

1st Batch of Stress Management Seminar-Workshop held in Hda. Gracia, in Lubao, Pampanga

As part of human resource development, NDA has embarked on a series of **STRESS MANAGEMENT SEMINAR-WORKSHOP** in the wake of stimulating personnel capacity to improve and cope up with the many stress factors in the office. The 2-day seminar was conducted on April 29-30, 2013 at Hacienda Gracia in Lubao, Pampanga. 19 personnel from the central office; 4 participants from the South Luzon Field Office and 1 PDO from the North Luzon comprised the first batch of attendees.



Ms. Faith Castro-Brazil was the resource person .

Ching M. Lumanta
May 2, 2013