



Republic of the Philippines  
Department of Education  
CARAGA REGION

DEPARTMENT OF EDUCATION  
RECORDS UNIT, REGIONAL OFFICE-CARAGA  
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01 Oct 2026

REGIONAL MEMORANDUM

No. 1046, s. 2026

To: Schools Division Superintendents  
All Others Concerned

PARTICIPATION IN THE TEACHER WELL-BEING AND PSYCHOSPIRITUAL  
FORMATION ACTIVITY

- Activity.** The Philippine Educators for Professional Development, Inc. (PEPD) will conduct the activity titled **“A Heart at Peace: Nurturing Teacher Character Strengths for Wellbeing and Resilience”** on October 3, 2026, from 8:00 a.m. to 5:00 p.m. The activity will be conducted in a hybrid format, with in-person participation at St. Paul University Quezon City Campus and virtual participation via Zoom.
- Objective.** The activity aims to promote teachers' holistic wellbeing, resilience, and personal growth through psychospiritual formation. It seeks to provide educators with opportunities for reflection, self-care, personal empowerment, and emotional renewal, in support of the Philippine Professional Standards for Teachers (PPST) Domain 7 (Personal Growth and Professional Development), particularly Strands 7.1 (Philosophy of Teaching) and 7.2 (Wellbeing).
- Participation and Registration.** All concerned teaching personnel are informed of the said activity and are encouraged to participate, subject to the exigencies of the service. Interested participants may register through [https://bit.ly/PEPD\\_TeacherWellbeing](https://bit.ly/PEPD_TeacherWellbeing). Please note that in-person slots are limited.
- Contact Details.** For further information and inquiries, interested participants may contact the PEPD, Inc. Secretariat at 0998-992-5601 or through email at [phedpd.inc@gmail.com](mailto:phedpd.inc@gmail.com).
- For information and dissemination.

Digitally  
signed by  
Escobarte  
Pedro  
Tenebro Jr.

*[Signature]*  
**PEDRO TENEBRO ESCOBARTE JR.**  
Date: 2026.09.30 12:58:31  
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Officer-in-Charge  
Office of the Regional Director

JATS/ESSD/ Participation in the Teacher Well-Being...  
16288/September 28, 2026



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## Philippine Educators for Professional Development Inc.

108 Roadside Banaba Kanluran, Batangas City 4200 CALABARZON, Philippines  
SEC Registration no. 2025020188988-03 BIR TIN 669-803-180 PRC Accreditation no. 2025-741

September 16, 2026

### Office of the Regional Director Department of Education

Dear Sir/ Madam,

Greetings in the name of quality and relevant education!

The Philippine Educators for Professional Development (PEPD), Inc. was established in response to the growing need for high-quality professional development programs for teachers and school leaders across the country. Recognizing the pivotal role that educators play in shaping the nation's future, our organization is committed to supporting the Philippine Education System in addressing the pressing challenges in the Philippine basic and higher education system.

Last September 5, 2026, the Philippines has launched the National Teachers' Month celebration honoring the contributions of our dedicated teachers in the formation of the young. In joyful anticipation of the World Teacher's Day on October 5, 2026, PEPD, Inc. organized an event to provide psychospiritual formation to nurture teacher wellbeing, resilience and purpose.

This activity is scheduled on October 3, 2026, from 8:00 A.M. to 5:00 P.M., hosted in a hybrid format live at the St. Paul University Quezon City Campus and virtually via Zoom. Centered on the inspiring theme, "A Heart at Peace: Nurturing Teacher Character Strengths for Wellbeing & Resilience," this special event offers a meaningful space for educators to step back, reflect, and discover practical strategies for self-care, personal empowerment, and sustainable emotional strength. Recognizing that teaching requires tremendous dedication and adaptability, PEPD, Inc. designed this gathering to celebrate your invaluable contributions while helping you cultivate inner peace and professional resilience alongside fellow educators from across the country.

Interested participants may secure their slot by registering at [https://bit.ly/PEPD\\_TeacherWellbeing](https://bit.ly/PEPD_TeacherWellbeing) noting that in-person seating at St. Paul University is limited, while virtual attendees can access the full program online.

