



REPUBLIC OF THE PHILIPPINES

**PHILIPPINE CONSULATE GENERAL**

LOS ANGELES, CALIFORNIA



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## PHILCONGEN LA PROMOTES HEALTHY WORKPLACE



21 October 2020, Los Angeles – While the Philippine Consulate General in Los Angeles has endeavored to provide full consular services to its publics, with an estimated 1.2 million Overseas Filipinos within its jurisdiction, it also continues to promote health and wellness among its personnel through its program dubbed “Promotion of Wellness and Relationship (POWER).”



On 08 October 2020, Consul General Adelio Angelito S. Cruz invited Dr. Renato dela Rosa to give a lecture on “Healthy Lifestyle.” The Consul General reminded colleagues that a strong immune system in this time of pandemic is vital, which starts with having a healthy lifestyle.



Dr. Dela Rosa enumerated some basic yet overlooked healthy habits, including avoiding non-nutritious food, letting go of stress, and proper breathing. (Photo 2)

The doctor also pointed out the increase in the global depression rate when the lockdown was implemented. Depression was found to impact people across all ages regardless of their social status especially during this pandemic.

Dr. Dela Rosa advocates for a “transcendental approach,” taking a step-back and seeing a situation from a bigger perspective.

The Doctor is an internal medicine specialist, advocating for natural healing methods. He has been a medical practitioner for almost four decades and has clinics in Chula Vista, California.

On 09 October 2020, Consul Rea G. Oreta followed through with the second part of her echo seminar series on Cornell University’s Women in Leadership Program. The session

focused on harnessing emotional intelligence or EQ to improve team understanding and drive results.

As defined by Daniel Goleman in 1995, EQ involves self-awareness, that is recognizing one's our own moods and emotions; self-regulation, being able to control and manage our emotional state; empathy, the ability to understand and identify with other people's emotions; and social skills, managing group dynamics with the awareness that comes from empathy.

It is worth noting that the uncertainty brought about by the pandemic, along with limited social interaction among people have heightened emotional responses and may impact a person's performance within a team. Developing self and social-related competencies within the framework of emotional intelligence, therefore, becomes incumbent upon institutions like the Consulate General.

To better appreciate the concepts on EQ, Consul Oreta facilitated a workshop, allowing personnel to recognize their emotional triggers. The ensuing sharing by participants underscored the importance of self-awareness or examining oneself in responding to stressful situations in the work place.

"Fostering a healthy workplace begins with being mindful with our responses and sensitive to our colleagues," she added.



The echo seminar's first installment was held on 03 September and focused on outsmarting the work and life balance. The two-part echo seminar series is an offshoot of Consul Oreta's recently concluded training on Women Leadership conducted by eCornell under the auspices of the Department of Foreign Affairs' Gender and Development Secretariat.

The Consulate General has resumed its "new normal" consular operations since 15 June 2020. Information on the availing of its services is available on the official website at [www.philippineconsulatela.org](http://www.philippineconsulatela.org). END.