



Republic of the Philippines
Department of Education
Cordillera Administrative Region
SCHOOLS DIVISION OF BAGUIO CITY




ADVISORY

March 3, 2021

In relation to the invitation of Ms. Amalia B. Daping, Coordinator, Regional Mobile Center for IHELP in the Cordillera Region dated February 16, 2021 this advisory is issued not for endorsement per DO 28, s 2001 but only for the information of DepEd personnel/staff as well as the concerned public.

INVITATION TO JOIN TRAINING ON LIFE SKILLS AND SELF -DISCOVERY COACHING

1. In reference to the letter dated February 16, 2021, the *IHELP* Coaching and Business Solutions, incorporated in coordination with the Schools Division Office (SDO) of Baguio City- School Governance and Operations Division invites teachers and non-teaching personnel to participate in the training, mentoring and coaching programs for life, career and business growth and development to be conducted by the Community of Certified Life Skills and Self- Discovery Coaches (CCLSSDC).
2. The program "Teachers as life Coach" was launched at the SDO –Baguio last October 2021.
3. The objectives of the program are as follows:
 - 3.1. Equip people from all walks of life to live a life of greatness.
 - 3.2. Acquire new skills in handling disturbed students or parents.
4. Participants are required to pay 1,200 each as training fee from personal funds.
5. For more information, please contact the Regional Coordinators of Mobile Center for IHELP Janno Abance and Amalia Daping at cellphone number 0921-787-5746.


MARIE CAROLYN B. VERANO, CESO V
Schools Division Superintendent



"DepEd SDO Baguio City: We Serve, We Care."

Address: 82 Military Cut-off Road, Baguio City
Telephone/Fax: 074-442-4326 / 074-442-7819 | Email: depedbaguiocty@gmail.com
Website: www.depedpincs.com | Facebook Page: facebook.com/DepedTayoBaguioCity



ISO 9001:2015 Certified
Quality Management System
CRN RU-19.2560.026
Issued on 12/27/2019

DEPED DIVISION OFFICE
BAGUIO CITY
FEB 16 2021
RECEIVED

February 16, 2021

To : **MARIE CAROLINE B. VERANO, CESO VI**
Schools Division Superintendent
Baguio City
Cordillera Region

SUBJECT : **Training on Life Skills and Self Discovery Coaching**

Madam:

Greetings in the Name of our Lord Jesus Christ!

Our company, *IHELP COACHING AND BUSINESS SOLUTIONS INCORPORATED* or *iHelp* is a duly registered corporation in the Securities and Exchange Commission, under the Republic of the Philippines. It was founded for the purpose of providing training, mentoring and coaching programs for life, career and business growth and development.

With our desire to equip people from all walks of life to live a life of greatness, our Community of Certified Life Skills and Self Discovery Coaches (CCLSSDC) has launched a program entitled "Teacher as Life Coach". This program is being implemented in other regions and was especially requested by the LGU Pasig City, wherein it was the Local Government Unit of Pasig funded such program because they saw the need to train the teachers to be Life Coaches.

In this program, the participants were able to acquire new skill or enhance their skills in handling disturbed or worried students, parents, as well as their colleagues.

Based on the modules and on the testimonies of the participants, at the end of the learning workshop, a participant-teacher will be able to know the following:

1. Clarity of life using the 7F Framework;
2. Optimize the participants' skills as an influencer by knowing when to be a trainer, teacher, mentor, and a coach;
3. Awareness of the God-given mission and vision through the 7P Factors of Dying empty;
4. Create a culture of greatness by tapping to the power of the subconscious mind;
5. Help those who are D.O.W.N. (Depressed, Oppressed, Worried, and Neglected);

For further question and clarification, please feel free to contact Janno Abance, the iHelp Coordinator assigned in the Cordillera Region, through Facebook Messenger, or Ameer Daping at 0921-787-5746.

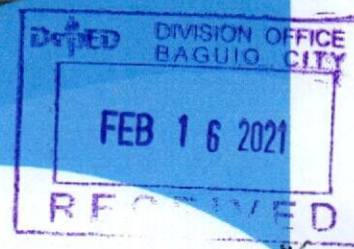
Sincerely,



Janno Abance / Amalia B. Daping
Coordinators
Regional Mobile Center for iHELP in the Cordillera Region

iHelp Coaching and Business Solutions

Your Partner in Life, Career, and Business Greatness



I. General Information

- **Project Title: “Teacher as Life Coach”**
- **Proponent/s: Janno Abance & Amalia Daping; iHelp Business Solutions, Inc. - Regional Mobile Center in the Cordillera Region**
- **Estimated Project Cost: 240,000.00**
- **Source of Fund: DepEd – Division of Baguio**

II. Rationale

The pandemic of 2020 has displaced people globally. It has changed every single individual’s life, and caused the increase of unemployment, ability to move freely, and developed fear and anxiety.

One such sector that has been affected is the field of Education. The new normal delivery, online and blended, has a great impact on the students, parents and teachers, the latter, both as a teacher and as a parent as well.

To better understand the said impact, in one of the Knowledge sharing series with SDO Baguio, led by School Governance and Operation Division- HRDS, in partnership with iHELP Coaching & Business Solutions, we conducted The Teacher as a Life Coach Project last year.

