZ, MIKE CHRISTIAN ALIMAY	TEACHER I	Ilocos Sur National High School
25	PRADES, DANIEL GABRIEL CARPINA	TEACHER I	Ilocos Sur National High School
26	RIVAD, JUKONN NIÑO ASISTIN	TEACHER I	Ilocos Sur National High School
27	TUBON, KIMBERLY BAÑAGA	TEACHER I	Ilocos Sur National High School
28	ABUEL, GEMMALYN	TEACHER I	Ilocos Sur National High School
29	IGNACIO, ESRALYN PALER	TEACHER I	Ilocos Sur National High School
30	LAPITAN, ANGELICA RENTUTAR	TEACHER I	Ilocos Sur National High School
31	RAPADAS, RYAN MORALES	TEACHER I	Ilocos Sur National High School
32	PANTALEON, CLOUDETTE CARIÑO	TEACHER I	Ilocos Sur National High School
33	DE LOS SANTOS, ARNEL ESPIRITU	TEACHER I	Ilocos Sur National High School
34	DOLORICO, SHAIRA VILORIA	TEACHER I	Ilocos Sur National High School
35	MANZANO, PAULINE RIGOR	TEACHER I	Ilocos Sur National High School
36	MENOR, JOHN REY CAROLINO	TEACHER I	Ilocos Sur National High School
37	RACACHOT, ROXAN RAQUEÑO	TEACHER II	Ilocos Sur National High School



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38	PAGAY, ARLENE PERALTA	TEACHER III	Ilocos Sur National High School
39	TABUNAN, ANGELICA TABULA	TEACHER I	Ilocos Sur National High School
40	VALDEZ, KAREN AGNO	TEACHER I	Ilocos Sur National High School
41	MARIÑAS, PAMELA HERNANDO	TEACHER I	Ilocos Sur National High School
42	SANCHEZ, REMELY SUNIO	TEACHER I	Ilocos Sur National High School
43	TUSCANO, ROSELLE AGAPINAN	TEACHER I	Ilocos Sur National High School
44	ESPEJO, ARLENE CLARO	TEACHER I	Ilocos Sur National High School
45	FALLET, EMILY LIWANAG	TEACHER I	Ilocos Sur National High School
46	PAA, EVELYN PAJARILLO	TEACHER I	Ilocos Sur National High School
47	QUIÑOLA, DONNA KAREN ARIDA	TEACHER I	Ilocos Sur National High School
48	RACUSA, ZAIRA MANZANA	TEACHER I	Ilocos Sur National High School
49	BACAY, JOYCE CHRISTINE SERAPION	TEACHER I	Ilocos Sur National High School
50	AQUINO, MARIONE KAYLE AZUL	TEACHER I	Ilocos Sur National High School
51	CAGALINGAN II, OWEN MARK	TEACHER I	Ilocos Sur National High School
52	QUINOLA, LENNOX	TEACHER I	Ilocos Sur National High School
53	QUITORAS, CRISTINE	TEACHER I	Ilocos Sur National High School
54	BOLOR, JONEL	TEACHER I	Ilocos Sur National High School
55	RIN, ANTHONY	TEACHER I	Ilocos Sur National High School
56	MABOLO, ANN CLAUDETH M.	TEACHER I	Ilocos Sur National High School
57	CORPUZ, JHON PAUL RIC BUENECILLE	TEACHER II	Ilocos Sur National High School
58	BERINA, JUNELYN JOY QUEDDENG	TEACHER II	Ilocos Sur National High School
59	MANLIGUEZ, RINO MABUTE	TEACHER II	Ilocos Sur National High School
60	BILGERA, RAYMART SANTIAGO	TEACHER II	Ilocos Sur National High School
61	VILLANUEVA, JONEVIE PAGAY	TEACHER II	Ilocos Sur National High School
62	SOLIMA, ROWENA RAPADA	TEACHER III	Ilocos Sur National High School
63	QUARIO, CARYN LINTONAN	TEACHER III	Ilocos Sur National High School
64	AVILA, LEILANI PURUGGANAN	TEACHER III	Ilocos Sur National High School
65	MERCURIO, MA. ROSE LEAH PAGTAMA	TEACHER III	Ilocos Sur National High School
66	ARAGOZA, ANDRIAN CARL MAMAUAG	TEACHER I	Ilocos Sur National High School
67	BARAOIL, JUDY-ANN ANICAS	TEACHER III	Ilocos Sur National High School
68	QUE, HAZEL ANN SARMIENTO	TEACHER III	Ilocos Sur National High School
69	TENORIO, TRISHA MAE ATUD	TEACHER III	Ilocos Sur National High School
70	BURGOS, ALJEAN PASCUA	TEACHER III	Ilocos Sur National High School
71	PACIS, JOANNA MARIE PRUDENCIO	TEACHER III	Ilocos Sur National High School
72	MORETA, CHERRY LYN DELA PEÑA	TEACHER III	Ilocos Sur National High School
73	LOZANO, MARIA BERNADETTE ANIMAY	TEACHER II	Ilocos Sur National High School
74	TIMBREZA, ESMERALDA RABENA	Teacher II	Ilocos Sur National High School
75	YABOT, PASTOR JR. VENENCIANO	Teacher II	Ilocos Sur National High School
76	BITANA, MARLOU FRANCISCO MOLINA	Teacher II	Ilocos Sur National High School
77	ALMARE, CHERRYL ANN MAURICIO	Teacher I	Ilocos Sur National High School
78	AGUILAR, EUGENE RAGASA	Teacher III	Ilocos Sur National High School



