

UNITED COCONUT PLANTERS LIFE ASSURANCE CORPORATION

TRAINING REPORT 2020

A. INTERNAL E-LEARNING

	<b>Program Title</b>	<b>Date Posted</b>	<b>Platform</b>
1	Core Values: The Big R	April 21, 2020	MS Stream
2	Core Values: Excellence	April 22, 2020	MS Stream
3	Core Values: Teamwork	April 22, 2020	MS Stream
4	Core Values: Integrity	April 26, 2020	MS Stream
5	Core Values: Empathy	April 28, 2020	MS Stream
6	Team Management	May 15, 2020	MS Stream
7	Time Management	May 13, 2020	MS Stream
8	Ideation	July 26, 2020	MS Stream
9	Office Decorume for the new and better normal	June 29, 2020	MS Stream
10	Microsoft Forms and Bookings	June 30, 2020	MS Stream
11	Internal Quality Audit	July 10 & 24, 2020	Zoom
12	Covid updates for Cocolife Employees	August 07, 2020	MS Teams
13	Anti Money Laundering Seminar (Cocolife employees)	August 20, 2020	MS Teams
14	Kapihan Sessions : Family Matters ; Striking a good balance between work & parenting during pandemic	August 28, 2020	MS Teams
15	Different Strokes for Different Folks	September 04, 2020	MS Teams
16	The Pandemic Limbo; Putting the pieces back together	September 11, 2020	MS Teams
17	Kapihan Sessions : On Mental health and happiness	September 21, 2020	MS Teams

18	Data Privacy : Implementing rules & regulations	October 05, 2020	MS Teams
19	Corporate Governance & AMLA (BOD & MANCOM)	Oct 20 - 21 & 27 - 28, 2020	MS Teams
20	Leading Teams in challenging times	December 09, 2020	MS Teams
21	Time and Task management	December 11, 2020	MS Teams

## B. ONLINE COURSES

	<b>Program Title</b>	<b>Company</b>	<b>Host</b>
1	Seat in Justice	Harvard Business School	Harvard University
2	Isaca CSX Nexus	ISACA	ISACA
3	Excercising Leadership	EDX	Harvard University
4	Fintech	Harvard Business School	Harvard University
5	Risk management professional	NY School of Finance	NY School of Finance
6	Disruptive strategy	Harvard Business School	Harvard University
7	MBA & Communication Course	Harvard Business School	Harvard University
8	Risk Management - Level 5	Brentwood Online school	Brentwood university
9	Negotiation Strategy	Harvard Business School	Harvard University
10	Contract law from Trust to Promise to Contract	EDX	Harvard University

### C. EXTERNAL WEBINARS

	<b>Program Title</b>	<b>Speaker/s</b>	<b>Host/Company</b>	<b>Date</b>
1	A Facebook Session with Francis Kong	Francis Kong	Pocket Mentor	March 25, 2020
2	How to Build a Good Relationship with your Boss	Jonathan Yabut	Jonathan Yabut Consultancy and Ventures	April 2, 2020
3	From Strength to Strength: An Online Recollection	Jon Escoto	People Strong Human Resource Consultancy	April 8, 2020
4	Making and Breaking Habits	Dae Lee	The Fourth Wall Branding and Consultancy Inc.	April 15, 2020
5	#QuaranTeam: How to Build Stronger Relationships at Home	Jan Silan	People Strong Human Resource Consultancy	April 16, 2020
6	The Core Competencies of Learning and Development	March Nacino	People Management Association of the Philippines	April 16, 2020
7	Making Better Decisions	Dae Lee	The Fourth Wall Branding and Consultancy Inc.	April 17, 2020
8	Lead Like Jesus During Crisis	Boris Joaquin, Daisy Callanta, Prudy Verzo, Gregorio Mercado Jr., Mel Avila, Erick Totañes and Lexus Dela Cruz	Lead Like Jesus PH	April 20, 2020