III. Goal

The goal is to support the vision of the officials and workforces of the Department of Education – Division of Baguio City.

To S.E.R.V.E. and to build a peaceful and progressive city, where residents enjoy the best quality of life possible, through values-oriented and competency-based education, expanded economic opportunities, and efficient local government services in an environment characterized by a deep sense of community awareness and cooperation.

IV. Objectives

1. To make Teachers of Baguio City become Certified Master Life Skills and Discovery Coaches, along with a Certification for Workshop Facilitator, and enhance delivery by being Certified Motivational Speakers and Certified Digital Course.
2. To address areas of concerns in the “new normal” education system

V. Target Trainees

Target trainees are the teachers in Baguio City under the DepEd- Division of Baguio.

VI. Project Concept:

Training Teachers as Certified Life Skills & Self Discovery Coaches, with the right skills and protocol in conducting coaching session, is a need for them to appropriately handle and implement new approaches in teaching in this new normal or new method of learning. It also serves as a tool to help their learners while they are under the teacher's class.

The coaching approach will help teachers cope and make the right approach to the worries and concerns of students, parents and even their colleagues. It is a tool to enhance the potentials of the Coaches, as well.

Training Teachers who are Certified Life Skills & Self Discovery Coaches to become Certified Master Coaches, for enhancement in the protocol and coaching skills, adding new ways of coaching skills and delivery in coaching sessions.

Training Certified Master Coaches to become Certified Workshop Facilitator, to enhance capability of training future Life Coaches, as well as issuing certifications for the trainees.

Added Certifications to complete the package and is also an essential tool for delivery are Certified High Impact Motivational Speaker and Certified Digital Course Creator.

The target duration to complete the 5-certification package is Three (3) Months. Three (3) Months of continuous mentoring from Master Coaches & Certified Coaches, supported by the Engagement & Education Committee of iHelp;

Creation of Facebook Page for Teacher as Life Coaches in Baguio City, as the platform for the teachers to send messages, receive updates, especially in support to their coaching skills, as well as a medium where coaching sessions will be coursed through by students, teachers and parents.

Live sessions through zoom, google meet, chat, text and call support will be available for teachers who are in need of further mentoring and coaching.

VII. Project Implementation Plan

No.	Activities	Objective	Output	Time Frame
1	Drafting a proposal and necessary communication letters	Draft a proposal and necessary communication letters	Signed proposal	Week 3 of February
2	Linking with the possible agency for a possible funding for the realization of the program	Link with the possible agency for a possible funding for the	Feedback from the target agency-funder	Week 3 of February

		realization of the program		
3	Follow up for the development	To have at least 50 trainees / enrolled in the said program	Program was funded	Week 1 of March
4	Implementation of the program	Implement the program	Program implemented	Week 3 of March
	<ul style="list-style-type: none"> - Certified Life Skills and Self Discovery Coach - Certified Life Skills and Self Discovery Master Coach - Certified Life Skills and Self Discovery Coach Facilitator - High Impact Motivational Speaker - Certified Digital Course Creator 			Starts on the 3 rd week of march until 3 rd week of June
5	Echo trainings and implementation of coach learnings	Echo trainings and implementation of coach learnings	The Teachers of Baguio were certified with the 5-certification package under iHelp	Week 1 of July to December 2021

VIII. Collating the results of 2 hours webinar with the Baguio Teachers (as conveyed by the Facilitator):

1. On concerns and stresses due to the new normal in teaching: All mentioned that both their past and current stresses affect them emotionally and intellectually. Some found ways of coping, such as alternative means of reaching out to students and parents and turning to their hobbies to help relieve their stress.
2. On effect on their relationships with students, parents, co-teachers, family: Most claim that they find it harder to engage students as they see their faces but cannot discern what is happening behind those faces.
Parents are becoming more involved but are also harder to deal with.
Teachers are looking forward to the scheduled once-a-week face-to-face meeting but with the numerous tasks, it sets pressure on their working relationship.
Those who are single are better off than those married and with children, due to their countless roles at home. They try to cope as much as they could, relying on common sense and gut feeling.
3. On skills to cope, they claimed that they do not have enough skills to navigate the various relationships that have become more complicated than before. They feel that learning more skills would make it easier for them.

Overall, the teachers are undergoing a lot of pressure due to the new demands of their work, both the teaching and the connectivity parts, and the many relationships that have become more complicated. They try to cope by turning to their hobbies, but they feel that they need to be given the right skills to navigate their current situations and be better in their work.

IX. Project Budget Estimate

<i>No. of Participants</i>	<i>Particular</i>	<i>Cost</i>	<i>Total</i>	<i>Fund Source</i>
200	5-in-1 Teacher as Life Coach Training Package	1,200/ participant	240,000.00	SDO-Baguio City

X. Monitoring and Evaluation

The training will be monitored by the SDO-Baguio City.

Proper documentations will be done by the concerned offices/committees.

Proposed by:



Janno Abance / Amalia B. Daping
Coordinators

Regional Mobile Center for iHELP in the Cordillera Region