



Republic of the Philippines
Department of Education
Region IV-A
SCHOOLS DIVISION OF QUEZON PROVINCE

DIVISION ADVISORY NO. 146, s. 2021
November 2, 2021

In reference to the email sent by the Premier Value Provider Inc (PVP), this Advisory is issued for the information of Division Chiefs, Unit/Section Heads, Education Program Supervisors, Public Schools District Supervisors, Schools Heads, School Health Personnel and All Others Concerned.

MANAGING EMPLOYEE MENTAL HEALTH AND WELL-BEING

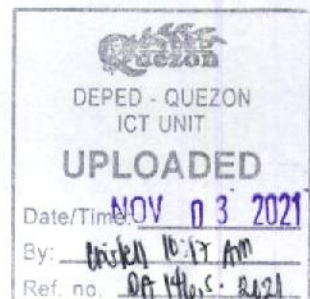
The **Premier Value Provider Inc. (PVC)** will be holding a training course in **Managing Employee Mental Health and Well-being** to equip managers and supervisors on competencies in handling employees' mental health issues on November 9-11, 2021 via Zoom at 1:00 p.m. to 4:30 p.m.

Please be reminded that this activity shall be subject to the no-disruption of classes policy stipulated in **DepEd Order No. 9, s. 2005** entitled **Instituting Measures to Increase Engaged Time-On-Task and Ensuring Compliance Therewith.**

For further details, please see the attached invitation.

ea

ELIAS A. ALICAYA JR., EdD
Assistant Schools Division Superintendent
Officer-in-Charge
Office of the Schools Division Superintendent



shsmtma/11/02/2021

DEPEDQUEZON-TM-SDS-04-011-003



"Creating Possibilities, Inspiring Innovations"

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* DO 102621-103399 ✓
DepEd Quezon <quezon@deped.gov.ph>

[MENTAL HEALTH LEARNING SERIES] Equip your Leaders with the Skills to Manage Employee Mental Health

1 message

Anne Cheng <alcheng@pvpi.ph>
Reply-To: alcheng@pvpi.ph
To: Ma'am/Sir <quezon@deped.gov.ph>

Mon, Oct 25, 2021 at 10:58 AM

Can't see this message? [View in a browser](#)

SGOD
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Date/Time: **OCT 26 2021**
By: *[Signature]*

DEPED - QUEZON
ICT UNIT
DOWNLOADED
Date/Time: **OCT 25 2021**
By: *Chickal 2:00 pm*



Dear ,

Did you know? 60% of the younger workforce have critical levels of depression and anxiety during the lockdown. Do your managers complain that they are not equipped to handle employees who look, talk, and act as if they have mental health concerns? Do you know how everyone in the company thinks that ONLY people from HR should handle employees with mental health concerns?

Our training course in Managing Employee Mental Health and Well-being will equip your managers and supervisors on competencies in handling employee mental health issues. Last year, we were able to train more than 400 managers. This year we want more leaders and teams to reap the benefits of this training.

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Date/Time: **25 OCT 2021**
By: *[Signature]*

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Date/Time: **2 NOV 2021**
By: *[Signature]*

Managing Employee Mental Health and Well-being

November 9-11, 2021
1PM - 4:30PM
VIA zoom

Learning Investment

Group Rate (3 pax or more) - ₱6,000 per pax + VAT
Regular Rate - ₱7,500 per pax + VAT

SCAN TO REGISTER

[REGISTER HERE](#)

Learning Objectives

At the end of the training, participants should be able to:

- Display practical skills in managing employee emotions and performance: Stress and burnout management, building psychological resilience, and developing a growth mindset.
- Apply the PERMA (Positive emotion, Engagement, Relationships, Meaning, and Accomplishment) approach to managing employee well-being.
- Recognize the signs of mental ill health in the workplace and know what actions to take.
- Have the knowledge and confidence to address mental health issues and concerns of their employees.

Who should join?

