



POD Urges Discipline and Resilience in Self-Enrichment Program

EARL JOHN RAMOS VILLEGAS, RN, MSN, COSH-S02

FEAR
OF THE
UNKNOWN

Thirst



Naira Sali, Peace Envoy's secretary-general, introduces the key speakers for the 1st Quarter Self-Enrichment webinar.



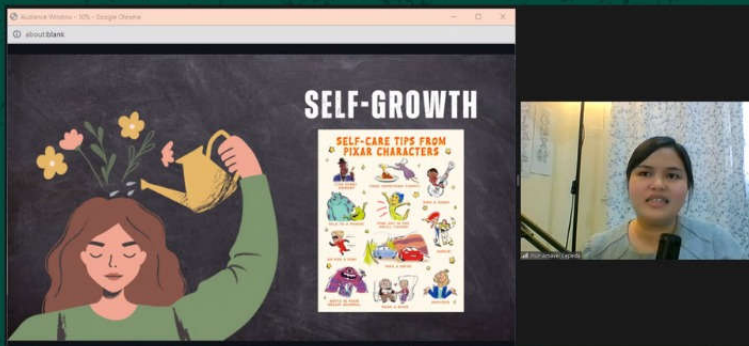
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INTRODUCTION OF SPEAKERS NAIRA SALI



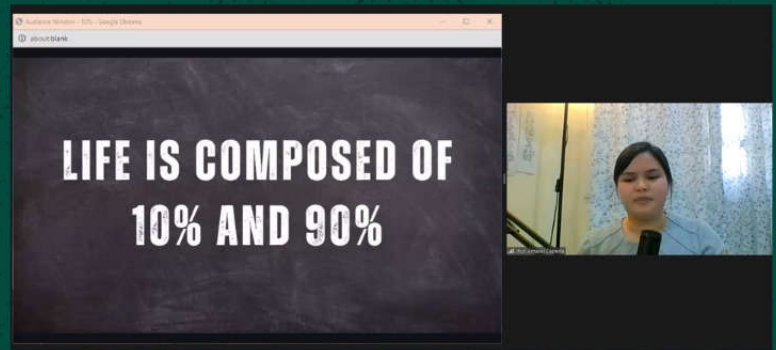
PSD welcomes back alumnus Mr. Clint Paul Maramag as one of the speakers to share important lessons with the students.

Miss Sali introduces PSD alumnus Mr. Earl John Villegas in discussing his experience about the theme "Thrive and Navigate the Post-Pandemic Challenges: Life Lessons and Insights".



Architect Jhun Cepeda advises the students to prioritize positive thinking and self-growth over negative thoughts.

In her speech, Arch. Jhun Cepeda shares her insight on life.



Personal Sharing of Experiences During the Pandemic and Challenges met

Personal Approaches on Post-Pandemic Challenges and Insights

Academic Learning Institution's Values and Principles Influence in Coping with the Challenges and the Pandemic

The Challenge

EARL JOHN RAMOS VILLEGAS, RN, MSN, COSH-S02

Mr. Villegas discusses management of pandemic challenges.

Mr. Villegas discusses the challenges and experiences he faced as a nurse during the pandemic.

Personal Sharing of Experiences During the Pandemic and Challenges met

FEAR OF THE UNKNOWN

Physical Exercise

Spiritual Thirst