

Pathways to an Empowered Self A Webinar on Building Confidence

Resource Speaker:

Ms. Daren Martes M. Tan, RGC

October 29, 2024

Via Zoom Meetings and CGC Mapua FB Live

With 62 participants

FB link: <https://fb.watch/vOu1a6xmKC/>



PATHWAYS TO AN EMPOWERED SELF

A Webinar on Building
Confidence

Resource Speaker

DAREN MARTES M. TAN, RGC

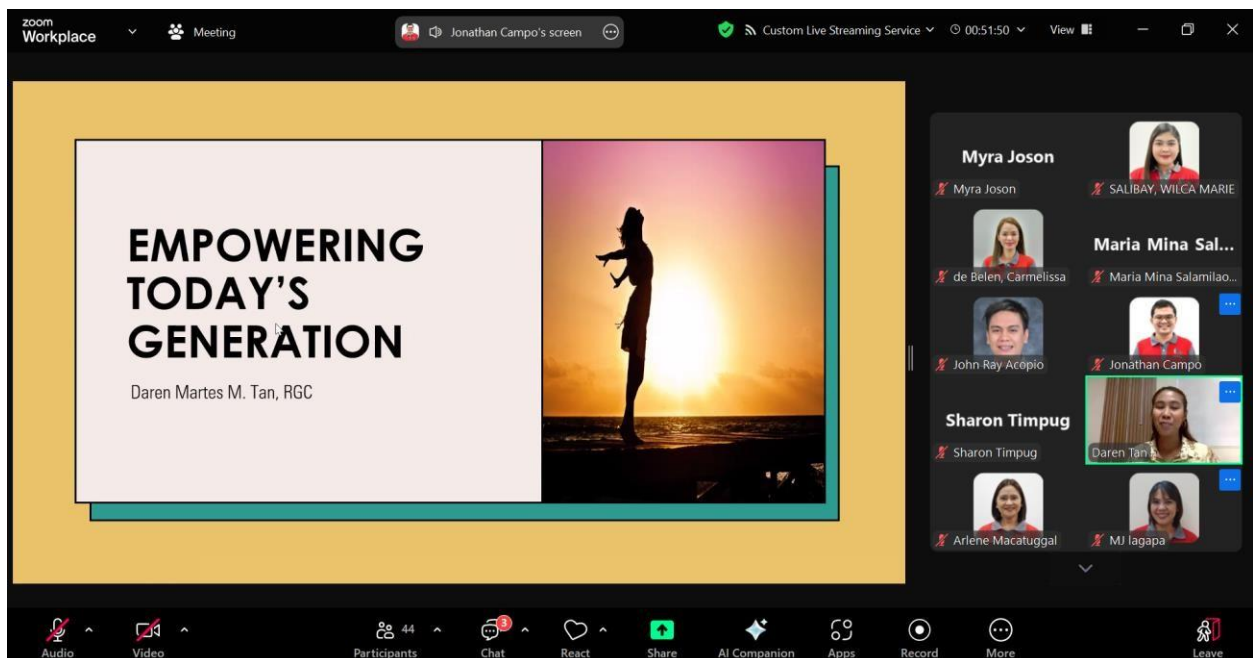
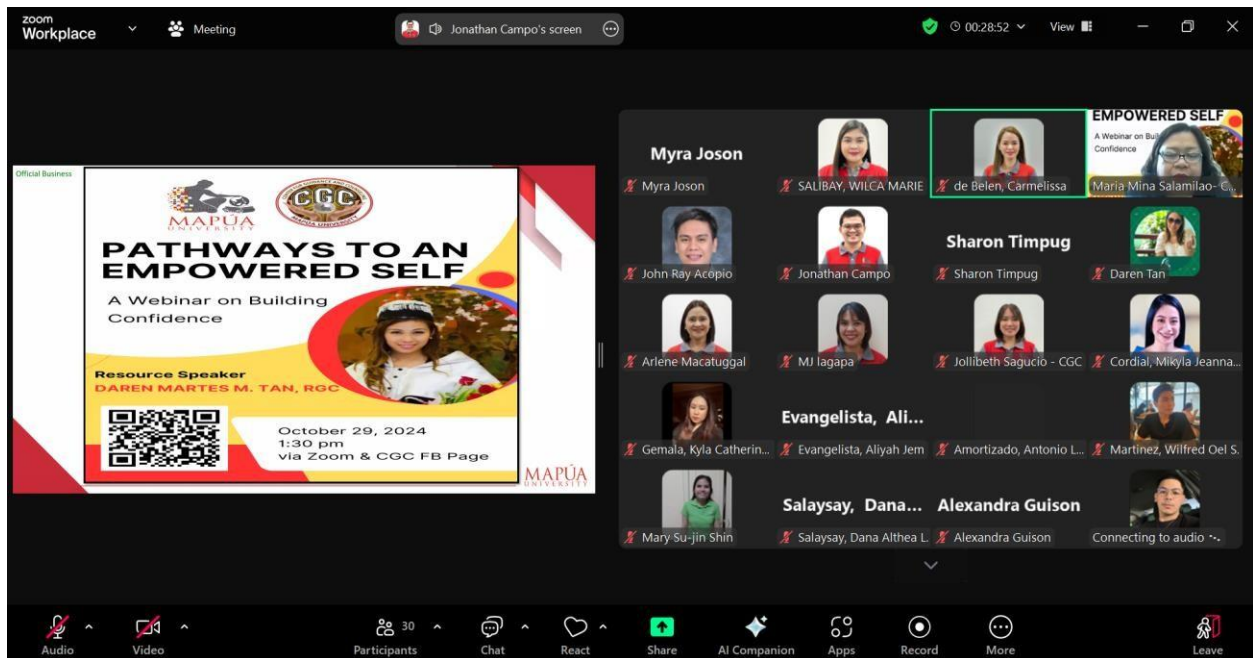