1. Business Owners
2. Mental health practitioners
3. HR Managers and staff
4. Managers and supervisors

Course Outline

Day 1

- Common mental health issues in the workplace: stress, anxiety, depression, and burnout
- Recognizing the signs and dealing with employees with mental health issues
- Roles and responsibilities of managers and supervisors in addressing mental health

Day 2

- Managing Stress and Burnout
- How to Conduct a Helping Session

Day 3

- The PERMA approach to managing employee well-being
- Building Psychological Resilience

Learning Investment

Group Rate (3 pax or more) – ₱6,000 per pax + VAT

Regular Rate – ₱7,500 + VAT

[REGISTER HERE](#)

Organizational Mental Health Learning Series (November 2021)

If your Company does not have its mandatory Mental Health Program in place yet, don't let another year end without complying with the law! And PVP gives you 3 very good reasons to finish 2021 fully compliant with the Mental Health Act of 2018:


First — **fast-track your compliance!** This November, PVP offers its comprehensive Organizational Mental Health Trainings normally conducted over 3 months in just ONE MONTH. Four of our most relevant trainings over four weeks this November are yours to seize.

Second — **get all the trainings you need at discounted rates!** Sign up one participant in each of our four Organizational Mental Health Trainings and you automatically avail of the GROUP RATE for each training!

Third — **your Company also gets a FREE [eWellnessMetre!](#)** Knowing your company's **ORGANIZATIONAL MENTAL HEALTH STATE** through this survey is the perfect way to start your compliance. PVP can run this survey for you even before you begin your first training to define the context for your organization.

SIGN UP NOW


Begin your compliance by having your **HR HEAD** or designated **Mental Health Champion** attend our **Designing and Developing Mental Health Programs in the Workplace:**




Designing and Developing Mental Health Programs in the Workplace

November 3-5, 2021
1PM - 4:30PM
VIA zoom

Learning Investment
Group Rate (3 pax or more) - ₱6,000 per pax + VAT
Regular Rate - ₱7,500 per pax + VAT




Next, ensure that your **DEPARTMENT HEADS** and **MANAGERS** are equipped with the skills to manage their staffs' mental health:




Managing Employee Mental Health and Well-being

November 9-11, 2021
1PM - 4:30PM
VIA zoom

Learning Investment
Group Rate (3 pax or more) - ₱6,000 per pax + VAT
Regular Rate - ₱7,500 per pax + VAT




Follow through with training your **LINE SUPERVISORS** and **TEAM LEADERS** on how to respond to and provide the "first aid" to their team members, and even to family and friends who may be developing a mental health crisis:



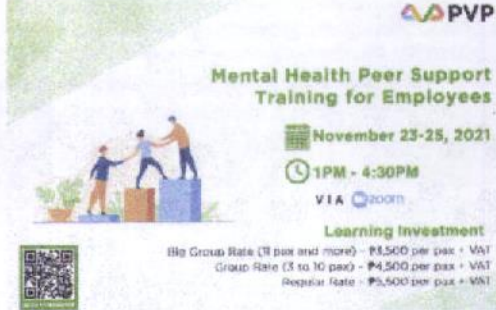
Mental Health First Aid

November 16-17, 2021
1PM - 4:30PM
VIA zoom

Learning Investment
Group Rate (3 pax or more) - ₱4,000 per pax + VAT
Regular Rate - ₱5,000 per pax + VAT



Round up your whole organization's mental health capabilities by enhancing social connections among peers when you develop your **EMPLOYEES'** skills in active listening and problem-solving:




PVP

Mental Health Peer Support Training for Employees


November 23-25, 2021

1PM - 4:30PM

VIA 

Learning Investment

Big Group Rate (11 pax and more) - ₱5,500 per pax + VAT
 Group Rate (3 to 10 pax) - ₱4,500 per pax + VAT
 Regular Rate - ₱3,500 per pax + VAT



[SIGN UP NOW](#)

Our Resource Speakers



Dr. Homer Yabut is a registered psychologist who is also active in various community and organizational mental health issues. He has a Ph.D. in Counseling Psychology and MS Psychology major in Industrial Counseling from De La Salle University.



