



1. If anything was possible, what would your dream job be, and why?

If anything was possible, my dream job would be to be a Clinical Psychologist because as I started as a Psychology student I have seen how the unheard and mentally diagnosed people were neglected by most people in society. The stigma in this world is visible, and they sometimes forget the value of these people. As a registered psychometrician and an advocate of mental health, I wanted to help these individuals in my own ways and give them the voice that they need. If given the chance, I would proceed taking up clinical psychology as I believe it will help me in my advocate. I once suffered from anxiety but was not diagnosed because I am very hesitant and afraid that other people might judge me if I asked for help. I felt alone in my battle, and I thought I would not be able to surpass that moment. After what happened, I told myself that when I become a psychologist in the future, I will extend my help to those in need. I understand how difficult it is to struggle in silence. While I'm still waiting for that to happen, I will continuously enhance my skills, especially in communication and attention to details, as these skills will help me ensure that the diagnosis and data are accurate. Working in a clinical setup requires high skills in attention to detail, behavior of the person, and accuracy in encoding details, information, and diagnosis.

2. Have you ever experienced a stressful situation in your past workplace (college if fresh graduate), what was it and how did you overcome it?

Stress is inevitable, especially when working with diverse people every day. Working as an HR is not easy, I am the go-to person in the office if something happens. There was this time that an employee committed negligence in her work which affected the workflow of the entire department. It was very stressful because I received many complaints from the employees and clients. It so happened that the CEO went out of the country and he entrusted me to handle the situation. To resolve the issue, I called the attention of that employee and asked for an explanation of what really happened. After investigating the problem, I proposed possible solutions to the CEO and asked for his approval before executing the solution. Upon receiving the approval, I immediately executed it to minimize the cost and avoid further damage. Thankfully, the issue has been resolved. I make sure that I am in my good state before handling the issues as it may affect my decision making. Stress is always there, but how you handle it is very important as it will define the conclusion of the situation you're facing. Taking a break, refocusing your mind, and creating possible actions will help you manage your stress and perform your duties appropriately.



3. In your previous position, what task did you find most challenging and why? What task did you enjoy most and why?

In my previous role, the most challenging task was filling in the client requirements, especially those high rank roles. Usually, clients were looking for junior applicants, but there were instances where they would look for senior level applicants. This was very challenging because some applicants lacked the required years of experience and the skills needed. They would also give deadlines as when the role should be filled. For me to complete the requirements, I diligently post hiring notices to all partner schools and their alumni and ask for referrals from our internal employees. I would use all the available platforms and resources to help with requirements. Even though things were rough, I still enjoy working there, especially when I am tasked to conduct sessions during our Springboard session. I love talking to people and initiating activities and talking to employees about their week. Whenever I am given the opportunity to speak, I ensure that my audience understands me and will get something from the topic. When there's no one who will give the talk, I always volunteer because it's my opportunity to speak and influence them. I may not be the best speaker in the office, but I have a passion for sharing ideas.

4. How would your past colleagues or managers describe your work ethic?

My past colleagues and supervisor would describe my work ethic as reliable, professional, and disciplined. My supervisor, who is also our CEO, would always commend my work because he saw that I am consistent with my performance and I deliver the tasks well. During our year-end party, I was awarded "Above and Beyond" because the management saw that I improved so much in different areas. I have exceeded their expectations and consistently deliver quality of work. Those work ethics led the CEO to promote me as the head of the HR department in less than a year because he saw that I can manage the team and be an asset in the company. If you ask my colleague, they will say the same thing because they know how passionate I am in my role and would help them when I have time. I ensure to work professionally with discipline as this will help me complete my task and secure my job.



5. What personal or professional accomplishments are you most proud of?

As the breadwinner of the family, I must work after graduation and provide for the family. There was no opportunity for me to prepare and enroll myself in a review center before taking the board exam. I worked in my first job and after a year decided to take a risk and enroll in a review center. I juggled both working and preparing for the exam. It was very hard, especially since I did not have ample time to review after my shift. After the struggle, I finally passed the exam and earned my license. I am very proud of this accomplishment because I was the one who financially supported this journey without asking for help. I understand that my family has nothing in their pockets to provide but I am so blessed because they also supported me in ways they can. Another proud accomplishment I have personally is that I was able to conquer my fear of trying another job. I have been thinking for more than a year about trying another opportunity to expand my skills. However, I am afraid that I will be rejected or I won't be able to perform other duties outside HR. I am now trying a new path as a VA in Pathcutters. I believe that through the help and guidance of the trainers, I will be equipped with the skills needed and succeed in this new endeavour.