

Executive Director, College Dean of the Specialization, Senior Faculty of the Specialization, Campus Faculty Association President, HRMDO Director Dr. Lorena B. Echalar (Head Secretariat) as members.

PSU-WE EVOLVE!

The Pangasinan State University conducted a Personnel Development Program, entitled “PSU-WE EVOLVE! Pangasinan State University’s Workforce Empowerment thru Education and Virtual Opportunities Leading to Valuable Engagement” on March 08, 2022 (Tuesday), for all PSU employees.

The said webinar is in line with the continuous development of all the employees of PSU, which aims to give a chance for people to become more committed to their own personal development. Its goal is to come up with practical ways for balancing the professional, personal, and spiritual areas of one’s life. It also intends to provide educators with strong personalities and capability which will help them deal with job obstacles, as well as to advocate ways for improving effective facilitation skills.



The program started with the preliminaries, which included messages from the Vice President for Administration and Linkages Dr. Elbert M. Galas, and the Chairperson of the Senate Committee on Higher Technical Education and a member of PSU Board of Regents Sen. Joel J. Villanueva.

A talk about Balancing Professional, Personal, and Spiritual Life was delivered by the President and CEO of TrainStation Manila, Hongkong, & Singapore Ms. Carelle M. Herrera, who happens to be a pure-blooded Pangasinense from the town of Sta. Maria and the City of San Carlos.

Ms. Herrera, started by having an ice breaker to keep the energy alive. Then she moved on with discussing a mental training to reduce Post Traumatic Stress Disorder (PTSD) which may be experienced by a lot of individuals nowadays.

During her speech, she also mentioned that “Weapons are nothing when the warrior is weak”, which deals with the interconnection of the individual and instruments. Taking an educator for example, no matter how many or how great his or her materials used in teaching the students, but he or she cannot deliver it well or has difficulty in using and operating the instrument it will be useless, it will not impart right knowledge to students.

“Run the day, or the day runs you”, Ms. Carelle stated, which was another remarkable quotation reminding everyone that it depends on the individual how he/she will start the day. “Never let the day run you because you might get tired and exhausted. Rather, run the day and make the most out of it”.

After that, a topic on Developing Effective Facilitating Skills was delivered by Dr. Carl E. Balita the Chairman at CEB Group of Companies. Dr. Balita shared his thoughts and knowledge on enhancing



effective facilitating skills, which is great help to all the employees of the Pangasinan State University.

Lastly, a discussion on Educator’s Well-Being Challenges and Solutions was given by Dr. Linda A. Landicho a Clinical-Psychologist in LPU Batangas. Dr. Landicho started by stating “itong trabaho natin as educators or teachers is really valuable, very rewarding, but admit it, it’s physically and emotionally draining”, which has a strong point especially in this time of pandemic.

Dr. Landicho also assisted on identifying what anxiety disorder and insomnia is. Most of the individuals may experience symptoms and insisting that they’re just tired, little do they know that those are indications of a more serious matter.



“The mind and the body are not separate what affects one, affects the other”, Dr. Landicho emphasized. She also introduced the ABC Concept, which pertains to Activating event, Belief, and Consequence. That the consequence of every present situation depends on the belief or mindset of the individual.

Ending the talk with an amazing quote from Dr. Landicho, “Everyone is fighting a battle you know nothing”. Therefore, in every situation, every individual must be sensitive and gentle in communicating with each other.

After those inspiring speeches from our notable speakers, the Chief Administrative Officer Dr. Ian D. Evangelista made his closing remarks, whereby he pointed out that those topics given were the top feedbacks from the survey conducted by the HRMDO among the PSU employees.

It was indeed a great, effective, and informative webinar which shows an interactive communication among the participants.

Therefore, as a PQA Level 3 Mastery in Quality Management, the Pangasinan State University will continue on empowering the workforce to provide quality education in molding excellent professionals in the future.

Understand and Be Safe



As part of the HRMDO's Health and Wellness Webinar Series entitled: **Getting Healthier as We Move Forward Together**, the first part of the series entitled: **Safe University For All: Understanding Emotional and Sexual Abuse** commenced on **April 4, 2022** and was conducted via zoom.