

SHFC's OFFICIAL ADVISORIES-WEBINARS RELATED TO HEALTH AND SAFETY

Advisory Number	Date	Topic
2020-22	April 19, 2020 (Sunday)	<u>Preventing Isolation, Depression and Self-Harm by the Mental Health Philippines</u> . This webinar will discuss mental health awareness. Resource speaker is Dr. Danice Lanas-Sta. Maria, a Psychiatrist from The Medical City
2020-34	May 10, 2020 (Sunday)	<u>Introduction to Occupational Health and Safety Management System - ISO 45001</u> by SAS Management, Inc. This is an introduction to the key guidelines for drafting occupational health and safety management systems based on ISO 45001 requirements. Time: 1:00-2:00PM Target Audience: CODs and above, members of Occupational Health and Safety Committee NOTE: Interested participants may coordinate with Paul to be enlisted. Zoom is exclusive, and there is no FB Live.
2020-38	May 17, 2020 (Sunday)	<u>Breakthrough in Times of Crisis: How to Maintain a Positive State of Mind During the Covid-19 Pandemic</u> by Ariva Academy. This webinar aims to gain a greater insight into the workings of the mind, the obstacles participants face in gaining control over it, and ways to direct it towards positive deeper enriching thoughts. Speaker is dr. Suresh Devnani, "The Happy Doctor", who became a TEDx Speaker, Founder and Chief Happiness Officer of Dr. Devnani and Associates. Time: 3:00-4:30 PM Target Audience : ALL Registration link: https://www.phrc.com.ph/lw-may-21-suresh
2020-75	August 3, 2020 (Monday)	<u>Managing Stress and Anxiety in a Changing World</u> by Fame Leader's Academy. This webinar will teach participants some practical ways to deal with stress and anxieties. Speaker is Richard David Tamayo, an International Motivational Speaker and Lead Faculty for Professional Development. Time: 2:00-3:00 PM Target Audience: ALL *The provider will email the zoom link a day before the schedule to those who have successfully registered last week.