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79	RAQUENO, RICHARD RAGASA	Teacher III	Ilocos Sur National High School
80	EUROPA, KRISTHINE CIDRO	Teacher II	Ilocos Sur National High School
81	ARIZABAL, VICKY M.	TEACHER III	Mindoro Elementary School
82	CABOTAJE, KHLEMEN	TEACHER I	Nagsangalan Elementary School
83	PUGRAD, ELAINE RAE PANOGAO	TEACHER II	Nagsangalan Elementary School
84	LARIOZA, HANNA PAGADOR	TEACHER II	Nagsangalan Elementary School
85	RAFANAN, JHOVIE R.	TEACHER II	Nagsangalan Elementary School
86	ROMINO, JE ANN	TEACHER III	Pantay Integrated School
87	ARENAS, CHRISTOPHER EMMANUEL AFROILAN	TEACHER III	Pantay Integrated School
88	MANGOBA, AGNES	TEACHER I	San Julian Elementary School
89	BUCARILI, ANGELICA	TEACHER III	San Julian Elementary School
90	ARIZABAL, EDGAR JR EDUARTE	SPECIAL EDUCATION TEACHER I	Vigan Central School
91	VILLARUZ, JAYCELLE CUDIAMAT	TEACHER III	Vigan Central School
92	PAA, MC CLOYD	SPECIAL EDUCATION TEACHER I	Vigan Central School
93	TAMAG, JUDY ANN	TEACHER I	Vigan National High School East
94	RAMOS, ANNABELLE CABANTING	TEACHER II	Vigan National High School East
95	AGSAULLO, NIÑA PAULETTE	TEACHER I	Vigan National High School East
96	CABRALES, JUDE CHRISTOPHER AMATE	TEACHER III	Vigan National High School East
97	REBULTAN, CHERRY LYN MAE NICOLAS	TEACHER I	Vigan National High School East
98	MAURICIO, EDMAR JAMES	TEACHER II	Vigan National High School East
99	ALZATE, JAMAICA SUMIBCA Y	TEACHER I	Vigan National High School West
100	ANCHETA, JEFFERSON RUIZ	TEACHER III	Vigan National High School West



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Batch 4

No.	Name	Position	School
1	ABLOG, RENALYN CLAIRE	TEACHER III	Ayusan-Paoa Elementary School
2	BAUTISTA, JOSEPH	TEACHER III	Ayusan-Paoa Elementary School
3	ABILLE, ERLYN	TEACHER III	Bulala-Paratong Elementary School
4	FARALE, FLORVIE	TEACHER I	Burgos Memorial School West
5	RIBUCA, JANELA SOTELO	TEACHER II	Burgos Memorial School West
6	VILORIA, LAILA UNDAY	TEACHER III	Burgos Memorial School West
7	LUBEN, GLADYS BAJET	TEACHER I	Burgos Memorial School West
8	TACTAY, JERICK CLOYD REYNON	TEACHER III	Camangaan Elementary School
9	ANDALLO, NERISSA	TEACHER III	Camangaan Elementary School
10	BAPTISTA, LAURICE PANTALEON	TEACHER I	Capangpangan Elementary School
11	LOPEZ, JUNELYN HORLADOR	TEACHER I	Capangpangan Elementary School
12	CAMELLO, MARINELLA JOI REPATO	TEACHER III	Capangpangan Elementary School
13	TALANIA, MARITES ROLDAN	TEACHER I	Ilocos Sur National High School
14	ALIBIN, JESSICA R.	TEACHER I	Ilocos Sur National High School
15	ALTIZEN, CHRISTOPHER C.	TEACHER I	Ilocos Sur National High School
16	ANTONIO, MACBELLE T.	TEACHER I	Ilocos Sur National High School
17	APATAN, VICTOR A.	TEACHER I	Ilocos Sur National High School
18	AQUINO, LANI ROSE	TEACHER I	Ilocos Sur National High School
19	ARCA, CHRISTIAN S.	TEACHER I	Ilocos Sur National High School
20	CAMPOS, MERILLWYNE S.	TEACHER I	Ilocos Sur National High School
21	CASTILLO, INAD AARON L.	TEACHER I	Ilocos Sur National High School
22	CORPUZ, MARK NICKSON S.	TEACHER I	Ilocos Sur National High School
23	HIDALGO, R-JAY D.	TEACHER I	Ilocos Sur National High School
24	PAREL, MAVERICK NIÑO P.	TEACHER I	Ilocos Sur National High School
25	PASCUA, RICHELLE JOY R.	TEACHER I	Ilocos Sur National High School
26	REYES, DIANNE MAE S.	TEACHER I	Ilocos Sur National High School
27	TAPAT, JESSYBELLE S.	TEACHER I	Ilocos Sur National High School
28	UGALE, ANGELICA P.	TEACHER I	Ilocos Sur National High School
29	URRO, GEORGE U.	TEACHER I	Ilocos Sur National High School
30	PERPER, LESLIE ANNE T.	TEACHER I	Ilocos Sur National High School
31	ABLOG, RAYMART JOHN RACCA	TEACHER I	Ilocos Sur National High School
32	PAJO, TRACY ANN MARAMBA	TEACHER I	Ilocos Sur National High School
33	RAMIREZ, BILLY B.J. JAGUNAP	TEACHER I	Ilocos Sur National High School
34	QUITORIANO, JAYSON PATRICK	TEACHER I	Ilocos Sur National High School
35	PABLO, MASPIL OLDICO	TEACHER I	Ilocos Sur National High School
36	BARRE, MELVIN RODRIGO BERNOS	TEACHER III	Ilocos Sur National High School
37	EDERON, MIKKO PILOTIN	TEACHER I	Ilocos Sur National High School
38	VENTURA, CHRISTINE JANE RIOTOC	TEACHER I	Ilocos Sur National High School



