

THRIVE

ENABLING GREATNESS EVERYDAY

TODAY



MENTAL HEALTH INITIATIVE GAINS MOMENTUM WITH LAUNCHES IN 3 MANILA SCHOOLS

By *Bernard Mariano*



ST. PAUL COLLEGE PARANAQUE

BLOOM Day: September 30, 2023

In a significant stride towards prioritizing mental health in education, the BLOOM Mental Health e-Resource Program has gained substantial momentum with its recent launches in three prominent Manila schools.

This groundbreaking initiative is swiftly making its mark, empowering students and educators alike to embrace emotional resilience and well-being. It hopes to support 100, 000 students and teachers within the next 12 months.

OUR LADY OF FATIMA UNIVERSITY

BLOOM Day: October 2, 2023



The BLOOM Mental Health stands as a year-long commitment aimed at providing essential mental health resources, support, and education to partner schools. It comprises two key components: the "Bloom Day" Roadshow and access to the BLOOM e-resource library.

BLOOM's Key Objectives are:

- Promoting Emotional Resilience
- Raising Mental Health Awareness
- Providing Accessible Resources
- Assessment and Early Intervention
- Engaging Parents and Teachers

OUR LADY OF PERPETUAL SUCCOR COLLEGE

BLOOM Day: October 11, 2023



5,000 Certified Mental Health First Responder Coaches for the Philippines in 2025



Unifying Forces: 5,000 Mental Health First Responders in the Philippines by 2025 – A Collaborative Success Story

*By Maria Bryce Fabro, Ph.D
Co-founder, Emotional Reset Center*

Rotary International, in collaboration with the City of Baguio Government, CHED Region IV, and Northern Bukidnon State College, has forged an inspiring partnership with BRYCE Consulting Services through its Emotional Reset Center. This collaboration underscores a shared commitment to advancing mental health and well-being in the Baguio region.

The Emotional Reset Center's expertise in mental health and coaching services aligns seamlessly with the mission of these organizations. Together, they aim to empower individuals with essential mental health skills, destigmatize seeking help, and create a resilient community.

This partnership exemplifies the potential for civic organizations, educational institutions, and consultancies to join forces for the betterment of society, fostering emotional well-being and mental health awareness.

This partnership represents a significant step towards building a large and capable network of individuals who can provide immediate support and assistance in times of mental health crises. By pooling resources, knowledge, and expertise, these organizations are making great strides in bolstering the nation's mental health infrastructure, creating a safer and more supportive environment for individuals in need.

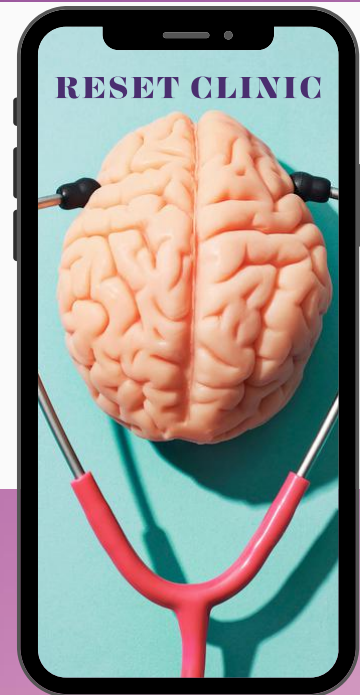
Special thanks to our Mental Health Leader champions:

Hon. Mayor Benjie Magalong, Coun. Levy Orcales, Dir. Dr. Virginia Akiate, Dr. Catherine Almaden, Dr. Helen Maasin, Ms. Luz Pacifico, Mr. Des Gurne



What every school needs to have today

By *Brenda V. Fortune. Ph.D. LMHC, LMFT*
Co-founder, Emotional Reset Center



RESET Clinic by Emotional Reset Center: Pioneering Holistic Wellness through Trauma- Informed Coaching and Filipino Psychology

In an era of mounting stress and uncertainty, the need for a RESET Clinic has never been more apparent. Emotional Reset Center's latest endeavor, RESET Clinic, is a groundbreaking concept centered around the holistic well-being of individuals. It combines trauma-informed coaching with insights from Filipino psychology to offer a unique approach to mental and emotional health for schools.

RESET Clinic recognizes that everyone, at some point in life, needs a reset button. By blending evidence-based trauma-informed coaching and the wisdom of Filipino psychology, it empowers individuals to heal, grow, and thrive.

This innovative center provides a safe and supportive environment for individuals to embark on a transformative journey toward better mental health and overall well-being. At its core, RESET Clinic aims to nurture emotional resilience and self-awareness, enabling individuals to overcome life's challenges.

