



Republic of the Philippines
Department of Education
Cordillera Administrative Region
SCHOOLS DIVISION OFFICE-IFUGAO
Lagawe



Division Memorandum

No. 152, s 2018

TO: All EPS, PSDS, Unit Heads and School Heads
Public Elementary and Secondary Schools

FROM:  **GLORIA B. BUYA-AO**
Schools Division Superintendent

DATE: July 24, 2018

SUBJECT: **Participants to the Stress Management Training**

1. To provide school heads and unit heads with the understanding and knowledge on how to deal and cope with the different stressors in life and in the workplace, a seminar is scheduled on July 26-28, 2018 at the PLT Wellness Resort, Bascaran, Solano, Nueva Vizcaya.
2. Participants to this activity are those who identified the need in their Individual Professional Development Plan (IPDP).
3. Attached is the list of participants who should be in the venue at exactly 8:00AM in the morning of July 26, 2018.
4. Immediate dissemination of this memorandum is desired.