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39	CACATIAN, JEFFRYL PIANO	TEACHER I	Ilocos Sur National High School
40	RISULME, JONALYN PAA	TEACHER I	Ilocos Sur National High School
41	URULAZA, WEGIE LOY ALMERO	TEACHER I	Ilocos Sur National High School
42	BAUTISTA, LOIDA CONCEPCION	TEACHER I	Ilocos Sur National High School
43	CARDONA, LOVELY ANN ADVIENTO	TEACHER I	Ilocos Sur National High School
44	CARIÑO, DONNALYN ALEGRE	TEACHER I	Ilocos Sur National High School
45	LESCANO, MAY ANNE CARIAGA	TEACHER I	Ilocos Sur National High School
46	PAGAL, JULIE KAYE PULIDO	TEACHER I	Ilocos Sur National High School
47	HACHUELA, ALMIRA PEGAD	TEACHER II	Ilocos Sur National High School
48	ESPIRITU, RAYMUND ALVAREZ	TEACHER III	Ilocos Sur National High School
49	AQUINO, KATHLEEN JOY PIANO	TEACHER III	Ilocos Sur National High School
50	FAGELA, GRACE CASTILLO	TEACHER III	Ilocos Sur National High School
51	INES, DEARLY GOMEZ	TEACHER III	Ilocos Sur National High School
52	VALENCIA, CLARENCE TAMAG	TEACHER III	Ilocos Sur National High School
53	ALGARA, JAY JAY ALEGRE	TEACHER III	Ilocos Sur National High School
54	TABUNO, JANICE PALMA	TEACHER III	Ilocos Sur National High School
55	DE LA CRUZ, CYRENE KAYE PINOL	TEACHER III	Ilocos Sur National High School
56	LOPEZ, AJ-ELAINE ARCAINA	TEACHER III	Ilocos Sur National High School
57	OBRERO, STEPHANIE MAY VERAFLOR	TEACHER III	Ilocos Sur National High School
58	REPUTOLA, DARIANE JOY MAGNO	TEACHER III	Ilocos Sur National High School
59	QUINDIPAN, JOHN PAUL RAGONJAN	TEACHER II	Ilocos Sur National High School
60	COMIA, NORMAN DIANO	TEACHER II	Ilocos Sur National High School
61	EUGENIO, MERLE SALUD	TEACHER II	Ilocos Sur National High School
62	RABARA, KNIETHEL RENCIO	SPECIAL SCIENCE TEACHER I	Ilocos Sur National High School
63	ANDAYA, ERALYN ABLOG	TEACHER II	Ilocos Sur National High School
64	SINGSON, JHONNE CLAIRE CONSULTA	TEACHER I	Ilocos Sur National High School
65	ANDALLO, JEMARIE QUIACUSAN	TEACHER II	Ilocos Sur National High School
66	NAVARRO, ROWENA PARCON	GUIDANCE COUNSELOR III	Ilocos Sur National High School
67	ARSITIO, CHRISTIAN PAUL	TEACHER I	Ilocos Sur National High School
68	LORILLA, RIA AGNES LITA	TEACHER II	Ilocos Sur National High School
69	PERALTA, MARICON MARCOS	TEACHER I	Ilocos Sur National High School
70	ALEGRE, JENETH KUIZON	TEACHER I	Ilocos Sur National High School
71	TOLOSA, JAYSON BRAGAS	TEACHER II	Ilocos Sur National High School
72	RECITIS, BRIGITTE SUZIE BUEN	TEACHER II	Ilocos Sur National High School
73	RAPISURA, CATHY LYN FILOMENO	TEACHER II	Ilocos Sur National High School
74	TULIO, CHRISTOPER BAUTISTA	TEACHER I	Ilocos Sur National High School
75	LIM, SHELANIEJEAN LUNA	TEACHER III	Ilocos Sur National High School
76	TACULOG, JOANNE SOLIVEN	TEACHER II	Ilocos Sur National High School



