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Salamin-Diwa Course goes to the City of Gentle People: Dumaguete City

For the first time since the Executive Leadership Program (ELP) was launched in 1993, the Career Executive Service Board (CESB) has brought the 22nd session of the Salamin-Diwa ng Paglilingkod Training Course to Dumaguete City, Negros Oriental at the Manhattan Suites Inn from September 3 to 16, 2013.

Thirty-five (35) public managers from different government agencies nationwide completed the two-week residential course. They were introduced to various learning modules designed to provide them with a common frame of reference as leaders and managers in their respective organizations and to enhance their leadership and managerial competencies based on the Competency Standards for CESOs developed by CESB in 2009.

The Salamin-Diwa Session XXII faculty for the classroom-based modules was composed of the following: Mr. Santos E. Getalado, a Consultant and Educator of the S.E. Getalado Consultancy and Leadership Center in Tacloban City, handled the “Ethical Governance” and “Change Leadership” modules, while Ms. Teresita R. Albert, President of the T.R.A.C. Training Consultancy, handled the “Developing Others” module. On the other hand, Professor Josefina J. Quintana, a former CESO and presently a faculty at the UST Graduate School, discussed related concepts on the “Linkaging and Networking module.” Ms. Celia C. Yangco, former Department of Social Welfare Development (DSWD) Undersecretary and currently the Executive Director of the Autism Hearts Philippines, presented the topic: “State of Poverty in the Philippines and Government Responses.”

A major component of the course was the Community Organizational Attachment Module (COAM) which was the learning integration and internship module which capped the course. It was designed

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as a structured attachment/exposure activity in a chosen laboratory community which harnessed participants' field research competencies using a multi-stakeholder/sectoral approach. For four days and three nights, participants were afforded the opportunity to see how government services trickle down to the barangay level and to enable them to prepare better and more responsive government programs as a result of the insights and learnings gained from the experience.

For this module, municipal and barangay officials, selected families and the community itself in Barangay Yupisan in Pamplona, Negros Oriental were engaged as CESB's partners who contributed wholly to the successful conduct of the COAM. Based on overall evaluation comments, majority of the total number of participants noted COAM as one of the valuable modules in this course.

The ELP is currently the flagship training program for third-level eligibles. Its main objective is to develop, advance and nurture core leadership and management competencies which are relevant to the roles of public managers in governance and development. It follows a three-pronged leadership and management framework of: knowing one's self, relating with others and leading the organization. This framework is translated into three training

courses, namely: "Salamin ng Paglilingkod or SALAMIN which focuses on "self," Diwa ng Paglilingkod" or DIWA which focuses on "others," and "Gabay ng Paglilingkod" or GABAY which focuses on the "organization." Per Resolution No. 798 series of 2009, attendance to ELP is a requirement for appointment to rank. 



CESB joins CSC's R.A.C.E. to Serve III Fun Run

The Career Executive Service Board (CESB) led by Executive Director Atty. Ma. Anthonette Velasco-Allones, *CESO I* took part in the 3k category of the R.A.C.E. to Serve III Fun Run of the Civil Service Commission in celebration of the 113th Philippine Civil Service Anniversary (PCSA) on September 7, 2013 at the Quirino Grandstand, Rizal Park, Manila.

Vice President Jejomar C. Binay has once again led the civil servants in this year's run, while Department of Health Assistant Secretary and Spokesperson Eric Tayag, also known as the "Dancing ASec," led the warm up exercises. Also in attendance were Chairman Francisco T. Duque III and Public Attorney's Office Chief Persida Rueda-Acosta.

This year's fun run is a fund raising activity anchored on the theme of this year's celebration *Tatak Lingkod Bayani: Isabuhay, Ipagmalaki at Ipagbunyi*, which aims to promote, showcase, and celebrate heroism in public service, and to highlight stories of triumph and sacrifice among the men and women in government.

The R.A.C.E. to Serve III Fun Run is the official jumpstart of the 113th Philippine Civil Service Anniversary celebration. The event is now on its third year. 🌐



The amazing race. The CESB, led by Executive Director Atty. Ma. Anthonette Velasco-Allones, *CESO I*, joins the R.A.C.E. to Serve III Fun Run of the Civil Service Commission, September 7, 2013, Quirino Grandstand, Rizal Park, Manila.

Rediscovering One's Self - the 9th CES Wellness Camp Session in Bohol

Effective leadership has long been linked to organizational performance and productivity. Given the daily stress and work pressure faced by our government executives, it is necessary for them to adopt lifestyle changes and develop coping strategies that will allow them to exhibit exemplary performance and still maintain a healthy and happy sense of well-being. Primed by the success of the most recent Wellness Camp last 22-26 April 2013 in Batanes, the Career Executive Service Board (CESB) conducted the 9th Career Executive Service (CES) Executive Leadership, Wellness and Work-Life Balance Camp last 25-27 September at the Alona Kew White Beach Resort in Panglao Island, Province of Bohol.

Focusing on one's motivations and developing a positive perspective towards one's job change the way individuals perceive and understand the concept of work. By looking at one's occupation in a positive light, leaders tend to become more energized and inspired to go to work and more resilient when faced with stress and difficulties. Optimism influences people to become active participants in their organizations and adopt nurturing and proactive attitudes towards the attainment of their team's goals and targets. This is the core message of Mr. Lloyd Luna, President and CEO of LLOYDLUNA Communications who lectured on "Why Am I Working?". Mr. Lloyd Luna was joined by a group of resource

persons who are advocates of effective leadership and wellness.

