



Republic of the Philippines
Department of Education
REGION III
SCHOOLS DIVISION OFFICE OF BATAAN

DIVISION MEMORANDUM

No. 452, s. 2025

DIVISION TRAINING FOR GUIDANCE DESIGNATES:
" Self Care and Well Being Part II"

To: Assistant Schools Division Superintendent
Chief Education Supervisors
Education Program Supervisors
Public Schools District Supervisors
Secondary School Heads
All Others Concerned

1. This Office, through the Curriculum Implementation Division (CID), will conduct a Division Training for Guidance Designates on October 21-23, 2025, 8:00 am at Abucay Multi Purpose Cooperative, Magtanong Street, Abucay, Bataan.
2. This capacity-building activity aims to enhance the skills of guidance designates in their role as helping professionals.
3. The participants in this training are the **Junior and Senior High School Guidance Counselors/Designates** in the public secondary schools in Bataan.
4. A registration fee of **One Thousand Eight Hundred Pesos** (Php 1,800.00) shall be collected from the non-teaching participants to cover the expenses on meals, venue and training materials, chargeable against school MOOE/Local funds, subject to the usual accounting and auditing rules and regulations.
5. Travel expenses of participants shall be charged against local /school funds.
6. Enclosed are the training matrix and list of participants for reference.
7. This also serves as travel order of the participants on the list.
8. Immediate and wide dissemination of this Memorandum is earnestly desired.


CAROLINA S. VIOLETA, EdD, CESO V
Schools Division Superintendent

Incls. : As stated

CID/2025

To be included in the Perpetual Index
under the following subjects:

GUIDANCE
POLICY

TRAINING
MENTAL HEALTH



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Enclosure No. 1 to Division Memorandum No. _____ s,2025

TRAINING MATRIX

Time	Day 1- October 21,2025	Day 2 -October 22, 2025	Day 3- October 23, 2025
7:00-8:00AM			
8:00-8:30	Registration	Management of Learning	Management of Learning
8:30-9:00	Opening Program	Session 4:	Session 8:
9:00-9:45	Kumusta na? A Wellness Check Jacqueline C. Tuazon	Work Life Harmony for Counselor Jelyn V. Dela Torre	The Web Of Connection Counselor Compass Amorfil F. Perona April M. Maderas
9:45-10:00	Health Break		
10:00-12:00	Session 1: Activity Proper: Self-care box Wellness Tree Leane Kimber F. Rubia Trixie Celestino	Session 5: Activity Proper: Balance Meter Check-In What Fills My Cup? April M. Maderas Julie E. Dangan	Session 9 Appreciation Circle Values Auctiong Jelyn V. Dela Torre Raiven Palana
12:00-1:00	Lunch Break		
1:00-1:30	Processing of the Activity/Sharing Leane Kimber F. Rubia Trixie Celestino	Processing of the Activity/Sharing April M. Maderas Julie E. Dangan	Harmony Hour, Songs that Connect Us Group Dynamics
1:30-3:00	Session 2: The Power of Gratitude and Positive Psychology Ma. Lyn F. Torre Villas	Session 6: The Role of Silence and Stillness in Counselor Wellness Leane Kimber F. Rubia	
3:00-3:30	Health Break		
3:30 -5:00	Session 3: Activity Proper: Journaling Sessions Creative Expressions Sharing Raiven Kyle Palana Trixie C. Celestino	Session 7: Activity Proper: Silent Tea/Coffee Ritual Mandala or Sand Art in Silence / Sharing Julie E. Dangan Ma. Lyn F. Torre Villas	Closing Program Impression Challenge Acceptance of Challenge Commitment Awarding of Certificates Closing Prayer Community Singing "IF WE HOLD ON TOGETHER"

List of Participants

DIVISION TRAINING FOR GUIDANCE DESIGNATES: "SELF CARE AND WELL BEING PART II"