9	How to Speak Confidently at Work, Part 2	Jonathan Yabut	Jonathan Yabut Consultancy and Ventures	April 21, 2020
10	Work From Home Diaries: Creating Harmony at Home	Francis Kong	Pocket Mentor	April 22, 2020
11	Inside the 4-Corners: Learnings from Staying at Home	Francis Kong	Galing ng Every Juan	April 22, 2020
12	The Six Thinking Hats	Dae Lee	The Fourth Wall Branding and Consultancy Inc.	April 22, 2020
13	Drivers for Employee Engagement	Dr. Regina Dy	People Management Association of the Philippines	April 23, 2020
14	Marvel Quiz Night	Jiggy Cruz	Shoor in partnership of Yaman Foundation	April 23, 2020
15	How to Manage Millennials in the Workplace	Jonathan Yabut	Jonathan Yabut Consultancy and Ventures	April 24, 2020
16	Powerful Tools for WFH Professionals to Overcome Emotional Challenges	Dr. Sterling Plata	ilearn Professional Solutions Inc.	April 27, 2020
17	The Next Normal: Coping with Crisis Through Mental Health and Mindfulness	Darryl Correa	ilearn Professional Solutions Inc.	April 27, 2020
18	How to Speak Confidently at Work, Part 3	Jonathan Yabut	Jonathan Yabut Consultancy and Ventures	April 28, 2020

19	Knowledge Management	Prof. Jon Del Rosario	People Management Association of the Philippines	April 30, 2020
20	Level Up Your Business Writing Skills. Part 2	Jonathan Yabut	Jonathan Yabut Consultancy and Ventures	May 4, 2020
21	Power Mornings: from gratitude to generosity	Bro. Vic Espanol	Feast TV	May 6, 2020
22	Building "Grisiliency" and Thriving Amidst COVID-19	James Hargrove	People Management Association of the Philippines	May 6, 2020
23	Productive Conversations in the New Normal: Keep it clear, brief and memorable with Think on your Feet (R) Techniques	JV Wong	People Management Association of the Philippines in partnership with People Ignite	May 7, 2020
24	#GrowBeyondCrisis Online Charity Summit, How to Grow Beyond Crisis	Bo Sanchez	Feast TV in partnership of SeeWorthy	May 7, 2020
25	#GrowBeyondCrisis Online Charity Summit, How to Handle Stress, Anxieties and Worries in Life	Arun Gogna	Feast TV in partnership with SeeWorthy	May 7, 2020
26	#GrowBeyondCrisis Online Charity Summit, The 3Gs to Stay Mentally, Healthy and Happy	Sha Nacino	Feast TV in partnership with SeeWorthy	May 7, 2020

27	#GrowBeyondCrisis Online Charity Summit, How to Thrive in a Difficult and Uncertain World	Francis Miranda	Feast TV in partnership with SeeWorthy	May 7, 2020
28	#GrowBeyondCrisis Online Charity Summit, Becoming Healthy and Whole Again	Dr. Didoy Lubaton	Feast TV in partnership with SeeWorthy	May 8, 2020
29	#GrowBeyondCrisis Online Charity Summit, Self-Coaching: Pratical Tools for Growth Admidst Any Adversity	Edwin Soriano	Feast TV in partnership with SeeWorthy	May 8, 2020
30	#GrowBeyondCrisis Online Charity Summit, Growing in my Life's Purpose and in my Relationships	Marianne Mencias	Feast TV in partnership with SeeWorthy	May 8, 2020
31	#GrowBeyondCrisis Online Charity Summit, The Impact of Servant Leadership in Life and Work	Alvin Barcelona	Feast TV in partnership with SeeWorthy	May 8, 2020
32	The Four Tendencies	Dae Lee	The Fourth Wall Branding and Consultancy Inc.	May 8, 2020
33	#GrowBeyondCrisis Online Charity Summit, Selfless Self-care : Nurturing Yourself and Your Family	Dr. Ichel Alignay	Feast TV in partnership with SeeWorthy	May 9, 2020