Coach Randy Esguerra, a Life Coach at Success Coach Philippines accentuated the importance of developing skills and strategies that will maximize productivity and manage stress. He affirmed that adopting measures in managing one's activities, prioritizing effectively, and balancing work and personal life greatly reduce stress.

On this note, psychologist Ms. Sophia Sim-Bate discussed the challenges and gifts of reaching the golden years in her talk entitled, "Golden Years: Letting the Gold Shine Through."

For his part, Assistant Secretary Dr. Enrique Tayag of the

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Department of Health (DOH) provided an overview on “Healthy Lifestyle: Lifestyle Choices and Eating Habits for the Busy Executives” in a lecture which discussed the common middle to senior age health risk factors, importance of healthy eating choices and eating patterns, and debunking myths on what makes us ‘fat.’

GAWAD CES Presidential awardee and Department of Trade and Industry-Kalinga, Provincial Director Grace F. Baluyan moved everyone with a lecture on “Harnessing One’s Leadership Potential: Leadership Excellence for Improved Productivity” which identified the leadership qualities and tools for improving team performance. Mr. Alexander Arevalo, ICT consultant for the Office of the Chief Justice of the Supreme Court of the Philippines enriched the lectures on leadership with an awareness and skills-building session on “Completed Staff Work (CSW) for Executives” which equipped the participants with the necessary tools and strategies in submitting timely and quality outputs to ensure approval of one’s superiors.

Aside from the lectures, the CESB also provided workshops aimed at unleashing, enriching and showcasing the participants’ creative skills and talents. Atty. Vincent M. Tañada, founder of the Philippine Stagers Foundation Inc. led the theatre workshop, while Mr. Buddy Ching of the Art Association of the Philippines facilitated the visual arts workshop. In the spirit of pursuing total wellness, the campers also participated in daily yoga sessions with Mr. Luisito Palermo, a yoga expert from the Ananda Marga Wellness Center.

In achieving the objective of collectively energizing the participants and creating a venue for sharing inspiring leadership experiences and best practices, the CESB held a fellowship night for the campers. It was definitely a camp to remember for the participants who left Bohol fully re-energized and ready to face the challenges ahead. 🌐



SLEX Tree Planting 2013

As one of the activities to kick off the 40th year CES Anniversary Celebration, the Career Executive Service Board (CESB) will be joining the tree planting activity of the Department of Environment and Natural Resources (DENR) on 9 November 2013. The DENR, now on its fourth year of greening the roadsides of the South Luzon Expressway (SLEX) since 2010 is backed by the consistent support of the Rotary Club of Makati-Rockwell and the South Luzon Tollway Corporation (SLTC). The CESB and other participating organizations have committed to plant and grow another 4,800 tree seedlings along the 16-kilometer stretch of the expressway northbound starting from Sta. Rosa, Laguna going to Alabang, Muntinlupa. The activity is part of CESB's greening efforts in keeping with the government's National Greening Program under Executive Order No. 26 s. 2011 whose goal among others is the climate change mitigation and adaptation.

The CESB is inviting all Career Executive Service Officers (CESO) based in the National Capital Region (NCR) to participate and take an active involvement in this activity. If interested, kindly fill out the Registration Form, and fax to 951-3306 or 9315732.

For further inquiries, you may call CESB's Finance and Administrative Division (FAD) at telephone number 951-4981 locals 130/831; or by email at cesb.fad@gmail.com.

**SLEX Northbound Tree Planting (Sta. Rosa – Alabang)
7:00 a.m. -10:00 a.m. * 09 November 2013**

REGISTRATION FORM	
Name	
Nickname	
Signature	
Agency/Office	
Position	
Tel. / Fax No.	
Cell Phone No.	
E-mail Address	
Date Accomplished	
<p align="center">Please accomplish this Registration Form and fax it to CESB at 951-3306 or 931-5732 or email at cesb.fad@gmail.com on or before 28 October 2013. For further information you may: call us at 951-4981 locals 130/831 or visit our website at: www.cesboard.gov.ph</p>	



NEWLY APPOINTED CESOs

SEPTEMBER 24, 2013

PETER PAUL D. BALUYAN, CESO V
Acting Director II
Department of Finance
Bureau of Local Government Finance

TITA N. CALLUENG, CESO IV
Acting Director III
Department of Health

DANILO D. CARDENAS, CESO IV
Deputy Executive Director III
Philippine Council for Agriculture,
Forestry and Natural Resources
Research and Development
Department of Science and
Technology

**MARIA ANGELITA C. CELLS,
CESO IV**
Acting Director III
Department of Budget and
Management

LORMELYN E. CLAUDIO, CESO IV
Acting Director III
Department of Environment and
Natural Resources

RADNE B. JOMUAD, CESO VI
Acting Assistant Schools Division
Superintendent
Department of Education

**VINCENT ANDREW T. LEYSON,
CESO IV**
Director III
Department of Social Welfare and
Development

DARIA R. MINGARACAL, CESO V
Acting Director II (Provincial Director)
Department of Trade and Industry

JUAN C. RAÑA, CESO IV
Acting Director III
Department of Environment and
Natural Resources

FERDINAND S. SALCEDO, CESO IV
Acting Director III
Department of Health

ANTHONY CINCO SALES, CESO III
Acting Director IV
Department of Science and
Technology

**FELICIANO A. TAMONDONG, JR.,
CESO VI**
Acting Assistant Schools Division
Superintendent
Department of Education