



Embassy of the Republic of the Philippines
سفارة جمهورية الفلبين
Manama

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Press Release



As part of the 2021 National Women's Month celebration, the Philippine Embassy conducted a women's workshop for Foreign Service women employees and women spouses of Embassy personnel on 26 March 2021 held at the Philippine Embassy.



Madame Caroline Belinda C. Ver graced the event and provided the participants with an inspirational message and words of encouragement, culled from her experiences as a former foreign service personnel herself as well as being a spouse of a Foreign Service officer.

The Embassy invited Ms. Miriam Ann Fuentes-Saboy, a Philippine registered Psychologist and Psychometrician based in Bahrain, as the resource speaker.



The workshop focused on women empowerment, gender equality, and stress debriefing for the challenges faced by women in the Foreign Service and of the women spouses. The event focused on enhancing the

participant's coping skills with the challenges encountered living abroad especially in this time of the pandemic. **[END]**