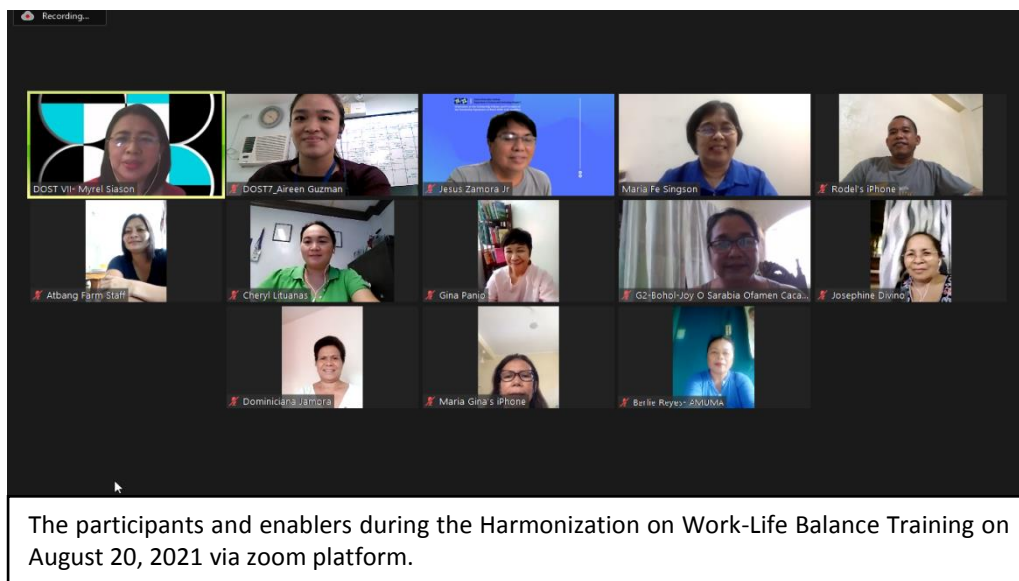


## DOST 7 and PCW improve knowledge of WMEs on Harmonization on Work- Life Balance Training



The Department of Science and Technology Region VII and the Philippine Commission on Women heightened the skills of the Women-Micro Entrepreneurs (WMEs) on Harmonization of Work-Life Balance Training on August 20, 2021 via zoom platform.

Engr. Jesus F. Zamora, Jr, OIC Regional Director of DOST VII said, “to sustain the economic drivers in this time of pandemic, work-life balance is important to help reduce stress, prevent workplace burnt out and chronic stress which is one of the most common health issues in the workplace.”

“A satisfactory work-life balance can contribute to higher productivity, improves mental and physical health as well as personal relationships,” Engr. Zamora added.

Ms. Maria Fe B. Singson, Supervising Science Research Specialist of the Gender and Development Program of DOST GAD provided the WMEs with inputs what is work-life balance, why work-life balance is important and how to maintain a healthy work-life balance.

The WMEs shared and realized that, in order to balance their own work-life, they need to prioritize their everyday endeavors, the need to share workload with family members, the need to say no, to rest and love oneself and above all the need to pray for guidance always.

Ms. Efrenia C. Holt of Atbang Farm said the training is a “good reminder to us all to be healthy physically, mentally, emotionally and spiritually.”

*By Myrel Madridano- Siason*