OCTOBER 21-23,2025

No.	Name	Name of School
1	Lady Isabel V. Malit	Abucay HS
2	Ethel T. Dinglasan	Bagac Nat'l HS, Parang
3	Stephanie Shane T. Obre	Balsik NHS
4	Noleen L. Adoptante	Bangkal High School
5	Michelle V. De Vera	Baseco NHS
6	Samuel A. Quiroz	Bataan High School for the Arts
7	Melusa S. Santos	Bataan School of Fisheries
8	Ronalyn O. Cortez	Biaan Aeta IS
9	Gerald V. Teodoro	BLISS IS
10	Difthel Jean P. Panganiban	Doña IS
11	Hilda M. Lazarte	F.C. Del Rosario IS
12	Mary Joan Therese M. Santos	Hermosa NHS
13	Abegail A. Cruz	Ipag National High School
14	Noel L. Paguio	Jose C. Payumo MHS
15	Estephania T. Manalac	Kanawan IS
16	Fatima B. Mercado	Kinaragan IS
17	Liberty J. Nery	Lamao NHS
18	Gemma Lyn DJ Lalic	Layac IS
19	John Michael J. Dabu	Legua IS
20	Lilian B. Ordiales	Limay NHS
21	Carla Joan D. Guanzon	Luakan NHS
22	Karla Bianca S. Punla	Luakan NHS - Annex
23	Danlyn Mae P. Tubera	Lucanin IS
24	Olivia T. Duran	Mabatang NHS
25	Glenda D Llabor	Mabiga IS
26	Nilda L. Malaluan	Maite IS
27	Charisse I. Terrado	Mar. NHS Pob.-Annex -Sisiman
28	Raquel G. Pangilinan	Mar. NHS, Cab.-Batangas II
29	Gerald O. Umang	Mar. NHS, Cab.-New Alion
30	Jocelyn G. Delos Reyes	Mariveles NHS - Malaya
31	Madonna N. Rifol	Mariveles NHS, Alasasin
32	Veronica T. Sinongco	Mariveles NHS, Cabcaben
33	Riza V. Libunao	Mariveles NHS, Poblacion
34	Vilma I. Del Rosario	Mabayo National High School
35	Janeth D. Geraldez	Nagbalayong NHS
36	Ma. Rosario R. Chingcuangco	Orani NHS
37	Mary Jane L. Aquino	Orani NHS (Pag-asa)

38	Irene B. Catitir	Orani NHS (Parang Parang)
39	Lucinda M. Sanchez	Pablo Roman NHS
40	Edrose S. Abad	Palili IS
41	Nierisa D. Bilbao	Pastolan IS
42	Geralen M. Manalese	Payangan IS
43	Pilipina A. Santos	Pulo IS
44	Jermaine Caira L. Payao	Pulo IS
45	Eunice J. Lacerna	Roosevelt NHS
46	Mayra S. Baluyut	Saba IS
47	FIDES M. DIESTA	Samal NHS- JHS
48	Diana E. Rubiano	Samal NHS -Annex
49	Graciela D. Quimlat	Sampaloc IS
50	Mercidita S. Balgos	Saysain High School
51	Ma. Estrella G. Visto	St. Francis NHS
52	Marie Antonette R. Teodoro	St. Ma. Virginia P. Leonzon MIS
53	PETER JOSEPH REYES	Sta. Lucia HS
54	Josephine D. Avancena	Sumalo IS
55	John Ver A. Del Puso	Tubo-Tubo IS
56	ROMANA P. VERSOZA	Tucop IS
SPEAKERS		
57	Ma Lyn F. Torrevillas	B. Camacho NHS
58	Jelyn V. Dela Torre	Dr. Victoria B. Roman Mem. HS
59	Leane Kimber F. Rubia	E. C. Bernabe NHS
60	Raiven Kyle L. Palana	Hermosa NHS- Annex
61	Amorfil G. Perona	JEAGMHS
62	Trixie Celestino	Magsaysay NHS
63	Julie E. Dangan	Morong NHS
64	April M. Maderas	Pagalanggang HS
65	Jacqueline C. Tuazon	EPS - EsP
GUESTS		
66	Carolina S. Violeta	SDS
67	Jerry Dimla Cruz	ASDS
CHIEF		
68	MILAGROS M. PENAFLOR	CHIEF - CID
TWG/MEDICAL STAFF		
69	Khari C. Cruz	CID Staff
70	Anthony Glenn Gacutan	ICT staff
71	Nurse	NURSE 1
72	Nurse	NURSE 2