October 29, 2024

1:30 pm

via Zoom & CGC FB Page





zoom Workplace Meeting Jonathan Campo's screen Custom Live Streaming Service 00:55:39 View



How do you see yourself?

How do you see yourself?

What qualities do you have?

Draw pictures of yourself in the glasses doing amazing things

Participants: Jonathan Campo, SALIBAY, WILCA MARIE, de Belen, Carmelissa, Maria Mina Sal..., Maria Mina Salamilao..., Daren Tan

Pathways to an Empowered Self: A Webinar...
<https://forms.gle/s3yfJK4Jha2W97mEA>
Registration for FACULTY/PERSONELL
<https://forms.gle/16RJxjEAcwsbigiy7>

Jollibeth Sagucio - ... to Everyone 2:05 PM
crafty and creative

Jonathan Campo to Everyone 2:05 PM
I see myself as someone who likes taking care of dogs

Sharon Timpug to Everyone 2:06 PM
I see myself as someone who is generous and a loving mother

To: Everyone
Type message here...

Audio Video Participants Chat React Share AI Companion More Leave

zoom Workplace Meeting Jonathan Campo's screen Custom Live Streaming Service 00:59:51 View

Empowered Self

Self-empowerment encompasses the belief in our ability to navigate life's challenges, make meaningful choices, and create positive change. Empowerment is a transformative process that fosters personal growth, resilience, and fulfillment



Participants: Jonathan Campo, SALIBAY, WILCA MARIE, Maria Mina Sal..., Maria Mina Salamilao..., Sharon Timpug, Myra Joson, Arlene Macatuggal, Myra Joson, John Ray Acopio, MJ Iagapa

Audio Video Participants Chat React Share AI Companion Apps Record More Leave

zoom Workplace Meeting Jonathan Campo's screen Custom Live Streaming Service 01:00:25 View

Empowered People:

- *Take Action
- *Exhibit Growth Mindset
- *Comfortable in Learning and Developing

They also understand that success does not come overnight but is a culmination of decisions and actions



Jonathan Campo

SALIBAY, WILCA MARIE

de Belen, Carmelissa

Maria Mina Salamilao...

Daren Tan

Sharon Timpug

Arlene Macatuggal

Myra Joson

John Ray Acopio

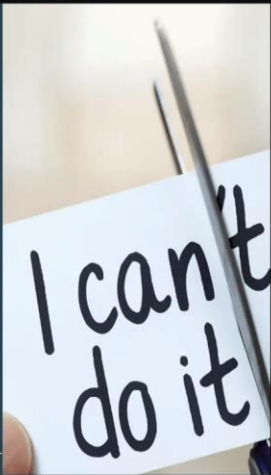
MJ Iagapa

Audio Video Participants 45 Chat React Share AI Companion Apps Record More Leave

zoom Workplace Meeting Jonathan Campo's screen Custom Live Streaming Service 01:07:42 View

How can I improve my self-esteem?
Be kind to yourself

- Get to know yourself
- Try to challenge unkind thoughts about yourself
- Say positive things to yourself.
- Practice saying no.
- Try to avoid comparing yourself to others.
- Do something nice for yourself.



Daren Tan

SALIBAY, WILCA MARIE

Arlene Macatuggal

MJ Iagapa

de Belen, Carmelissa

Jonathan Campo

Sharon Timpug

Jolibeth Sagucio - CGC

John Ray Acopio

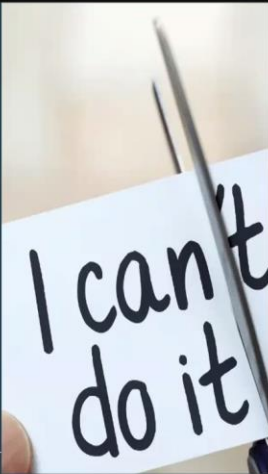
Maria Mina Salamilao...