34	#GrowBeyondCrisis Online Charity Summit, The Power of Personal Branding	Doreen Cooper	Feast TV in partnership with SeeWorthy	May 9, 2020
35	#GrowBeyondCrisis Online Charity Summit, How to Create Income Opportunities Online	Fibo Lim	Feast TV in partnership with SeeWorthy	May 9, 2020
36	#GrowBeyondCrisis Online Charity Summit, How to Create a Legacy of Success and Significance	Penny Bongato	Feast TV in partnership with SeeWorthy	May 9, 2020
37	#GrowBeyondCrisis Online Charity Summit, How to Seeworthy through Adversity	Luigi Mapa	Feast TV in partnership with SeeWorthy	May 9, 2020
38	HeaRt Talks and Prayers: Leadership in a Time of Change	Anthony Pangilinan	People Management Associate of the Philippines	May 11, 2020
39	Creating Psychological Safety in the Workplace	Dae Lee	The Fourth Wall Branding and Consultancy Inc.	May 11, 2020
40	Virtual Coaching and Mentoring	Boris Joaquin	People Management Associate of the Philippines	May 12, 2020
41	Essential Skills for Project Management	Dae Lee	The Fourth Wall Branding and Consultancy Inc.	May 13, 2020
42	#Give to Give: Heart of a Leader and Sales & Communication	Chot Reyes Krish Dhanam	Power Up PH	May 14, 2020

43	#Give to Give: Mindful Leadership and On Leadership	Francis Kong and Dr. Marivic Lualhati	Power Up PH	May 15, 2020
44	HeaRt Talks and Prayers: Cultivating your Inner Life	Edric Mendoza	People Management Associate of the Philippines	May 18, 2020
45	Online Selling from Home	Jonathan Yabut	Jonathan Yabut Consultancy and Ventures	May 20, 2020
46	Leadership on Fire: Leaders Need to Learn How to Sell More than Ever	Krish Dhanam	Inspire Leadership Consultancy	May 21, 2020
47	How to Advance our Promotion at Work	Jonathan Yabut	Jonathan Yabut Consultancy and Ventures	May 25, 2020
48	What's Next in the Covid Journey?	Louie Banta	Association of Service Professionals in Life Insurance in partnership with Learning Just Made Better Management Consultancy Services	May 27, 2020
49	Leadership in the Time of Covid: How to Manage and Develop Remote Teams, Part 1	Jonathan Yabut	Jonathan Yabut Consultancy and Ventures	May 27, 2020
50	The Voice of a Woman	Atty. Kristine Chaves, Chay Saputil, Richelle Ligot, Jamie Sugay	Women Supporting Women	May 28, 2020



51	From Grit to Great: How to Motivate Yourself in the #NewNormal	Jonathan Yabut	Jonathan Yabut Consultancy and Ventures	May 30, 2020
52	HeaRt Talks and Prayers	Kata Inocencio	People Management Associate of the Philippines	June 1, 2020
53	How to Increase your Visibility at Work, while Working from Home	Jonathan Yabut	Jonathan Yabut Consultancy and Ventures	June 2, 2020
54	Online Selling from Home, Part 2	Jonathan Yabut	Jonathan Yabut Consultancy and Ventures	June 5, 2020
55	Leadership When it Matters Most	Simon Sinek	John C. Maxwell	June 9, 2020
56	Being Influential @ Work	Maresa Ng	The Spark Group Asia	June 11, 2020
57	Online Selling from Home, Part 3	Jonathan Yabut	Jonathan Yabut Consultancy and Ventures	June 11, 2020
58	From Grit to Great: How to Motivate Yourself in the #NewNormal, Part 2	Jonathan Yabut	Jonathan Yabut Consultancy and Ventures	June 13, 2020
59	Leadership in the Time of Covid: How to Manage and Develop Remote Teams, Part 2	Jonathan Yabut	Jonathan Yabut Consultancy and Ventures	June 15, 2020
60	How to Speak Confidently at Work, Part 4	Jonathan Yabut	Jonathan Yabut Consultancy and Ventures	June 18, 2020
61	Level Up your Business Writing Skills, Part 4	Jonathan Yabut	Jonathan Yabut Consultancy and Ventures	June 22, 2020

