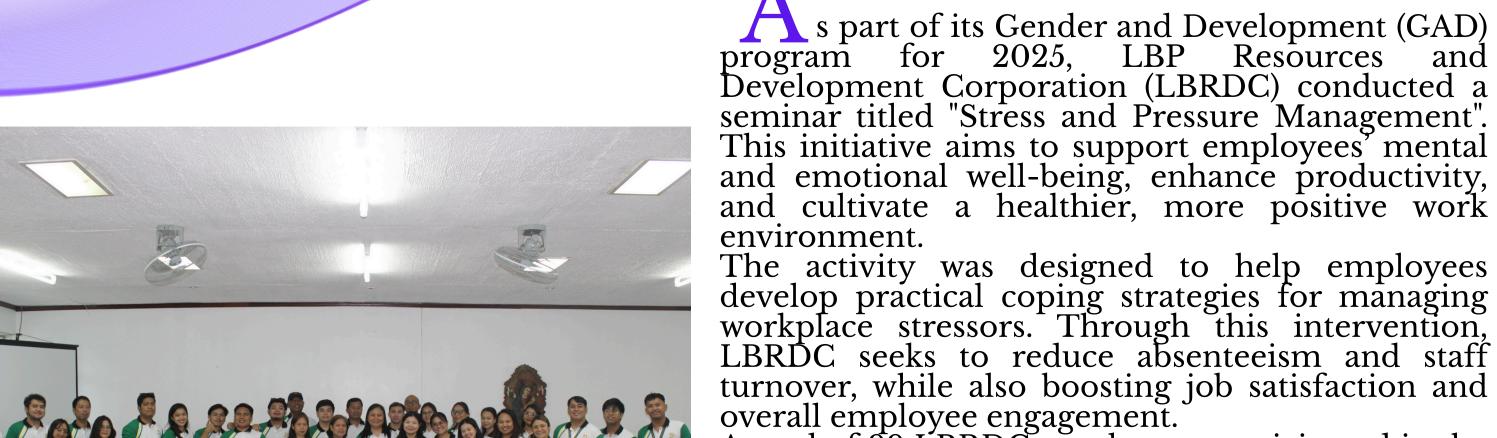
SEMINAR ON STRESS AND PRESSURE MANAGEMENT Special Economic Zone, Tala, North Caloocan City May 8, 2025





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 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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