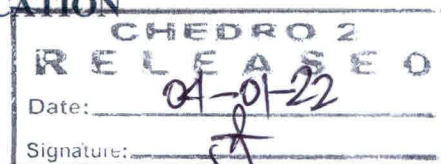




Republic of the Philippines
OFFICE OF THE PRESIDENT
COMMISSION ON HIGHER EDUCATION
Region 02



REGIONAL MEMORANDUM ORDER
No. 105, series of 2022

FOR : ALL PRESIDENTS/OFFICERS-IN-CHARGE/HEADS OF PUBLIC AND PRIVATE HIGHER EDUCATION INSTITUTIONS (HEIs) IN REGION 02

SUBJECT : NATIONAL SEMINAR-WORKSHOP ON "MENTAL COACHING ON S.P.O.R.T.S.: SPORTS PSYCHOLOGY ON REVITALIZING MENTAL TOUGHNESS AND SUSTAINABILITY"

DATE : MARCH 30, 2022

Attached is the Memorandum from **ATTY. CINDERELLA FILIPINA S. BENITEZ-JARO**, Executive Director IV, Commission on Higher Education, regarding the **National Seminar-Workshop on "Mental Coaching on S.P.O.R.T.S.: Sports Psychology On Revitalizing Mental Toughness And Sustainability"** on April 6 - 8, 2022 via Zoom Webinar type.

The said seminar-workshop will serve as an avenue for the sports leaders and administrators to gather together and discuss important issues and new trends of strategies in the promotion and development of a holistic sports development program towards the pursuit of sports excellence in the new normal.

The participants to the abovementioned seminar-workshop are the Sports Directors and Sports Coordinators of Public and Private Higher Education Institutions in Region 2.

The Zoom Credentials for the said activity are as follows:

Webinar ID: <https://bit.ly/3tvIYPf>
Passcode: **743783**

Wide dissemination of this Memorandum is desired.

ATTY. MARCO CICERO F. DOMINGO
OIC-Director IV

Encl.: as stated

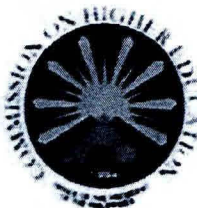
Kindly rate the delivery of our services through the link below:

Link: <http://bit.ly/CHEDRO2CSS>

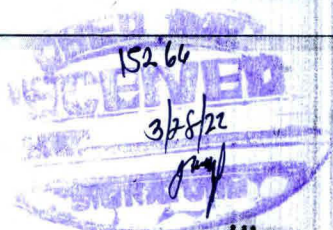
Your response shall help us improve our systems and procedures so we can better serve you.

Thank you.

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Republic of the Philippines
OFFICE OF THE PRESIDENT
COMMISSION ON HIGHER EDUCATION



MEMORANDUM FROM THE OFFICE OF THE EXECUTIVE DIRECTOR
No. 248, series of 2022

TO : ALL REGIONAL DIRECTORS AND CHED REGIONAL SPORTS COORDINATORS
PRESIDENT AND SPORTS DIRECTORS OF STATE UNIVERSITIES AND COLLEGES AND HIGHER EDUCATION INSTITUTIONS (HEIs)

SUBJECT : NATIONAL SEMINAR-WORKSHOP ON "MENTAL COACHING ON S.P.O.R.T.S: SPORTS PSYCHOLOGY ON REVITALIZING MENTAL TOUGHNESS AND SUSTAINABILITY"

DATE : 24 MARCH 2022

The Commission on Higher Education, through the Tertiary Sports Development and Management Program and in partnership with Far Eastern University (FEU), Cavite will conduct a national seminar-workshop on "Mental Coaching on S.P.O.R.T.S: Sports Psychology On Revitalizing Mental Toughness and Sustainability" on April 6-8, 2022 via Zoom Webinar type.

Relative to this, all Sports Directors or Coordinators are hereby invited to attend the said seminar-workshop. The participation of the concerned individuals will be crucial in the sustainability and institutionalization efforts of both sports programs. This seminar-workshop will serve as an avenue for our sports leaders and administrators to be able to gather together and discuss important issues and new trends of strategies in the promotion and development of a holistic sports development program in the pursuit of sports excellence in the new normal.

This seminar-workshop aims to:

- Experience and practice mental toughness in everyday living;
- Defining mental toughness in coaching and identifying the attributes can assist toward this desired outcome;
- To increase the quality of coaches leading to improved performances and satisfaction for both coaches and the athletes they serve;
- And to develop appropriately designed training or educational programs in order to develop professional mental toughness.


The Zoom Credentials for the said orientation are as follows:

Webinar ID: <https://bit.ly/3tvIYPf>

Passcode: 743783

For your information and guidance.


ATTY. CINDERELLA FILIPINA S. BENITEZ-JARO

Executive Director IV - 

Contact us: executivedirector@ched.gov.ph / (+63) 998-592-1880

Give us Feedback: <https://bit.ly/OEDCCSS>