62	Recover: New Workplace Wellness Norms	Dr. Chi Fernandez	Association of Service Professionals in Life Insurance in Partnership with Etiqa Life & General Assurance Philippines Inc.	June 23, 2020
63	Francis Kong's Advice Corner	Francis Kong	Success Options Inc.	June 24, 2020
64	Mental Health and Wellness: Coping in the Time of Covid-19 and Disasters	Dr. Rene Samaniego , Dr. Jasmine Vergara, Prednison Morales	Loren Legarda	June 25, 2020
65	Online Selling from Home, Part 4	Jonathan Yabut	Jonathan Yabut Consultancy and Ventures	June 25, 2020
66	AnTalk Show	PJ Lanot	Rowie Sacote	June 27, 2020
67	HeaRt Talks and Prayers	Roberto "Obet" Policarpio	People Management Associate of the Philippines	June 29, 2020
68	Fired Up Coffee Sessions: How to Develop Resourcefulness	Kirby Llaban	Passion Builders Show	June 29, 2020
69	Leadership When it Matters Most: The Last Dance	John C. Maxwell	John C. Maxwell	June 30, 2020
70	From Grit to Great: How to Motivate Yourself in the #NewNormal, Part 3	Jonathan Yabut	Jonathan Yabut Consultancy and Ventures	June 30, 2020

71	Leadership in the Time of Covid: How to Manage and Develop Remote Teams, Part 3	Jonathan Yabut	Jonathan Yabut Consultancy and Ventures	July 3, 2020
72	Leading Change and Responding to People	Boris Joaquin	Vertical Parallel Asia	July 7, 2020
73	How to Project Your Best Self During Online Meetings	Jonathan Yabut	Jonathan Yabut Consultancy and Ventures	July 8, 2020
74	Managing Personal Finances	Bo Sanchez and Arun Gogna	Feast TV	July 8, 2020
75	Breaktime Session: Covid Proof your Soul	Marjorie Duterte	Jan Silan	July 8, 2020
76	Stories for a Better Normal: Nutrition, Diet and Culinary Heritage	Zenaida Velasco, Virgith Buena, Professor Luchie Callanta, Chef Jam Melchor, Manuel Onalan, Sashah Dioso, Asha Peri	Loren Legarda	July 9, 2020
77	5 Tips to Overcome Your Shyness	Jonathan Yabut	Jonathan Yabut Consultancy and Ventures	July 11, 2020

78	The Art of Negotiation: An Introductory Course	Jonathan Yabut	Jonathan Yabut Consultancy and Ventures	July 15, 2020
79	Too Good to be Two: Episode 1	Randy Borrromeo and George Gabriel	Feast TV	July 16, 2020
80	Managing Stress in the Time of Crisis	Angel Aniag and Doreen Flores	Radify	July 18, 2020
81	SeeWorthy Generational Leader	Francis and Rachel Kong	JC Libiran	July 18, 2020
82	10 Productivity Apps to Boost your Work Performance	Jonathan Yabut	Jonathan Yabut Consultancy and Ventures	July 18, 2020
83	Leadership Black N' White: Transformational Leadership	Ardy Abello	Vertical Parallel Asia	July 21, 2020
84	How to Nurture a Virtual Relationship with your Boss in the Time of Pandemic	Jonathan Yabut	Jonathan Yabut Consultancy and Ventures	July 22, 2020
85	Fired Up Coffee Sessions: 4 Steps to a Powerful Personal Brand	Kirby Llaban	Passion Builders Show	July 23, 2020
86	Living in the New Normal	Angel Aniag and Doreen Flores	Radify	July 25, 2020
87	Power Mornings: Waiting the Right Way	Bo Sanchez	Feast TV	July 28, 2020

88	The Art of Negotiation, Part 2	Jonathan Yabut	Jonathan Yabut Consultancy and Ventures	July 28, 2020
89	Bits of Love: Abundance Mindset	JPaul Hernandez	Bryan Aguilar	July 29, 2020
90	Too Good to be Two: Episode 2	Ogie Alcasid and Pastor Bernard Marquez	Feast TV	July 30, 2020
91	Seek to Create and Innovate	Aaron Palileo	Pocket Mentor	August 1, 2020
92	How to Ask for Help in the Time of Pandemic	Jonathan Yabut	Jonathan Yabut Consultancy and Ventures	August 4, 2020
93	The Art of Negotiation, Part 3	Jonathan Yabut	Jonathan Yabut Consultancy and Ventures	August 7, 2020
94	HeaRt Talks and Prayers	Daisy Callanta	People Management Associate of the Philippines	August 10, 2020
95	Coaching Session for Financial Advisors	Rael del Mundo and Garrett Maralit	Randell Tiongson	August 12, 2020
96	How to Design Engaging Presentations for Work	Jonathan Yabut	Jonathan Yabut Consultancy and Ventures	August 12, 2020
97	Livesteaming Tips for Online Seminars and Events.	Jonathan Yabut	Jonathan Yabut Consultancy and Ventures	August 15, 2020
98	Man On a Mission	Edwin Soriano	JPaul Hernandez	August 17, 2020
99	5 Tips to Overcome Your Shyness, Part 2	Jonathan Yabut	Jonathan Yabut Consultancy and Ventures	August 18, 2020

