



Press Release
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PHILCONGEN PROMOTES HEALTH AND WELLNESS DURING THE PANDEMIC



Above Photos (from left to right) Consul Rea G. Oreta echoes insights on work-and-life balance. LA PCG female personnel share their own portfolio of life.

17 September 2020, Los Angeles – As part of the efforts of the Philippine Consulate General in Los Angeles to ensure efficient and unhampered consular services to its publics amidst the CoViD-19 pandemic, it recently took steps to improve team dynamics among its personnel through a holistic health and wellness program, dubbed Promotion of Wellness and Relationship (POWER).

On 03 September 2020, it launched the POWER Program with a core aim of empowering and sustaining inspiration for its personnel towards continued meaningful public service. The program's inaugural project was a workshop on work and life fit facilitated by Consul Rea G. Oreta, which focused on women personnel of the Consulate General.

Consul Oreta echoed insights gained from the *Women in Leadership Program* of Cornell University on outsmarting the work and life balance. Her participation in said Program was under the auspices of the Gender and Development Secretariat of the Philippines' Department of Foreign Affairs. The workshop was premised on the gender dimension of women's struggles in the pandemic times and was the first-ever of its kind to be conducted by the Consulate General since the onset local stay-at-home orders.

The workshop provided a venue for the Consulate General's female personnel to evaluate and redraw their own "life portfolio" and come up with a self-care plan. It was also an opportunity for them to initiate conversations on their experiences and best practices in maintaining their own work-life fit as they attempt a balance between work and family commitments.



Apart from taking care of the cognitive and psycho-social aspects of its personnel, the Consulate General's Administrative Section, led by Vice Consul Joan Macrise C. Corrado, designed a fitness program that started with a once-a-week Zumba session after consular operations.

Since the Consulate General resumed its "new normal" consular operations on

15 June 2020, it has endeavored to provide all consular services under its alternative work arrangement and has prioritized the safety of its publics through health-compliant operation standards and timely dissemination of information on CoViD-19 and wildfires. The Consulate General operates with 34 personnel serving an estimated 1.2 million overseas Filipinos in Southern California, Southern Nevada and Arizona. END.