



July 11, 2019

DIVISION MEMORANDUM

No. 237 s. 2019

**STRESS AND BURNOUT MANAGEMENT FOR SCHOOL TEACHERS LEAGUE PRESIDENTS OR
SCHOOL CLINIC TEACHERS DESIGNATE IN THE DIVISION OF SAGAY CITY**

To: Chiefs of CID & SGOD
Education Program Supervisors
Public School District Supervisors
School Heads of Public Elementary & Secondary Schools
School Head of Public Senior High School
Guidance Counselors of Sagay NHS
Guidance Designate of Bato NHS

1. The Department of Education Division of Sagay City through its Disaster Risk Reduction and Management Unit, in cooperation with the City Government of Sagay will conduct a ***Stress and Burnout Management for School Teachers League Presidents or School Clinic Teachers Designate in the Division of Sagay City on July 19, 2019, Friday at Sicad Sicad Function Hall, Balay Kauswagan, Sagay City.***
2. This training aims to:
 - establish a balance between work and personal satisfaction that would maintain efficiency in daily routines.
 - rejuvenate depleted energies and enables the participant to start a fresh with the trained thoughts in burning out stressors.
 - create stimulating personal efficiency both in the workplace and other undertakings.
3. The participants to this training are:
 - two guidance counselors of Sagay NHS,
 - Guidance Designate of Bato NHS,
 - and either the School Teachers League President or School Clinic Designate.
4. Participants are expected to be at the venue at 8:00 AM on July 19, 2019, Friday, opening program will be at 8:30 AM.
5. Travelling expenses of the participants shall be chargeable to school MOOE subject to the usual accounting and auditing rules and regulations. Snacks and meals shall be served for the participants chargeable against DRRM local Fund.
6. Immediate and wide dissemination of this division memorandum is desired.