



To: SDSs
For your consideration,
please
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Travel. Give.

Mr. Diosdado M. San Antonio
Regional Director
DepEd Region IV-A CALABARZON

DEPED CAVITE PROVINCE

Dear Director San Antonio,

Happy New Year!



Last October 2018, through the collective efforts our partners from Sun Life Foundation, our resource speakers and of course of your organization - Association of DepEd Directors, we are able to successfully conduct a wellness-retreat program for our educators entitled, "The Power of As you know, The Teacher's Gallery (TTG) is a social enterprise which aims to offer learning opportunities related to inclusive education to both teachers and the broader education community that inspire transformational change and provide the community with the tools necessary to enact this change. This time, we would like to empower our education leaders and strengthen their holistic wellness to increase their impact in their respective working environments.

In connection to this, we would like to hold a wellness retreat-workshop entitled, "The Power of a Leader's Heart: Making Positive Changes that Last." This will run in 2 cohorts at Camp Benjamin, Alfonso, Cavite on February 26 – 27 and February 28 – March 1, 2019, respectively.

The wellness retreat workshop will focus on leadership aspects with a combination of mindfulness practices and a wellness guide focused on the following areas: Physical, Occupational, Emotional, Financial, Spiritual, and Physical.

We are reaching out to you for your support for this wellness program for our beloved education leaders. Our registration rate is Php8,500.00 inclusive of 2D1N accommodation, meals, snacks, workshop kit, Best-selling book on educator wellness by Dr. Adam Saenz, event shirt, certificate, and entrance to Camp Benjamin Organic Farm. Kindly see the attachments for further details.

Your utmost support for our advocacy programs is highly appreciated.

Sincerely,

Ma Roble
Ma Roble
Executive Director



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Presented by:



In partnership with:



THE POWER OF A LEADER'S HEART:

Making Positive Changes that Last.

A WELLNESS RETREAT WORKSHOP FOR EDUCATION LEADERS



TOPICS:

1. Redefining Your Leadership Purpose.
2. Identifying and Dealing With Your Leadership Strengths and Vulnerabilities.
3. A Glimpse of Your Life Balance
4. Physical Wellness: Fitting in Fitness
5. Spiritual Strength: Finding Your Inner Peace and Why It Matters
6. Emotional Resilience: From Bitter to Better
7. Financial Empowerment: Making Brighter Decisions
8. Adapting Holistic Wellness
9. Creating Your Leadership Legacy

REGISTRATION FEE:

Regular Registration: (closes on February 15) PhP 8,500

Inclusions:

- 2 Days and 1 Night accommodation
- meals and snacks
- workshop kit
- Power of a Teacher Book by Dr. Adam Saenz
- Event T-Shirt
- certificate
- entrance to Camp Benjamin Organic Farm

Cohort A: February 26 - 27, 2019

Cohort B: February 28 - March 1, 2019

Camp Benjamin, Alfonso, Cavite

FOR INQUIRIES, CONTACT:

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Registration Link: <https://goo.gl/forms/miXbiYHNK8xT5MH23>

Deadlines:

- for Payments: February 1, 2019
- Submission of Final Registered Participants – February 15



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The Power of a Leader's Heart:

Making Positive Changes that Last

A Wellness Retreat Workshop for Education Leaders

	TIME	ACTIVITY / TOPIC	
Day 1	6:00 AM - 8:00 AM	Registration *Breakfast will be served	
	8:00 AM - 8:30 AM	- Opening Ceremonies	
	8:30 AM - 10:00 AM	Workshop 1: My Leadership Purpose, Strengths and Vulnerabilities	
	10:00 AM - 10:30 AM	Snacks	
	10:30 AM - 11:30 AM	Workshop 2: A Glimpse of Your Life Balance	
	11:30 AM - 12:30 PM	Lunch	
	12:30 PM - 4:00 PM	Parallel Sessions:	
		Workshop 3: Physical Wellness: Fitting in Fitness	Workshop 4: Spiritual Strength: Finding Your Inner Peace and Why It Matters
	2:00 PM - 2:30 PM	Snacks	
		Parallel Sessions:	
Day 2		Workshop 5: Emotional Resilience: From Bitter to Better	Workshop 6: Financial Empowerment: Making Brighter Decisions
	6:00 PM - 8:00 PM	Evening Socials *Dinner will be served	
	6:30 AM - 7:00 AM	Morning Exercise	
	7:00 AM - 8:00 AM	Breakfast	
	8:00 AM - 11:30 AM	Parallel Sessions:	
		Workshop 3: Physical Wellness: Fitting in Fitness	Workshop 4: Spiritual Strength: Finding Your Inner Peace and Why It Matters
	9:30 AM - 10:00 AM	Snacks	
		Parallel Sessions:	
		Workshop 5: Emotional Resilience: From Bitter to Better	Workshop 6: Financial Empowerment: Making Brighter Decisions
	11:30 AM - 1:00 PM	Lunch	
	1:00 PM - 2:00 PM	Workshop 7: Improving Wellness Through Change Organizer™	
	2:00 PM - 3:00 PM	Culminating Activity: - My Leadership Legacy	

Parallel Sessions:

Physical Fitness: Fitting In Fitness

In today's fast-paced world it can be difficult for people to incorporate exercise, and developing a fitness routine for yourself can seem daunting. With a little knowledge about the basics and some savviness with your schedule, you can develop a routine that fits your: lifestyle, fitness level and specific goals. We'll cover the main components of a fitness routine, help you discover ways to find (and keep) your motivation, review scheduling strategies to make it easier to fit it in your busy day, and teach you quick fitness tricks of the trade so that you can get more done in less time.

Take Away Objectives:

1. Understand the benefits of exercise and maintaining your fitness level.
2. Learn fitness quick tips and workout strategies to cut your gym time and boost your efforts.
3. Bust common excuses for skipping your workout and find ways to incorporate fitness into your daily routine.
4. Review basic time management, scheduling and goal setting skills to see how you can squeeze more fitness into your week.

Spiritual Strength: Finding Your Inner Peace and Why It Matters

Inner peace is self-acceptance. The path taken to find inner peace is as hard or simple as a person makes the journey of self-acceptance. Inner Peace can be as simple as letting go and resting under the shade of an old tree. Likewise, it can be as hard as endlessly proving oneself to every other person you encounter. In this session, we'll cover positive disposition especially in stressful situations and also how to increase positive emotions which will help them relate better with others.

Take Away Objectives:

1. Understand why finding inner peace matters especially for leaders.
2. Learn the different ways or action steps on how to find and maintain inner peace in the face of different contexts and challenges.
3. Know how to accept and deal with limitations, vulnerabilities, weaknesses and differences.
4. Learn the art and science of appreciating positive experiences.
5. Discover the benefits of positive emotions and how they can be acquired.

Parallel Sessions:

Emotional Resilience: From Bitter to Better

Stress can have a negative effect on productivity, performance, energy levels, work and personal relationships, and overall mental outlook. Now imagine the impact on your work environment when you think about how stress affects your whole team. Think about how your own stress might impact your co-workers and staff. Whether you're staying cool and collected, or maybe you're not so calm, learn how stress can impact your whole team and your work environment, identify signs of stress or burnout among your employees and develop ways that you as a manager can help to alleviate employee stress.

Take Away Objectives:

1. Understand the ways in which stress impacts your team and your work environment.
2. Recognize the mental and physical symptoms of stress in yourself as well as others.
3. Gain insight on proper ways to handle employee stress, identify burn out and foster a less stressful work environment.

Financial Empowerment: Making Brighter Decisions

In past generations, cash was used for most daily purchases. The way we shop has changed as well. Online shopping has become the top choice for many, creating ample opportunities to use and overextend credit – an all-too-easy way to accumulate debt, and fast. Meanwhile, credit card companies, banks and other financial institutions are overwhelming consumers with credit opportunities – the ability to apply for credit cards or pay off one card with another – and without the proper knowledge or checks and balances, it is easy to get into financial trouble.

Financial literacy is crucial to help consumers save enough to provide adequate income in retirement, while avoiding high levels of debt that might result in bankruptcy, defaults and foreclosures.

Take Away Objectives:

1. Understand the core concepts of financial management.
2. Demystify myths about money and debt management.
3. Learn how money can work for you.