



## What is Inside Out?

The **Inside-Out Program** is designed to promote having a healthy well-being among UP employees. It serves as a platform for raising awareness about physical, mental, social, spiritual, and occupational well-being.

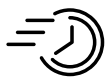
## Program Format and Duration

### Delivery



in person & online

### Simultaneity



synchronous

### Application



open to all

### Duration



hours

### Target pax



employees



## Past Webinar Series

### Ginhawa sa Panahon ng Pandemya

In 2020, HRDO and PsycServ's webinar focused on building a culture of workplace wellness and well-being within the UPD community and among its members during the time of the pandemic.

### Becoming a Lifeline

In 2021, HRDO and PsycServ partnered again to provide a webinar for supervisors on how to become a lifeline to employees who are experiencing emotional problems.

### Nurturing a Healthy Mind and Body

In 2023, HRDO launched Inside Out, a public webinar that aims to promote a balanced mental, emotional, and physical well-being among its employees.

## Testimonial



*[I like] the program's holistic approach to well-being addresses both mental and physical aspects. The program also features resource speakers who are experts in the field of psychology and wellness, providing guidance and insights.*

**Honey Leen Laggui**, Office of the Vice-Chancellor for Academic Affairs