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Republic of the Philippines
Department of Education
Region III
SCHOOLS DIVISION OF BULACAN

Office of the Schools Division Superintendent

DIVISION ADVISORY
No. 035, s. 2020

TO: Public Secondary School Heads
Division Youth Formation Coordinators
Supreme Student Government Advisers
All Others Concerned

FROM: The Schools Division Superintendent

SUBJECT: Crafting Chapters and Lessons in Thought Leadership, Year VII

DATE: October 9, 2020

Please see the attached letter from the First Pacific Leadership Academy relative to its virtual webinar entitled "Crafting Chapters and Lessons in Thought Leadership, Year VII" that will be conducted on October 17, 2020, from 2:00 PM to 3:30 PM via Zoom and Facebook Live.

All concerned are advised to disseminate the information in this Advisory to their respective people.

For guidance and information.

Very truly yours,

NICOLAS T. CAPULONG, Ph.D. CESO V
Director III

OIC, Office of the Regional Director and
Concurrent OIC, Office of the Schools Division Superintendent



Provincial Capitol Compound, Brgy. Guinhawa, City of Malolos, Bulacan
website: <https://bulacandeped.com> email: bulacan@deped.gov.ph





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DepEd-SDO of Bulacan Office of the SDS
RECEIVED
OCT 06 2020
By: _____
Time: _____

October 5, 2020

SUBJECT: Crafting Chapters and Lessons in Thought Leadership Year 7

Dear Ma'am/Sir,

We would like to invite your students to participate in an online event, *Crafting Chapters and Lessons in Thought Leadership, Year VII* happening on **October 17, 2020** from **2:00 to 3:30 PM** through Zoom and Facebook Live. We will be glad to invite, academic achievers and athletes from your division specifically Grade 11-12 (Senior High School)

Throughout the years, the Academy conducts Executive Talks to enhance the development of current and future leaders. Because of the difficulties that the world is facing, First Pacific Leadership Academy has invited leaders that will tackle about Mental Wellness, Crisis Preparedness and The Driven Self.

Of these talks, the *Crafting Chapters and Lessons in Thought Leadership* holds a special place for it is designed to inspire students to pursue their passion and dreams regardless of challenges and circumstances. Since its inception, this event have touched and lent insights to thousands of students from more than 50 colleges and universities.

This October, FPLA will bring together a formidable group of world-class leaders for the seventh season of *Crafting Chapters*. We shall feature global talents who have pursued their passion and made a mark in places and scenes in the Philippines. Addressing the audience are mental health counselor Dr. RJ Naquit, master teacher Ronel Boholano, passion advocate Mica Gonzales and life coach Kathi Raneses.

Should you have questions or clarifications, or should you wish to send the list of your participants for this learning event, you may send an e-mail to *Lyn Antonette Landingin* at lyn.landingin@fpla.com.ph or you can contact us through 09190713057.

We hope to hear from you soon.

Kind regards,

Kay D. Biason
Deputy General Manager and Programs Director
First Pacific Leadership Academy

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Antipolo City

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fplacademy.net



FPLA - Crafting Chapters and Lessons in Thought Leadership, Year VII

1 message

Lyn Antonette Landingin <lyn.landingin@fpla.com.ph>
Bcc: bulacan@deped.gov.ph

Tue, Oct 6, 2020 at 10:20 AM

Dear Ma'am/Sir,

Greetings from the First Pacific Leadership Academy!

The **First Pacific Leadership Academy (FPLA)** is a premier training and development center whose competitive advantage stems from integrating leadership programs with world-class facilities. As the first dedicated corporate university in the Philippines, FPLA plays a vital role in the development of companies in the country by providing need-specific programs focused on Executive and Management Development, Human Resource & Organization Development, and Skills Development Programs.

Throughout the years, the Academy conducts Executive Talks to enhance the development of current and future leaders. Because of the difficulties that the world is facing, First Pacific Leadership Academy has invited leaders that will tackle about **Mental Wellness, Crisis Preparedness and The Driven Self**.

In this regard, we would like to invite your school/division on the **Crafting Chapters and Lessons in Thought Leadership, Year VII** happening on **October 17, 2020 from 2:00 to 3:30 PM** through Zoom and Facebook Live. We will be glad to invite **student-leaders** from your school or it can also be an academic achievers and athletes specifically Grade 11-12 (Senior High School).