100	Break/through Leadership	Richard Blackaby and Boris Joaquin	Salt & Light Ventures in Partnership with People Management Association of the Philippines	August 20, 2020
101	The Art of Negotiation, Part 4	Jonathan Yabut	Jonathan Yabut Consultancy and Ventures	August 21, 2020
102	How to Build your Career While Building your Faith	Kirby Llaban	Fired Up Life	August 21, 2020
103	Top 10 Apps And Software for Remote Workers, Part 2	Jonathan Yabut	Jonathan Yabut Consultancy and Ventures	August 25, 2020
104	Bits of Love: Mental Health Care	Jon Escoto	Bryan Aguilar	August 26, 2020
105	How to Design Engaging Presentations for Work, Part 2	Jonathan Yabut	Jonathan Yabut Consultancy and Ventures	August 27, 2020
106	Empower your Leadership Intelligence	Maresa Ng	The Spark Group Asia	August 27, 2020
107	How to Advance our Promotion at Work, Part 2	Jonathan Yabut	Jonathan Yabut Consultancy and Ventures	September 1, 2020
108	Livesteaming Tips for Online Seminars and Events, Part 2	Jonathan Yabut	Jonathan Yabut Consultancy and Ventures	September 8, 2020
109	The Art of Saying 'No' in Business	Jonathan Yabut	Jonathan Yabut Consultancy and Ventures	September 11, 2020

110	Mental Wellness Tips for the Remote Workers.	Jonathan Yabut	Jonathan Yabut Consultancy and Ventures	September 18, 2020
111	Excellence Within You	Francis Kong	Taiwan Excellence	September 26, 2020
112	Mental Wellness Tips for the Remote Workers, Part 2	Jonathan Yabut	Jonathan Yabut Consultancy and Ventures	September 28, 2020
113	How to Communicate with Empathy	Wowie Lomibao	Conversations with Ate and Kuya	October 4, 2020
114	How to Manage Politics & Conflict at Work	Jonathan Yabut	Jonathan Yabut Consultancy and Ventures	October 9, 2020
115	Mental Wellness Tips for the Remote Workers, Part 3	Jonathan Yabut	Jonathan Yabut Consultancy and Ventures	October 14, 2020
116	Setting UP your "And 1" Moment	Mike Ochoa	Pocket Mentor	October 14, 2020
117	LinkedIn Tips for your Professional Branding	Jonathan Yabut	Jonathan Yabut Consultancy and Ventures	October 16, 2020
118	The Art of Managing Politics & Conflict at Work, Part 2	Jonathan Yabut	Jonathan Yabut Consultancy and Ventures	October 20, 2020
119	Social Media Detox in the #NewNormal	Jonathan Yabut	Jonathan Yabut Consultancy and Ventures	October 27, 2020
120	How to Manage Politics & Conflict at Work, Part 3	Jonathan Yabut	Jonathan Yabut Consultancy and Ventures	November 3, 2020
121	Time & Productivity Management in the #NewNormal	Jonathan Yabut	Jonathan Yabut Consultancy and Ventures	November 5, 2020

122	Introductory Financial Wellness for Millennials	Jonathan Yabut	Jonathan Yabut Consultancy and Ventures	November 10, 2020
123	Inspired & Fulfilled	Francis Kong, Anna Meloto-Wilk, Matec Villanueva, Karen Ibasco, Mike Ochoa, Rolan Garcia, and Chappy Garcia	Pocket Mentor	November 11, 2020
124	Leadership in the Time of Diversity	Jonathan Yabut	Jonathan Yabut Consultancy and Ventures	November 17, 2020