At present, the RESET Clinic is working on its RESET Master Coach Program with its 20 home-grown First Responder Coaches.



Home-grown Mental Health First Responder Coaches

What sets RESET Clinic apart is its commitment to a holistic approach that not only addresses mental health but also takes into account Relationship, emotional, spiritual, energy, and thought plus the cultural dimensions of well-being. It provides individuals with the tools and guidance needed to understand and heal from past traumas, while fostering personal growth and empowerment.

RESET Clinic is not only a personal endeavor but a societal one. It extends an invitation to all schools in the Philippines to partner with it in this transformative journey toward holistic wellness.

To know more about this invite, you may email us at bryce@emotionalresetcenter.com. You may also visit us @ www.emotionalresetcenter.com



GROWTH MINDSET SPARKS AT ST. PAUL UNIVERSITY PHILIPPINES

By Marriez Manio

Dr. Bryce Fabro, the esteemed CEO of BRYCE Consulting Services Inc., delivered a thought-provoking keynote address on August 29, 2023, during the St. Paul University Philippines Faculty Development Day. Her sharing centered on the transformative power of a "Growth Mindset" and its direct correlation with heightened productivity.

Dr. Fabro passionately explained that a Growth Mindset involves the belief that abilities and intelligence can be nurtured through hard work and dedication. She urged the audience to shift away from the notion of fixed talent and embrace challenges as opportunities for growth.

This resonated deeply with the attendees, sparking a renewed commitment to embracing this mindset, which they recognized as a path to enhanced motivation, innovation, and productivity. Dr. Fabro also commended Sr. Mercedes Ang, SPC, President, for her inspiring leadership, reinforcing the importance of a Growth Mindset in academic and professional settings.

In conclusion, Dr. Bryce Fabro's inspiring speech left an indelible mark on everyone present, emphasizing that a Growth Mindset is the key to unlocking one's true potential and enhancing productivity in all aspects of life.



Emotional Reset Center Launches Innovative Website www.emotionalresetcenter.com

Revolutionizing Access to Mental Health Resources and Support from online courses to in-person retreats, Emotional Reset Center offers comprehensive mental health programs rounding up a holistic training and coaching approach.

*Please visit us and stay engage.
Discover what you need today!*

Contact Us

marriez@emotionalresetcenter.com
www.emotionalresetcenter.com



Revolutionizing Workplace Wellness: PMAP's 60th Annual Conference Unveils Holistic Approach

By Rey Abolario

At the 60th annual People Management Association of the Philippines (PMAP) conference, held at the Waterfront Hotel, Cebu City, Dr. Bryce Fabro, a renowned expert in workplace wellness, took the stage. Dr. Fabro delivered an insightful talk on "Creating a Holistic Approach in the Workplace and Wellness." She highlighted the RESET model, emphasizing the importance of focusing on Relationship, Emotion, Spirituality, Energy, and Thought for comprehensive well-being. Her presentation left the inspired audience engaged and motivated to reshape their workplaces for better employee satisfaction and productivity.

The Power of Two

Educators of Resilience: Dr. Brenda and Dr. Don Fortune's Inspiring Journey to Champion Mental Health



In the realm of mental health advocacy, Dr. Brenda and Dr. Don Fortune stand as a remarkable power couple. Their mission is to uplift Philippine schools through the RESCUE model, a parent-focused program. RESCUE empowers parents to nurture emotionally resilient children. Through their unwavering dedication, the Fortunes inspire us all to become champions for emotional well-being, fostering a brighter future for the youth. Currently, they are based in Silverdale Washington USA.

-by Mikias Ongogan





RESET AWARDS 2024

Unveiling the Future of Mental Health: RESET 2024 Awards in Baguio City

Get ready for the highly anticipated Mental Health RESET 2024 Awards in March 2024! This inspiring event will take place at the stunning Baguio Country Club in Baguio City.

We're on the lookout for nominees in three exceptional categories:

Mental Health Leader Champion, Most Inspiring Organization for Mental Health, and Mental Health Champion Schools.



Watch out for more announcements at our FB page

[Emotional Reset Page](#)



BRYCE partners with Skill Lab

[Next issue](#)

THE SEARCH IS ON !



Stay tuned for the celebration of individuals and institutions making a significant impact on mental health.

Join us at the Baguio Country Club to honor those who are leading the way in this vital field.

Contact Us

+0917 192 7471

ceo@brycecareers.com

www.brycecareers.com

www.emotionalresetcenter.com