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77	ROBERONTA, JEFFREY BESIDAS	TEACHER II	Ilocos Sur National High School
78	RAPOSAS, GRACE RAPISURA	TEACHER II	Ilocos Sur National High School
79	BISENIO, STAR JEWEL ABENDANIO	TEACHER II	Ilocos Sur National High School
80	RAGAMAT, JENNIFER DE LA CUESTA	TEACHER I	Ilocos Sur National High School
81	RAGUDO, JANE PAULETH A.	TEACHER I	Ilocos Sur National High School
82	FILARCA, MARY MAE ALMONDIA	TEACHER III	Jose Singson Elementary School
83	ALEGRE, MARLYN PULA	TEACHER I	Mindoro Elementary School
84	CAMPOS, SHARON	TEACHER III	Nagsangalan Elementary School
85	ARCENA, DIANA DEGRACIA	TEACHER III	Nagsangalan Elementary School
86	PAGUD, DIANA	TEACHER III	Nagsangalan Elementary School
87	RABENA, LARENE MARY MAE PALO	TEACHER III	Pantay Integrated School
88	PAGAY, SUNSHINE	TEACHER II	Pantay Integrated School
89	SUPNET, KRIZZLE JOY	TEACHER I	Pantay Integrated School
90	TENORIO, RUBY-AN SUPNET	TEACHER II	Raois Elementary School
91	TACADENA, JHOELLE ANNE BUENO	TEACHER I	Salindeg, Pong-ol, Barraca Elementary School
92	PAGALANAN, ELNORE ROSE MARINAS	SPECIAL EDUCATION TEACHER I	Vigan Central School
93	PESCADOR, ALICIA DUYAO	SPECIAL EDUCATION TEACHER I	Vigan Central School
94	RUSIBIN, JASMIN NINA DUMBRIQUE	SPECIAL EDUCATION TEACHER I	Vigan Central School
95	CALVO, HAIDEE CYNTHIA	TEACHER II	Vigan National High School East
96	BALLERTA, NOREEN DOMINICA ABUNDO	TEACHER III	Vigan National High School East
97	BALANAY, SHERYL RICARDOS	TEACHER I	Vigan National High School East
98	RAFANAN, ANTONIO	TEACHER I	Vigan National High School East
99	SEGURITAN, JHONNA SERNA	TEACHER I	Vigan National High School West
100	PALACPAC, CHRISTINE MANANGAN	TEACHER III	Vigan National High School West



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2411-1395

Republic of the Philippines
Department of Education
REGION I
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DIVISION MEMORANDUM

No. 404, s.2024

DIVISION TRAINING-WORKSHOP FOR TEACHERS ON WHOLE BRAIN APPROACH AND MINDFULNESS PRACTICE FOR EFFECTIVE DEVELOPMENT OF WELL-BEING, LITERACY AND NUMERACY SKILLS IN LEARNERS

TO: Assistant Schools Division Superintendent
Chief Education Supervisor – 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-Workshop for Teachers on Whole Brain Approach And Mindfulness Practice for Effective Development of Well-Being, Literacy and Numeracy Skills in Learners** at the **Hotelinda Suites (Annex Bldg.), Vigan City, Ilocos Sur** on **November 25-27, 2024** for **Batch 3** and **December 4-6, 2024** for **Batch 4**.
2. The training objectives are the following:
 - 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 "it" 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 and public elementary and secondary teachers.
4. Participants are enjoined to bring their own laptop, pocket wi-fi, and extension cord to be used during the training-workshop.
5. The following documents are attached for reference:
 - a. Program of Activities
 - b. List of Participants
 - c. Composition of the Program Management Team
6. For information, guidance and compliance.



VILMA D. BDA, CESO V
Schools Division Superintendent



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PROGRAM OF ACTIVITIES

- I. Title of Training:
Division Training-Workshop for Teachers on Whole Brain Approach And Mindfulness Practice for Effective Development of Well-Being, Literacy and Numeracy Skills in Learners
- II. Date of Implementation: **November 25-27, 2024 (Batch 3)**
December 4-6, 2024 (Batch 4)
- III. Venue: **Hotelinda Suites (Annex Bldg), Vigan City, Ilocos Sur**

Time	Activity	
Day 1		
8:00 – 8:30	Opening Program	
	National Anthem	AVP
	Prayer	AVP
	Opening Remarks	Annie D. Pagdilao, EdD, CESO VI Asst. Schools Division Superintendent
	Acknowledgement of Participants	Moderator
	Message	Vilma D. Eda, CESO V Schools Division Superintendent
8:00 – 10:00	Whole-Brain Thinking and Learning <ul style="list-style-type: none"> • Repositioning Philippine Education (VUCA World) • What is Whole-Brain Approach to Education? • Neuroscience Foundation of Learning and Behaviour 	
10:00 – 10:30	HEALTH BREAK	
10:30 – 12:00	Whole-Brain Thinking and Learning <ul style="list-style-type: none"> • Quadrant Brain Test (HBD, MBTI) 	
12:00 – 1:00	LUNCH BREAK	
1:00 – 3:00	Whole-Brain Thinking and Learning <ul style="list-style-type: none"> • Behavioural and Pedagogical Import of Brain Dynamics 	
3:00 – 3:30	HEALTH BREAK	
3:30 – 5:00	Whole-Brain Thinking and Learning <ul style="list-style-type: none"> • Enhancing Comprehension: How the Brain Learns 	
Day 2		
8:00 – 9:30	Learning to Feel, Learning to Intuit <ul style="list-style-type: none"> • The Emotional Competence Framework 	
9:30 – 10:00	HEALTH BREAK	
10:00 – 12:00	Learning to Feel, Learning to Intuit <ul style="list-style-type: none"> • Managing Relationships/Cultivating Resilience 	
12:00 – 1:00	LUNCH BREAK	
1:00 – 3:00	Learning to Feel, Learning to Intuit <ul style="list-style-type: none"> • Cultivation of Mindfulness 	



