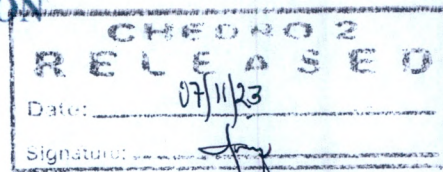




Republic of the Philippines
OFFICE OF THE PRESIDENT
COMMISSION ON HIGHER EDUCATION
Region 02



REGIONAL MEMORANDUM
No. 188, Series 2023

FOR : ALL PRESIDENTS OF PUBLIC AND PRIVATE HIGHER EDUCATION INSTITUTIONS (HEIs) IN REGION 2

SUBJECT : PARTICIPATION TO THE PROFESSIONAL DEVELOPMENT SEMINAR FOR TES AND TDP-TES FOCAL PERSONS ENTITLED "THRIVING IN BALANCE: ENHANCING WORK-LIFE HARMONY AND STRESS COPING MECHANISMS"

DATE : July 11, 2023

We shall be conducting a **Professional Development Seminar with Tertiary Education Subsidy (TES) and Tulong Dunong Program (TDP) Focal Persons of HEIs in Region 2 entitled, "Thriving in Balance: Enhancing Work-life Harmony and Stress Mechanisms on August 9, 2023 (Wednesday) at 9:00 a.m. at CHED Regional Office 2 Auditorium.**

The objective of the seminar is to empower the Focal Persons to thrive in balance by effectively managing work-life harmony and enhancing stress-coping mechanisms, which in turn will contribute to the overall well-being, job satisfaction, and professional effectiveness, positively impacting the implementation of the different programs of the UniFAST.

Participants in this seminar are advised to register using the link <https://bit.ly/WorkLifeSeminar0809> not later than **July 31, 2023**, for logistic purposes.

For inquiries, please contact Ms. Leah Sandra M. Perez at mobile number 09657231211 or Ms. Rejoice D. Tan at mobile number 09652348902.

Your active participation in this seminar is highly enjoined.

Digitally signed by Atty.
Marco Cicero F. Domingo
Date: 2023.07.11 16:15:50
+08'00'

ATTY. MARCO CICERO F. DOMINGO
OIC - Director IV

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Link: <http://bit.ly/CHEDRO2CSM>

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

Thank you.

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