With this, we would like to request for your support in issuing a DepEd Advisory to disseminate information to all teaching personnel who will benefit from the activity.

For further inquiries, please reach out to the PEPD, Inc. Secretariat at 09989925601 and join us in honoring the heart of our educational community!

Respectfully yours,

**Mr. Jeffrey M. Mayor, LPT, MBA, CLDP®**  
Executive Director

#### Program Description:

The Philippine Educators for Professional Development, Inc. (PEPD) is deeply committed to supporting the Department of Education (DepEd) in uplifting teacher quality, holistic growth, and mental wellness through continuous professional development. In strict alignment with the Philippine Professional Standards for Teachers (PPST) Domain 7 (Personal Growth and Professional Development), specifically Strand 7.1 (Philosophy of Teaching) and Strand 7.2 (Well-being), this initiative recognizes that effective, high-impact teaching relies fundamentally on an educator's personal sense of purpose, commitment to lifelong learning, and continuous self-care. Furthermore, this program serves as an actionable response to critical, recent DepEd policy directives aimed at protecting teacher health and operational wellness, including DepEd Order No. 002, s. 2026 (Guidelines on the Grant of Wellness Leave for Department of Education Personnel) pursuant to Civil Service Commission MC No. 01, s. 2026 and Republic Act No. 11036 (Mental Health Act), DepEd Order No. 009, s. 2026 (Implementation of Term Wellness Breaks), and the workload protection guidelines under DepEd Order No. 012, s. 2025 and DepEd Order No. 9, s. 2005. To directly serve these goals, this program invites us to intentionally pause from our workaday world to rediscover peace in the silence and in the unloading and stripping off of needless attachments and oppressive impositions, so that our hearts may make generous space for a life of abundance. Participants will enjoy a variety of activities such as body prayer, individual meditation time, journaling, small group sharing, plenum sharing, and affirmation activities, all thoughtfully customized to the specific professional needs, emotional challenges, and daily concerns of the teaching profession. Through this dedicated space, we hope for discerning eyes, ears, and hearts that we may heed to the gentle call of peace, as well as look forward to the genuine refreshment and renewal of our professional spirit.

#### Program of Activities

|                  |                                             |
|------------------|---------------------------------------------|
| 8:00-8:30 A.M.   | Registration                                |
| 8:31-9:00 A.M.   | Opening program                             |
| 9:00-10:30 A.M.  | Session 1: Introduction/ Peace in the Pause |
| 10:30-11:00 A.M. | Health break                                |
| 11:00-12:30 P.M. | Session 2: Peace in the Purge               |
| 12:30-1:30 P.M.  | Lunch break                                 |
| 1:31-3:00 P.M.   | Session 3: Peace in the Plenish             |
| 3:01-5:00 P.M.   | Teacher's Day Program                       |



About the Speaker-Facilitator:

**KARINA MAYUMI "Yumi" TINIO WADA, MA, LPT**

Psycho-Spiritual Formator and Facilitator | Educator | Author

Ms. Yumi is a psycho-spiritual formator and facilitator, educator, and author specializing in empowerment, values/ character formation, mental and emotional health, resilience, and psycho-spiritual healing and accompaniment. She has been facilitating retreats, trainings and workshops for schools, foundations, Churches and companies, as well as one-on-one mentoring for youth and young professionals since 2004.

She pursued her Master of Arts degree in Developmental Psychology and Bachelor of Arts degree in European Studies – International Relations, both from the Ateneo de Manila University. She is a licensed professional teacher (LPT) and is certified in the Resilience at Work Program (Australia). She is also the author of "You Make My Day: Daily Wisdom from the Mouth of Babes."

She is currently a facilitator-trainer for PeopleStrong Human Resource Consulting PH and Inquirer Academy, and for the most part, works independently designing and facilitating empowerment and formation programs for various academic institutions and groups. Her Ignatian education, Marian devotion, and affiliation with the Ateneo Campus Ministry Group (ACMG), Ayala Young Leaders' Alliance (AYLA), Center for Family Ministries (CEFAM), Christian Life Community (CLC), Emmaus Center for Psycho-Spiritual Formation and Accompaniment, and Heroic Leadership Philippines (HL) are her biggest influences.