Address: Mena Crisologo St. corner Rivero St., Brgy. IX, Vigan City, Ilocos Sur
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3:00 – 3:30	HEALTH BREAK	
3:30 – 5:00	Learning to Feel, Learning to Intuit <ul style="list-style-type: none"> • Developing Intuition: Accessing the Higher Self • Meditation for Healing and Wellness 	
Day 3		
8:00 – 9:30	Learning to Lead, Learning to Be <ul style="list-style-type: none"> • Life Mapping Exercises 	
9:30 – 10:00	HEALTH BREAK	
10:00 – 12:00	Learning to Lead, Learning to Be <ul style="list-style-type: none"> • What is Mindfulness? Exercises In Mindfulness 	
12:00 – 1:00	LUNCH BREAK	
1:00 – 3:00	Learning to Lead, Learning to Be <ul style="list-style-type: none"> • Contemplative Pedagogy for Promotion of Mental Health Integrating Lecture 	
3:00 – 3:30	HEALTH BREAK	
3:30 – 5:00	Closing Program	
	Nationalistic Song	AVP
	Prayer	AVP
	Training Impressions	Selected Participants
	Ways Forward	Susiemar M. Rapisura Education Program Supervisor, SGOD
	Closing Remarks	Rodrigo Q. Reyes Jr. Chief Education Supervisor, SGOD
	Moderator:	Aurelyn F. Fieldad Education Program Specialist II



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List of Participants

Batch 3

No.	Name	Position	School
1	DE GUZMAN, BRENDA PAGADOR	TEACHER II	Ayusan-Paoa Elementary School
2	JOAQUIN, CURT RACSA	TEACHER III	Bulala-Paratong Elementary School
3	PAA, APPLE DE LA CRUZ	TEACHER III	Bulala-Paratong Elementary School
4	ADOLFO, JUDY-ANN DE LA CRUZ	TEACHER III	Bulala-Paratong Elementary School
5	PALECPEC, ALLAN	TEACHER III	Camangaan Elementary School
6	ACENA, RICHELLE DOMINGO	TEACHER I	Capangpangan Elementary School
7	GELACIO, JULIE ANN	TEACHER III	Capangpangan Elementary School
8	ADCAPAN, NADIA MARIE ACYAPAT	GUIDANCE COORDINATOR III	Ilocos Sur National High School
9	NEGAPATAN, GWYNETH PASCUA	GUIDANCE COUNSELOR III	Ilocos Sur National High School
10	GAMBOA, VALERIE BILLEZA	TEACHER III	Ilocos Sur National High School
11	BALLERTA, CRISTINA ABUNDO	MASTER TEACHER II	Ilocos Sur National High School
12	CATURA, PHAULA LOUISSE DOMINGO	SPECIAL SCIENCE TEACHER I	Ilocos Sur National High School
13	FERNANDEZ, JADE CESAR ARCONADO	TEACHER III	Ilocos Sur National High School
14	PASCUA, MARY-ROSE BEGONIA	TEACHER I	Ilocos Sur National High School
15	PATUBO, JOANNA ANN	TEACHER I	Ilocos Sur National High School
16	PED, ARIANNE JOY REBUNAL	TEACHER I	Ilocos Sur National High School
17	TAPAT, CHRISTINE JOY	TEACHER I	Ilocos Sur National High School
18	ULANIMO, LOUIE UGALINO	TEACHER I	Ilocos Sur National High School
19	URULAZA, WEGIE LOY ALMERO	TEACHER I	Ilocos Sur National High School
20	BENZON, MARY ANN	TEACHER I	Ilocos Sur National High School
21	AGTUTUBO, LESTER JEHN SALAS	TEACHER I	Ilocos Sur National High School
22	PANELA, RUBY ANN VALLEJOS	TEACHER I	Ilocos Sur National High School
23	CAMCAM, KRISTIAN GUZMAN	TEACHER I	Ilocos Sur National High School
24	CORTEZ, MIKE CHRISTIAN ALIMAY	TEACHER I	Ilocos Sur National High School
25	PADUA, FRITZY PEARL ABAD	TEACHER I	Ilocos Sur National High School
26	PRADES, DANIEL GABRIEL CARPINA	TEACHER I	Ilocos Sur National High School
27	RIVAD, JUKONN NIÑO ASISTIN	TEACHER I	Ilocos Sur National High School
28	TUBON, KIMBERLY BAÑAGA	TEACHER I	Ilocos Sur National High School
29	ABUEL, GEMMALYN	TEACHER I	Ilocos Sur National High School
30	IGNACIO, ESRALYN PALER	TEACHER I	Ilocos Sur National High School
31	LAPITAN, ANGELICA RENTUTAR	TEACHER I	Ilocos Sur National High School
32	RAPADAS, RYAN MORALES	TEACHER I	Ilocos Sur National High School
33	PANTALEON, CLOUDETTE CARIÑO	TEACHER I	Ilocos Sur National High School
34	DE LOS SANTOS, ARNEL ESPIRITU	TEACHER I	Ilocos Sur National High School
35	DOLORICO, SHAIRA VILORIA	TEACHER I	Ilocos Sur National High School
36	MANZANO, PAULINE RIGOR	TEACHER I	Ilocos Sur National High School
37	MENOR, JOHN REY CAROLINO	TEACHER I	Ilocos Sur National High School