Registration link <https://docs.google.com/forms/d/1ForUsYeLR6CQd13AOCmCkxV5fauRbY1giTbF6WUDj4A/edit>

Please advise Students to Join our Facebook Group <https://www.facebook.com/groups/crafting2020/> (as we are going to LIVE the session exclusive on this group)

Looking forward to your favorable response and to share new learning for the students.

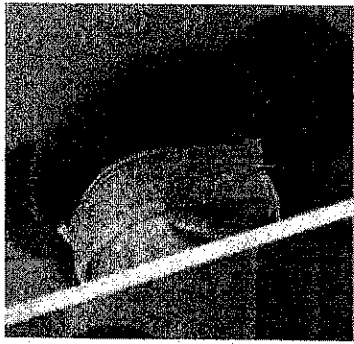
With warm regards,
Lyn

**Lyn Antonette M. Landingin**
Program Specialist

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 FPLA Invitation Letter.pdf
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Crafting Chapters and Lessons in Thought Leadership 7 Say Hello to the New Normal

Background

The First Pacific Leadership Academy (FPLA), situated amidst a lush 10-hectare property in scenic Antipolo, is a premier training and development center whose competitive advantage stems from integrating leadership programs with world-class facilities. As the 1st dedicated corporate university in the Philippines, FPLA plays a vital role in the development of companies in the country by providing need-specific programs focused on Leadership, Executive & Management Development, Human Resource and Organization Development, and Skills Development.

Since 2013, FPLA has been crafting youth leadership programs and produced esteemed young leaders from all over the country. For the past six years, the First Pacific Leadership Academy (FPLA)—the corporate university of the MVP Group of Companies—has held Crafting Chapters and Lessons in Thought Leadership. It is a benefit-learning event organized for deserving students. This year's installment will be held on 17th of October 2020 at 2:00 to 3:30 pm.

Invited Speakers

From left to right: Dr. RJ Naquit, Ms. Kathi Raneses, and Mr. Ronald Boholano



Dr. RJ Naquit

A Filipino activist, nurse, medical doctor, and mental health advocate who graduated Bachelor of Science in Nursing in 2012 and Doctor of Medicine in 2017 from the University of Santo Tomas – Manila. Currently, he is pursuing a Master in Community Development degree from the University of the Philippines-Diliman. As of the present, he serves as the Founder/National Chairperson of The Youth for Mental Health Coalition, Inc. and National Chairperson of Akbayan Youth, the youth wing of Akbayan Citizens Action Party, a socialist, feminist, and ecological political party in the Philippines. As a health professional, Dr. Naquit serves as a public health and mental health consultant for the Institute for Politics and Governance, an NGO that works to institutionalize harm reduction efforts for people who use drugs in local government units. In his pursuit of a healthier and a more progressive country, he continues to advocate for holistic wellness, youth activism, and youth engagement in various social issues

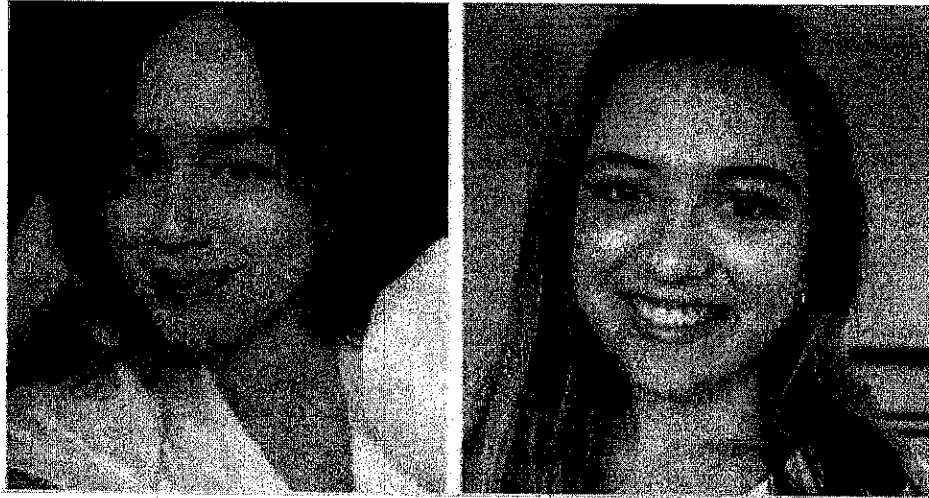
Ms. Kathi Raneses

A life coach, positive psychologist, facilitator, speaker, and business owner who is committed to guiding people and organizations into their highest, happiest potential. Armed with a background in coaching, facilitating, emotional intelligence, and a foundation in Positive Psychology and psychological first aid, Kathi helps clients take control of their lives and businesses to create and live out their best lives ever.