Audio Video Participants 48 Chat React Share AI Companion Apps Record More Leave

zoom Workplace Meeting Jonathan Campo's screen Custom Live Streaming Service 01:17:07 View

How can I improve my self-esteem? Try talking therapy

Talking therapies can help with building self-esteem. They can also help you find ways to cope with experiences that affect how you feel about yourself.



Daren Tan

SALIBAY, WILCA MARIE

Arlene Macatuggal

MJ Iagapa

de Belen, Carmelissa

Jonathan Campo

Sharon Timpug

Sharon Timpug

Jolibeth Sagucio - CGC

Maria Mina Sal...

CGC/DLA_John-Ray AC...

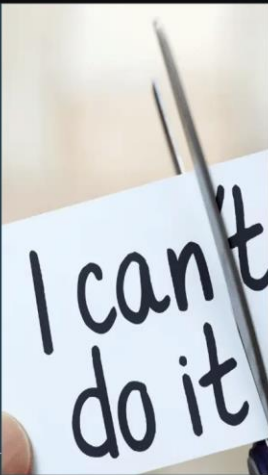
Maria Mina Salamilao...

Audio Video Participants 50 Chat React Share AI Companion Apps Record More Leave

zoom Workplace Meeting Jonathan Campo's screen Custom Live Streaming Service 01:18:25 View

How can I improve my self-esteem? Set yourself a challenge

- Try volunteering
- Set small goals
- Learn something new



Daren Tan

SALIBAY, WILCA MARIE

Arlene Macatuggal

MJ Iagapa

de Belen, Carmelissa

Jonathan Campo

Sharon Timpug

Sharon Timpug

Jolibeth Sagucio - CGC

Maria Mina Sal...

CGC/DLA_John-Ray AC...

Maria Mina Salamilao...

Audio Video Participants 50 Chat React Share AI Companion Apps Record More Leave

zoom Workplace Meeting Jonathan Campo's screen Custom Live Streaming Service 01:26:03 View

Factors Affecting Empowerment

- Social Factors
- Stigma and Discrimination
- Cultural Factors
- Language Barriers
- Economic Factors, Financial Resources
- Employment Opportunities
- Political Factors
- Accessibility to Services
- Personal Factors
- Education and Skills

14

Participants: 53

Audio Video Chat React Share AI Companion Apps Record More Leave

Participants:

- Daren Tan
- SALIBAY, WILCA MARIE
- Santillan, Ralph David B.
- John-Vincent Andallo
- Arlene Macatuggal
- MJ Iagapa
- de Belen, Carmelissa
- Jonathan Campo
- Sharon Timpug
- Jollibeth Sagucio - CGC

zoom Workplace Meeting Jonathan Campo's screen Custom Live Streaming Service 01:28:12 View

STIGMA and DISCRIMINATION

These factors affect mental health and reduces opportunities.

Stigma related to the following can make individuals feel powerless:

- Race
- Disability
- Sexual Orientation
- Gender Identity

It is essential to challenge discriminatory behavior and promote inclusivity.

16

Participants: 51

Audio Video Chat React Share AI Companion Apps Record More Leave

Participants:

- Daren Tan
- SALIBAY, WILCA MARIE
- Santillan, Ralph David B.
- MJ Iagapa
- John-Vincent Andallo
- Arlene Macatuggal
- de Belen, Carmelissa
- Jonathan Campo
- Sharon Timpug
- Jollibeth Sagucio - CGC

Tips to Achieve Self-Empowerment

- Develop a Positive Attitude
- Set Reasonable Goals

- Surround yourself with positive people (growth and open mindset)
- Practice Self-Care
- Use Positive Self-Talk

- Be Assertive
- Create an Action List

Daren Tan

SALIBAY, WILCA MARIE

Santillan, Ralph David B.

MJ Iagapa

Arlene Macatuggal

de Belen, Carmelissa

Jonathan Campo

Sharon Timpug

Jollibeth Sagucio - CGC

CGC/DIA John Ray Ac...

Tuesday, October 29, 2024

Tue 2:53 PM (Local time)

How can I improve my self-esteem? Look after yourself

- Get enough sleep
- Think about your diet
- Do physical activities
- Spend time outside
- Practice mindfulness and meditation
- Avoid recreational drugs and alcohol
- Sign up to self-help program (if needed)

Daren Tan

SALIBAY, WILCA MARIE

John Vincent Andallo

Arlene Macatuggal

MJ Iagapa

de Belen, Carmelissa

Jonathan Campo

Sharon Timpug

Jollibeth Sagucio - CGC

CGC/DIA John Ray Ac...

Tuesday, October 29, 2024

Tue 2:32 PM (Local time)

