



THRIVE TODAY

BRYCE CONSULTING SERVICES, INC.

RESET 2023 AWARDS

Honors Mental Health Champions in the Philippines

By Brenda V. Fortune. Ph.D. LMHC, LMFT

Baguio City's Baguio Country Club was abuzz with enthusiasm on February 16, 2023, as the city held the highly anticipated 1st RESET Awards. The event recognized and celebrated the exemplary contributions of mental health leaders, with 11 deserving individuals receiving the prestigious Mental Health Leader awards. Moreover, the event honored the collaboration of 21 school partners and the dedication of 40 certified mental health coach-graduates.



RESET Awardees: Our Lady of Perpetual Succor College, Our Lady of Fatima,, Romblon State University, Cagayan State University, Don Mariano Memorial Sate University, St. Paul University Philippines, Leentech Network Solutions, PM Consulting , CHED IV Calabarzon

The resounding success of the RESET Awards can be attributed to the overwhelming support of Mayor Benjie Magalong. The event also saw the gracious presence of City Mayor Baguio City, represented by Coun. Levy Orcales, and CHED Director, Dr. Virginia Akiate.

The event served as a shining testament to the city's commitment to prioritizing mental health and the profound impact of collective efforts in promoting well-being.

BRYCE Inspired Careers Empowers 160 Saint Louis College Graduates to be work-ready



In a bid to equip students for the post-pandemic job market, BRYCE Inspired Careers hosted a transformative workshop for 160 graduating students at Saint Louis College.

Focused on work readiness, the program honed crucial 21st Century Skills like adaptability, digital literacy and mental wellness. With graduates now better prepared to navigate the job landscape, they stand poised for success in the new normal.



Empowering Education: Northern Bukidnon State College and SHINE Unite for Mental Health Coach Program

By Maria Bryce Fabro, Ph.D



Northern Bukidnon State College is taking a monumental step forward in prioritizing mental health within the academic community through its partnership with SHINE. This transformative whole-school mental health coach development course is set to make a lasting impact on the well-being of students, teachers, and school executives alike.

Over the course of four months, 37 passionate teachers and school executives, led by their esteemed President, Dr. Cathy Almaden, and visionary VP for Finance, Dr. Helen Maasin, will immerse themselves in the SHINE program. Each Saturday, they engage in live classes, exploring crucial topics such as Non-violent Communication, Mental Health Coaching Skills, Powerful Questioning Techniques, and the Therapeutic Benefits of Expressive Writing.

The program emphasizes the vital connection between mind and body, recognizing the importance of holistic well-being. SHINE aims to foster a compassionate and understanding environment through effective communication strategies, building strong relationships that support mental health.

Trainees will put their knowledge into practice during a practical practicum, gaining hands-on experience to effectively respond to mental health challenges. Upon successful completion, participants will earn certification as mental health first responder coaches, fully equipped to recognize and address mental health concerns among students and the school community.

Through this groundbreaking initiative, Northern Bukidnon State College and SHINE pave the way for a brighter, healthier future, where mental well-being holds a central place in education. Together, they create a culture of support and care, ensuring a safer and nurturing learning environment for all.



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Latest offering



MINDMOM: EMPOWERING MOTHERS TO TRIUMPH OVER MENTAL CRISIS AT HOME

Emotional Reset Center by BRYCE proudly presents MINDMOM, a revolutionary virtual course supporting mothers to thrive and overcome mental crises at home. Launching in September 2023, this two-month program offers 100% virtual convenience, empowering mothers to balance family life while prioritizing their well-being.

At the core of MINDMOM lies the Lifebook Project, empowering mothers beyond measure. With expert guidance, participants embark on introspection, goal-setting, and action planning, rediscovering personal aspirations. This Lifebook serves as a constant reminder of their worth and capabilities, igniting self-belief and purpose.

MINDMOM focuses on three pillars: mindfulness and emotional resilience, community support and connection, and holistic well-being. Mothers learn mindfulness techniques, connect with others, and embrace self-care.

By Marriez Manio

Looking Forward :

 **BLOOM**

The 1st Mental Health Roadshow for Schools

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THRIVE TODAY

Rotary International Global Grant Empowers THOUGHT Mental Health Program for Teachers in Manila

*By Bernard Mariano
Head of Growth and Development*

In a groundbreaking initiative, the Rotary Club of Muntinlupa Filinvest has extended a transformative global grant to the THOUGHT mental health program through the Rotary International's Global Grant. This commendable initiative aims to equip teachers as mental health first responder coaches, fostering a nurturing environment for students' emotional well-being.

The Emotional Reset Center, an advocate for mental health education, will utilize the grant to train 130 teacher-scholars from various schools in Manila. The comprehensive course, named RESET, will focus on Relationship, Emotions, Spirituality, Energy, and Thought. This unique program is 100% virtual, with a two-day face-to-face workshop to ensure a holistic approach.

Thanks to the Rotary Club's vision and generosity, this vital partnership will create a positive impact on the mental health landscape in the region, ensuring a brighter future for the students and the community as a whole.



RESET Me Workshop with PNP women officers

Emotional Reset Center's RESET Me joined forces with the Philippine National Police, benefiting 60 PNP women police at ERC San Mateo Rizal. Gratefulness expressed for the transformative program.

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Emotionally fit people create a kinder world.