Mr. Ronald Boholano

Ronel Boholano, a teacher, in-charge of the Information and Communication (ICT) unit of DepEd in Leyte, showcased the learning and development of DepEd and the Leyte Division for ICT in education during the Microsoft-sponsored 'creativity challenge' last 2019 in Paris, France.

The Moderators: Ms. Carla Lizardo and Ms. Mica Gonzales



Platforms to be used: Face book Live and Zoom

Program Flow

1 Hour and 30 Mins

- Arrival to Platform (10 mins)
- Welcoming of Guests (4 mins)
- Opening Remark of VPV (5 mins)
- Intro of Hosts V.O. (1 min)
- Intro- speaker and description of topics (5 mins)
- Panel Interview Throw Question (36 mins)
 - a. Mental Wellness (12 mins)
 - b. Silver Lining(12 mins)
 - c. Digital Citizenship (12 mins)
- QA (10 mins)
- Raffle (10 Mins)
- Closing Remarks of MVP (5 mins)

Total time of event : 90 mins

Topic

Mental Wellness: Say Hello to the New Normal

What is the new normal? How will this affect the daily routine of our lives? The virus will be with us for a while. Hence, one must be equipped and well informed in protecting and using defense in combating the virus. This topic covers the essential knowledge that SHS students should know in Learning, Risks in going out with friends and being able to understand the effect and the level of exposure. This will tackle the priorities during a crisis and how to be in best shape physically and mentally.

Speaker: Dr. RJ Naquit

Minutes Allotted: 15 mins

Host: Ms. Carla Lizardo

Questions:

1. What are the signs that you have a good mental health?
2. Will going out with friends have a beneficial impact on Mental Wellness?
3. What can a student do during an extra time?
4. What is the New Normal for you? or How do we say Hello to the New Normal?
5. How do we deal with the pandemic with a positive attitude?
6. What are we currently experiencing right now?
7. How does one extend and offer help to the family?
8. What are things that you can engage in today/ everyday that will bring you joy?
9. Will there be a need for what I like to do 10 years from now?

Mental Wellness: Silver Linings-We will Survive!

As we ramble through unprecedented times, one may experience an increase in stress and anxiety. This topic will focus on the mental wellness and well being of pre-adulthood students. By knowing that there is hope for tomorrow and a silver lining in a crisis, they will be able to inspire and uplift minds that are bound to give up. "We will Survive" will give students a sense of empowerment in pursuing their passion during a pandemic. These anxious and unusual times bring unforeseen difficulties. But the best of human nature can rise to the challenge.

Speaker: Ms. Kathi Raneses

Minutes Allotted: 15 mins

Host: Ms. Mica Gonzales

Questions:

1. What is a silver lining for you in layman's term?
2. How to deal with uncertainties in life brought by the pandemic?
3. What are some light and enjoyable activities that you could recommend?

4. Decreased productivity in online learning, is it okay?
5. What ways can you recommend to manage frustrations?
6. What to do to spark joy whenever one is feeling down or sad?
7. What can you suggest to fuel that empowerment within?
8. How can a positive mindset affect the lives of the youth?

9. What is toxic positivity?

Digital Citizenship

Social media has rapidly transformed the ways in which pre-adolescents socialize and interact with one another, which has contributed to an ongoing debate about whether social media is helping or harming teens today. The COVID-19 pandemic has only magnified this as teens are spending more time than ever before on social media. Thus, it is important for teens to better understand social media use in the context of COVID-19.

Minutes Allotted: 15 mins

Speaker: Mr. Ronald Boholano

Host: Both Alternating

Question no. 1-4 Ms. Carla Lizardo

Question no. 5-9 Ms. Mica Gonzalez

Questions:

1. What is Digital Citizenship?
2. Repercussions of Social Media to mental wellness of students?
3. When does one know when to stop and when to keep on going?
4. What are some samples of motivators in life?
5. How to prevent from comparing lives from others?
6. Are likes and shares a basis of a self-esteem?
7. Advantages of being kind all the time
8. Can e-games relax one's mind?
9. How can I get in touch with my closest friend during a pandemic?