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38	SINGSON, JHONNE CLAIRE CONSULTA	TEACHER I	Ilocos Sur National High School
39	TULIO, CHRISTOPER BAUTISTA	TEACHER I	Ilocos Sur National High School
40	TABUNAN, ANGELICA TABULA	TEACHER I	Ilocos Sur National High School
41	VALDEZ, KAREN AGNO	TEACHER I	Ilocos Sur National High School
42	MARIÑAS, PAMELA HERNANDO	TEACHER I	Ilocos Sur National High School
43	SANCHEZ, REMELY SUNIO	TEACHER I	Ilocos Sur National High School
44	TUSCANO, ROSELLE AGAPINAN	TEACHER I	Ilocos Sur National High School
45	ESPEJO, ARLENE CLARO	TEACHER I	Ilocos Sur National High School
46	FALLET, EMILY LIWANAG	TEACHER I	Ilocos Sur National High School
47	PAA, EVELYN PAJARILLO	TEACHER I	Ilocos Sur National High School
48	QUIÑOLA, DONNA KAREN ARIDA	TEACHER I	Ilocos Sur National High School
49	RACUSA, ZAIRA MANZANA	TEACHER I	Ilocos Sur National High School
50	BACAY, JOYCE CHRISTINE SERAPION	TEACHER I	Ilocos Sur National High School
51	AQUINO, MARIONE KAYLE AZUL	TEACHER I	Ilocos Sur National High School
52	CAGALINGAN II, OWEN MARK	TEACHER I	Ilocos Sur National High School
53	QUINOLA, LENNOX	TEACHER I	Ilocos Sur National High School
54	QUITORAS, CRISTINE	TEACHER I	Ilocos Sur National High School
55	BOLOR, JONEL	TEACHER I	Ilocos Sur National High School
56	RIN, ANTHONY	TEACHER I	Ilocos Sur National High School
57	MABOLO, ANN CLAUDETH M.	TEACHER I	Ilocos Sur National High School
58	CORPUZ, JHON PAUL RIC BUENECILLE	TEACHER II	Ilocos Sur National High School
59	BERINA, JUNELYN JOY QUEDDENG	TEACHER II	Ilocos Sur National High School
60	MANLIGUEZ, RINO MABUTE	TEACHER II	Ilocos Sur National High School
61	BILGERA, RAYMART SANTIAGO	TEACHER II	Ilocos Sur National High School
62	VILLANUEVA, JONEVIE PAGAY	TEACHER II	Ilocos Sur National High School
63	SOLIMA, ROWENA RAPADA	TEACHER III	Ilocos Sur National High School
64	QUARIO, CARYN LINTONAN	TEACHER III	Ilocos Sur National High School
65	AVILA, LEILANI PURUGGANAN	TEACHER III	Ilocos Sur National High School
66	MERCURIO, MA. ROSE LEAH PAGTAMA	TEACHER III	Ilocos Sur National High School
67	BARRE, MELVIN RODRIGO BERNOS	TEACHER III	Ilocos Sur National High School
68	BARAOIL, JUDY-ANN ANICAS	TEACHER III	Ilocos Sur National High School
69	QUE, HAZEL ANN SARMIENTO	TEACHER III	Ilocos Sur National High School
70	TENORIO, TRISHA MAE ATUD	TEACHER III	Ilocos Sur National High School
71	BURGOS, ALJEAN PASCUA	TEACHER III	Ilocos Sur National High School
72	PACIS, JOANNA MARIE PRUDENCIO	TEACHER III	Ilocos Sur National High School
73	MORETA, CHERRY LYN DELA PEÑA	TEACHER III	Ilocos Sur National High School
74	LOZANO, MARIA BERNADETTE ANIMAY	TEACHER II	Ilocos Sur National High School
75	TIMBREZA, ESMERALDA RABENA	Teacher II	Ilocos Sur National High School
76	YABOT, PASTOR JR. VENENCIANO	Teacher II	Ilocos Sur National High School
77	BITANA, MARLOU FRANCISCO MOLINA	Teacher II	Ilocos Sur National High School
78	ALMARE, CHERRYL ANN MAURICIO	Teacher I	Ilocos Sur National High School



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79	AGUILAR, EUGENE RAGASA	Teacher III	Ilocos Sur National High School
80	RAQUENO, RICHARD RAGASA	Teacher III	Ilocos Sur National High School
81	EUROPA, KRISTHINE CIDRO	Teacher II	Ilocos Sur National High School
82	ARIZABAL, VICKY M.	TEACHER III	Mindoro Elementary School
83	CABOTAJE, KHLEMEN	TEACHER I	Nagsangalan Elementary School
84	PUGRAD, ELAINE RAE PANOGAO	TEACHER II	Nagsangalan Elementary School
85	LARIOZA, HANNA PAGADOR	TEACHER II	Nagsangalan Elementary School
86	RAFANAN, JHOVIE R.	TEACHER II	Nagsangalan Elementary School
87	ROMINO, JE ANN	TEACHER III	Pantay Integrated School
88	ARENAS, CHRISTOPHER EMMANUEL AFROILAN	TEACHER III	Pantay Integrated School
89	BUCARILI, ANGELICA	TEACHER III	San Julian Elementary School
90	ARIZABAL, EDGAR JR EDUARTE	SPECIAL EDUCATION TEACHER I	Vigan Central School
91	RUSIBIN, JASMIN NINA DUMBRIQUE	SPECIAL EDUCATION TEACHER I	Vigan Central School
92	PAA, MC CLOYD	SPECIAL EDUCATION TEACHER I	Vigan Central School
93	TAMAG, JUDY ANN	TEACHER I	Vigan National High School East
94	RAMOS, ANNABELLE CABANTING	TEACHER II	Vigan National High School East
95	BALLERTA, NOREEN DOMINICA ABUNDO	TEACHER III	Vigan National High School East
96	CABRALES, JUDE CHRISTOPHER AMATE	TEACHER III	Vigan National High School East
97	REBULTAN, CHERRY LYN MAE NICOLAS	TEACHER I	Vigan National High School East
98	RAFANAN, ANTONIO	TEACHER I	Vigan National High School East
99	ALZATE, JAMAICA SUMIBCAY	TEACHER I	Vigan National High School West
100	SEGURITAN, JHOANNA SERNA	TEACHER I	Vigan National High School West