Alessandra Arpon, RPsy is working in education, research, assessment, and mental health awareness, treatment, and care. She earned her BS psychology from Far Eastern University - Manila with a magna cum laude distinction and a master's degree in clinical psychology from De La Salle University – Manila where she is also taking her Ph. D. in clinical counseling psychology. She is a licensed psychologist who garnered the 5th place during the licensure examination for psychologist in 2017.



Suzanne Marie D. Roxas is a licensed psychologist with clinical practice. She is a private practitioner providing services for over 10 years, serving corporate and individual clients in areas of personal development, and organizational development. She is skilled in the identification and management of mental health issues due to trauma. And, has special skills in managing mental health issues in the workplace.



Mr. Gerald Peñaranda is a registered psychologist who also received his certification from the Psychological Association of the Philippines (PAP) to specialize in the practice of Industrial-Organizational Psychology.

Upcoming Trainings

The Data Privacy Practice for Employees and Process Owners

NOVEMBER 9 & 11, 2021
1:30 PM - 4:30 PM

Learning Investment:
 Gross Rate 18,000 per person + 14,200 per person + VAT
 Regular Rate 12,000 per person + VAT

VIA

For more questions and clarifications, email training@pvpLph

The Data Privacy Practice for Employees and Process Owners **November 9-11, 2021**

This is the first online course designed to help Process Owners and their employees understand the practice of Data Privacy; not just the principles of data privacy.

[Learn More](#)



Suzanne Marie D. Roxas is a licensed psychologist with clinical practice. She is a private practitioner providing services for over 10 years, serving corporate and individual clients in areas of personal development, and organizational development. She is skilled in the identification and management of mental health issues due to trauma. And, has special skills in managing mental health issues in the workplace.



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Upcoming Trainings

The Data Privacy Practice for Employees and Process Owners

NOVEMBER 9 & 11, 2021
1:30 PM - 4:30 PM

Learning Investment:
 Group Rate (5 max or more) - ₱4,800 per seat + VAT
 Regular Rate - ₱5,800 per seat + VAT

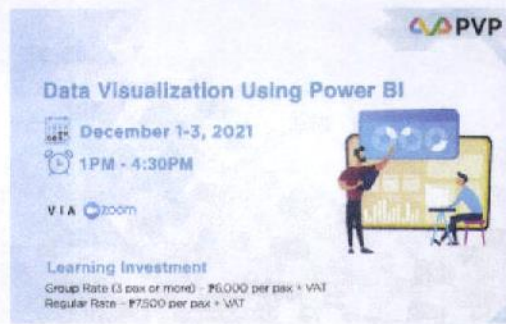
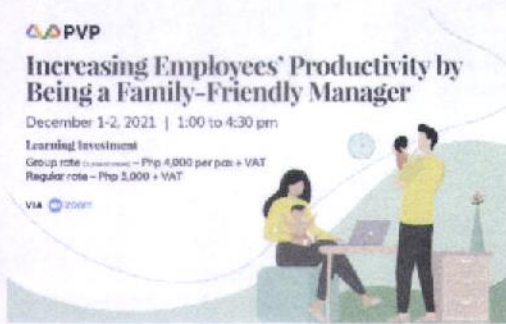
VIA

For more questions and clarifications, email training@ovpl.ph

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[Learn More](#)



Increasing Employees' Productivity by Being a Family-Friendly Manager

December 1-2, 2021

It has been more than a year when the work-from-home (WFH) became the new norm.

[Learn More](#)

Data Visualization using Power BI

December 1-3, 2021

This training course will teach participants how to easily create impactful data visualization using an open source/free software ---Microsoft PowerBI.

[Learn More](#)

<https://www.pvpi.co/>

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