

Date and Time	Activity	Title of Topic	Resource Person
December 11, 2024			
07:15-08:30 AM	Registration		PMT
08:30-09:00 AM	Opening Program		PMT
09:00-09:30 AM	Morning Break		
09:30-10:45 AM	Session 1	Getting to Know You	Aroline Borja EPS, SGOD
10:45-12:00 NN	Session 2	Understanding One's Self (Self Awareness)	Imaculate Latorre EPS II, SGOD-SOCMOB
12:00-01:30 PM	Lunch Break		
01:30-02:45 PM	Session 3	Mindfulness	Anthony Aguirre Nurse II, SGOD-SHN Rosa Aurea Vargas Nurse II, SGOD-SHN
02:45-03:00 PM	Afternoon Break		
03:00-04:30 PM	Session 4	Understanding My Biophysical	Dr. Marianne Tresvalles MS II, Easter Bicol Medical Center
04:30-05:00	Debriefing		PMT
December 12, 2024			
07:15-08:30 AM	Management of Learning		
08:30-09:30 AM	Session 5	Communication	Ahdel Idanan Nurse II, SGOD
09:30-09:45 AM	Morning Break		
09:45-11:45 AM	Session 6	Keeping One's Emotion	Dr. Rocelle Zuniga, Psychiatrist/Psychologist
11:45-01:30 PM	Lunch Break		
01:30-04:00 PM	Session 7	Keeping One's Biophysical, Mental, and Social Life Healthy Through Spirituality	Rev. Fr. Francis Tiquia Priest Formator
04:00-05:00 PM	Spiritual Retreat		
05:00-06:00 PM	Closing Program and Evaluation		