Batch 4

No.	Name	Position	School
1	ACENA, GRACE LORELIE PED	TEACHER I	Ayusan-Paoa Elementary School
2	GANDEZA, RHIZA JOYCE PED	TEACHER I	Ayusan-Paoa Elementary School
3	TACADENA, JHOELLE ANNE BUENO	TEACHER I	Bulala-Paratong Elementary School
4	PRADES, MA. EMMA VIÑAS	TEACHER III	Bulala-Paratong Elementary School
5	ALEGRE, MARLYN PULA	TEACHER I	Burgos Memorial School East
6	RABENA, LARENE MARY MAE PALO	TEACHER III	Burgos Memorial School East
7	FARALES, FLORVIE	TEACHER I	Burgos Memorial School West
8	RIBUCA, JANELA SOTELO	TEACHER II	Burgos Memorial School West
9	VILORIA, LAILA UNDAY	TEACHER III	Burgos Memorial School West
10	LUBEN, GLADYS BAJET	TEACHER I	Cabaroan-Cabalangangan Elementary School
11	TACTAY, JERICK CLOYD REYNON	TEACHER III	Camangaan Elementary School



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12	AYALA, RENELYN MORTEJO	TEACHER III	Camangaan Elementary School
13	BAPTISTA, LAURICE PANTALEON	TEACHER I	Capangpangan Elementary School
14	LOPEZ, JUNELYN HORLADOR	TEACHER I	Capangpangan Elementary School
15	CAMELLO, MARINELLA JOI REPATO	TEACHER III	Capangpangan Elementary School
16	TALANIA, MARITES ROLDAN	TEACHER I	Ilocos Sur National High School
17	ALIBIN, JESSICA R.	TEACHER I	Ilocos Sur National High School
18	ALTIZEN, CHRISTOPHER C.	TEACHER I	Ilocos Sur National High School
19	ANTONIO, MACBELLE T.	TEACHER I	Ilocos Sur National High School
20	APATAN, VICTOR A.	TEACHER I	Ilocos Sur National High School
21	AQUINO, LANI ROSE	TEACHER I	Ilocos Sur National High School
22	ARCA, CHRISTIAN S.	TEACHER I	Ilocos Sur National High School
23	CAMPOS, MERILLWYNE S.	TEACHER I	Ilocos Sur National High School
24	CASTILLO, INAD AARON L.	TEACHER I	Ilocos Sur National High School
25	CORPUZ, MARK NICKSON S.	TEACHER I	Ilocos Sur National High School
26	HIDALGO, R-JAY D.	TEACHER I	Ilocos Sur National High School
27	PAREL, MAVERICK NIÑO P.	TEACHER I	Ilocos Sur National High School
28	PASCUA, RICHELLE JOY R.	TEACHER I	Ilocos Sur National High School
29	REYES, DIANNE MAE S.	TEACHER I	Ilocos Sur National High School
30	TAPAT, JESSYBELLE S.	TEACHER I	Ilocos Sur National High School
31	UGALE, ANGELICA P.	TEACHER I	Ilocos Sur National High School
32	URRO, GEORGE U.	TEACHER I	Ilocos Sur National High School
33	PERPER, LESLIE ANNE T.	TEACHER I	Ilocos Sur National High School
34	ABLOG, RAYMART JOHN RACCA	TEACHER I	Ilocos Sur National High School
35	PAJO, TRACY ANN MARAMBA	TEACHER I	Ilocos Sur National High School
36	RAMIREZ, BILLY B.J. JAGUNAP	TEACHER I	Ilocos Sur National High School
37	QUITORIANO, JAYSON PATRICK	TEACHER I	Ilocos Sur National High School
38	PABLO, MASPIL OLDICO	TEACHER I	Ilocos Sur National High School
39	ARAGOZA, ANDRIAN CARL MAMAUAG	TEACHER I	Ilocos Sur National High School
40	EDERON, MIKKO PILOTIN	TEACHER I	Ilocos Sur National High School
41	VENTURA, CHRISTINE JANE RIOTOC	TEACHER I	Ilocos Sur National High School
42	CACATIAN, JEFFRYL PIANO	TEACHER I	Ilocos Sur National High School
43	RISULME, JONALYN PAA	TEACHER I	Ilocos Sur National High School
44	BARROGA, JELOU OLIVER	TEACHER I	Ilocos Sur National High School
45	BAUTISTA, LOIDA CONCEPCION	TEACHER I	Ilocos Sur National High School
46	CARDONA, LOVELY ANN ADVIENTO	TEACHER I	Ilocos Sur National High School
47	CARIÑO, DONNALYN ALEGRE	TEACHER I	Ilocos Sur National High School
48	LESCANO, MAY ANNE CARIAGA	TEACHER I	Ilocos Sur National High School
49	PAGAL, JULIE KAYE PULIDO	TEACHER I	Ilocos Sur National High School
50	HACHUELA, ALMIRA PEGAD	TEACHER II	Ilocos Sur National High School
51	ESPIRITU, RAYMUND ALVAREZ	TEACHER III	Ilocos Sur National High School
52	AQUINO, KATHLEEN JOY PIANO	TEACHER III	Ilocos Sur National High School



