



Republic of the Philippines
Department of Education
Region XI
SCHOOLS DIVISION OF DIGOS CITY
Digos City



DIVISION MEMORANDUM
No. 1189, s.2018

November 28, 2018

**SPIRITUAL WELL BEING: WORK & VOCATION IN THE WORKPLACE, RELAX
THE BODY AND CALM THE MIND CUM MAKING THE TEAMS WORK**

To: All SDO Personnel

1. In today's fast-changing and impulsive work environment, building a harmonious relationship with the people whom you are working with is vital to a better and efficient delivery of service. Working in an environment where there is a lack of compassion among colleagues may affect the quality of service of the office to its clients.
2. This Office announces the conduct of Spiritual Well Being: Work & Vocation in the Workplace, Relax the Body and Calm the Mind cum Making Teams Work to all SDO Personnel on December 19, 2018 (Wednesday-afternoon) at the Fabian's House of Catering located at 1012 Burgos-Corregidor Street, Digos City and on December 21, 2018 (Friday-morning) at the Division Conference Room.
3. This activity aims to develop the physical, emotional and spiritual attributes of non-teaching personnel of the Schools City Division of Digos for an efficient and effective delivery of services in the workplace towards its clients and colleagues; and find out the mind and body connection and the value of relaxation techniques and learn how to activate body's own relaxation response.
4. Meal and snacks of the participants shall be charged to HRD Funds while the travelling and other incidental expenses of the said activity shall be charged to local funds subject to the usual accounting and auditing rules and regulations.
5. Wide and immediate dissemination of this Memorandum is earnestly desired.


WINNIE E. BATOON, EdD
Officer in Charge
Office of the Schools Division Superintendent

DepEd Schools Division of Digos City
RECORDS SECTION

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BY: 

ronald dedace: December 3, 2018 Spiritual Well Being



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December 19, 2018 PM Activities

Theme: White Christmas Inspired (smart casual). The accent shall be decided by the group.

Presentations: Christmas Dance Medley (3-5 mins)

Manito/manita (gifts): 200 pesos and above

Parlor Games-to be facilitated by the NEU Officers

Raffle Draw

Additional food-to be brought by each group

Groupings

Winnie E. Batoon	Melanie P. Estacio	Sollie B. Oliver	Beverly S. Daugdaug	Francis Jude D. Alcomendras
Mary Glor D. Tabanao	Valeriano de los Reyes	Vicente Laburada, Jr.	Joan Niones	Ronilyn Nieves
Luzminda Jasmin	Eppie Grace Presto	Rosalinda Adlaon	Arlene Barba	Ely Cataluña
Imelda Cardines	Helen Casimiro	Zenaida Guya	Patriotiso Peñas	Elvie Timon
Antonia Ponce	Cherry Rossette Oliva	Analiza Almazan	Juvy Comaingking	Myleen Robiños
Ida Juezan	Ferna Renira Alde	Neil Bongcayao	Tito Endrina	Juvy Altamera
Xavier Fuentes	Airon Alejandro	Hazel Marie Escabillas	Daissy Jane Peñas	Reyzen Monserate
Myracel Dalope	Ireene Dandoy	Joel Gomito	Dheltmie Peñas	Jasmin Asarak
Peter-Jason Senarillos	Ronald Dedace	Eleser Mateo	Cecile Uy	Erlito Damo
Kristine Marie Bejarin	Julie Anne Posadas	Frances Millicent Durano	Evangeline Hernan	Jose Israel Maravilles
Marysol Rosalita	Noreliza Misal	Heidi Escalona	Jake Lloyd Vencio	Bonafe Burgos
Danilo Ebol	Genie Pius	Ma. Leonora Salazar	Roseter Alcaide	Neptune Tambilawan
Giselle Gonzales	Ethel Calva	Alnie Fe Ymalay	Ethel Balba	Myhrra Faye Bontia
Helena Solon	Richel Recta	Noe Ray Cacafranca	Rosario Diamante	Sheena Asarak
Guy Mara-asin	Vincent Zambra	Mark Castañares	Aleli Chiong	Jona Moilereen Nahine
Marcelino Ranollo	Reynante Pantonial	Joel Estomo	Rose Jean Pilahi	Claire Marriz Moral
Merlyn Obenza	Evageline Marata	Stephen Pascual	Rofelia de Mesa	Glein Mark Bodiongan
Masaripe Onggo	Ricardo Vendiola			Ringo Roble