

SEMINAR ON STRESS AND PRESSURE MANAGEMENT

Special Economic Zone,
Tala, North Caloocan City
May 8, 2025



As part of its Gender and Development (GAD) program for 2025, LBP Resources and Development Corporation (LBRDC) conducted a seminar titled "Stress and Pressure Management". This initiative aims to support employees' mental and emotional well-being, enhance productivity, and cultivate a healthier, more positive work environment.

The activity was designed to help employees develop practical coping strategies for managing workplace stressors. Through this intervention, LBRDC seeks to reduce absenteeism and staff turnover, while also boosting job satisfaction and overall employee engagement.

A total of 99 LBRDC employees participated in the seminar. The group consisted of 56 female and 43 male staff members. In terms of employment status, the participants included:

- 63% Regular employees (62 individuals)
- 6% Probationary staff (6 individuals)
- 31% Project-based personnel (31 individuals)

The session began with an overview of the objectives and program flow presented by Ms. Queen Glad Festin, Acting HR/GAD Specialist, who also introduced the resource speaker for the activity.

The seminar was led by Prof. Anna Marie A. Baron, Dean of the College of Arts and Sciences at Philippine Christian University (PCU), who currently oversees both the Manila and Cavite campuses. A licensed psychologist with extensive experience in workplace mental health and personal development, Prof. Baron is well-known for her dynamic delivery of seminars and workshops across various sectors.

Her talk covered key areas such as stress recognition, building emotional resilience, understanding personality types, and applying real-time coping techniques. Participants were encouraged to self-assess their stress levels, ranging from low to high. While some reported experiencing high stress, others indicated a relatively low level, highlighting the diversity of individual stress experiences within the organization.



In conclusion, the seminar reinforced the message that stress is an inevitable part of both personal and professional life—but it doesn't have to overwhelm us. As Prof. Baron emphasized, managing stress effectively is not about eliminating pressure but about responding to it with clarity, confidence, and self-respect. "We don't need to be stress-free to be successful—we just need to be stress-smart," she remarked.

This GAD activity marks another step toward LBRDC's commitment to promoting a supportive, inclusive, and responsive work culture for all employees.



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