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53	FAGELA, GRACE CASTILLO	TEACHER III	Ilocos Sur National High School
54	INES, DEARLY GOMEZ	TEACHER III	Ilocos Sur National High School
55	VALENCIA, CLARENCE TAMAG	TEACHER III	Ilocos Sur National High School
56	ALGARA, JAY JAY ALEGRE	TEACHER III	Ilocos Sur National High School
57	TABUNO, JANICE PALMA	TEACHER III	Ilocos Sur National High School
58	DE LA CRUZ, CYRENE KAYE PINOL	TEACHER III	Ilocos Sur National High School
59	LOPEZ, AJ-ELAINE ARCAINA	TEACHER III	Ilocos Sur National High School
60	OBRERO, STEPHANIE MAY VERAFLOR	TEACHER III	Ilocos Sur National High School
61	REPUTOLA, DARIANE JOY MAGNO	TEACHER III	Ilocos Sur National High School
62	QUINDIPAN, JOHN PAUL RAGONJAN	TEACHER II	Ilocos Sur National High School
63	COMIA, NORMAN DIANO	TEACHER II	Ilocos Sur National High School
64	EUGENIO, MERLE SALUD	TEACHER II	Ilocos Sur National High School
65	RABARA, KNIETHEL RENCIO	SPECIAL SCIENCE TEACHER I	Ilocos Sur National High School
66	ANDAYA, ERALYN ABLOG	TEACHER II	Ilocos Sur National High School
67	RACACHOT, ROXAN RAQUEÑO	TEACHER II	Ilocos Sur National High School
68	ANDALLO, JEMARIE QUIACUSAN	TEACHER II	Ilocos Sur National High School
69	NAVARRO, ROWENA PARCON	GUIDANCE COUNSELOR III	Ilocos Sur National High School
70	PALACPAC, KEN KDUNNY ALVIEDO	MASTER TEACHER I	Ilocos Sur National High School
71	LORILLA, RIA AGNES LITA	TEACHER II	Ilocos Sur National High School
72	INES, DEARLY GOMEZ	TEACHER II	Ilocos Sur National High School
73	PERALTA, MARICON MARCOS	TEACHER I	Ilocos Sur National High School
74	ALEGRE, JENETH KUIZON	TEACHER I	Ilocos Sur National High School
75	TOLOSA, JAYSON BRAGAS	TEACHER II	Ilocos Sur National High School
76	RECITIS, BRIGITTE SUZIE BUEN	TEACHER II	Ilocos Sur National High School
77	RAPISURA, CATHY LYN FILOMENO	TEACHER II	Ilocos Sur National High School
78	PAGAY, ARLENE PERALTA	TEACHER III	Ilocos Sur National High School
79	LIM, SHELANIEJEAN LUNA	TEACHER III	Ilocos Sur National High School
80	TACULOG, JOANNE SOLIVEN	TEACHER II	Ilocos Sur National High School
81	ROBERONTA, JEFFREY BESIDAS	TEACHER II	Ilocos Sur National High School
82	RAPOSAS, GRACE RAPISURA	TEACHER II	Ilocos Sur National High School
83	BISENIO, STAR JEWEL ABENDANIO	TEACHER II	Ilocos Sur National High School
84	RAGAMAT, JENNIFER DE LA CUESTA	TEACHER I	Ilocos Sur National High School
85	RAGUDO, JANE PAULETH A.	TEACHER I	Ilocos Sur National High School
86	FILARCA, MARY MAE ALMONDIA	TEACHER III	Jose Singson Elementary School
87	RACOMA, ARMI JOANA AGATI	TEACHER I	Nagsangalan Elementary School
88	ARCENA, DIANA DEGRACIA	TEACHER III	Nagsangalan Elementary School
89	ABERO, KRISTEL MARIZ	TEACHER III	Nagsangalan Elementary School
90	PAGAY, SUNSHINE	TEACHER II	Pantay Integrated School
91	SUPNET, KRIZZLE JOY	TEACHER I	Pantay Integrated School
92	TENORIO, RUBY-AN SUPNET	TEACHER II	Raois Elementary School



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93	PAGALANAN, ELNORE ROSE MARINAS	SPECIAL EDUCATION TEACHER I	Vigan Central School
94	PESCADOR, ALICIA DUYAO	SPECIAL EDUCATION TEACHER I	Vigan Central School
95	VILLARUZ, JAYCELLE CUDIAMAT	TEACHER III	Vigan Central School
96	AGSAULLO, NIÑA PAULETTE F.	TEACHER I	Vigan National High School East
97	BALANAY, SHERYL RICARDOS	TEACHER I	Vigan National High School East
98	MAURICIO, EDMAR JAMES	TEACHER II	Vigan National High School East
99	ANCHETA, JEFFERSON RUIZ	TEACHER III	Vigan National High School West
100	PALACPAC, CHRISTINE MANANGAN	TEACHER III	Vigan National High School West



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Program Management Team

No.	Name	Position
1	Vilma D. Eda, CESO V	Consultant
2	Annie D. Pagdilao, EdD, CESO V	Consultant
3	Rodrigo Q. Reyes, Jr.	Program Manager
4	Princess G. Torricer	Asst. Program Manager
5	Grace Castaneda	QAME-In-Charge
6	Maria Korynne Taborda	Welfare Officer
7	Aurelyn Fieldad	Moderator
8	Sherwin Fabre	Documenter/Secretariat



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