



A publication of the  
Girl Scouts of the  
Philippines  
Training Division

# Training Helps

## Leadership and Management



### INSIDE THIS ISSUE:

Leadership and Management	1
Choosing The Right Team Building Exercise	2
Keep the Outing in Scouting	2
Personal Development Tips	3
Training Fun	4
Health is Wealth	5
Training Update	6

What is leadership, and what is the difference between leadership and management? In a nutshell, the difference between leadership and management is:

- Leadership is setting a new direction or vision for a group that they follow, ie: a leader is the spearhead for that new direction.

- Management controls or directs people/resources in a group according to principles or values that have already been established.

The difference between leadership and management can be illustrated by considering what happens when you have one without the other.

### Leadership without management

...sets a direction or vision that others follow, without considering too much how the new direction is going to be achieved. Other people then have to work hard in the trail that is left behind, picking up the pieces and making it work. e.g.: in Lord of the Rings, at the council of Elrond, Frodo Baggins rescues the council from conflict by taking responsibility for the quest of destroying the ring - but most of the management of the group comes from others.

### Management without leadership

...controls resources to maintain the status quo or ensure things happen according to already-established plans. Eg: a referee manages a sports game, but does not usually provide "leadership" because there is no new change, no new direction - the referee is controlling resources to ensure that the laws of the game are followed and status quo is maintained.

### Leadership combined with management

...does both - it both sets a new direction and manages the resources to achieve it. Eg: a newly elected president or prime minister.

### Some potential confusions...

The absence of leadership/management is not to be confused with participatory or facilitative management, which can be a very effective form of leadership. Also, the absence of leadership should not be confused with the type of leadership that calls for 'no action' to be taken. For example, Gandhi's calls for protests to stop demonstrated great leadership, because taking no action was a new direction for the Indian people at that time.

### Symbolic Leadership

When a leader acts as a figure-head without setting any direction, technically this is not leadership. However, the figure head may be viewed as a leader. For example, in the UK, the monarch is often viewed as a leader,

but actually provides very little leadership (most of the 'leadership' in the UK comes from political figures).

However, if a new group sets a direction of its own accord, it will often express that new direction in the form of a leader. For example, Nelson Mandela was regarded as a great leader even though he was in prison and unable to communicate with his followers! And he had been historically classified as a "terrorist"! Yet his symbolic power grew across the world. This was because he was a symbolic spearhead of the anti-apartheid movement.

### Leadership and Management Summary

Leadership is about setting a new direction for a group; management is about directing and controlling according to established principles. However, someone can be a symbolic leader if they emerge as the spearhead of a direction the group sets for itself.

Source:  
[www.teamtechnology.co.uk](http://www.teamtechnology.co.uk)

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"Everyone can be a leader but not a leader at the same time."

# Choosing the Right Team Building Exercises



Team building exercises and games can sometimes be 'a hit' or 'a miss'. Follow our simple process to choose the right team building exercises for you, because well chosen team building exercises will deliver benefits to the organization and individuals. Team building exercises that are poorly chosen could waste your time or even have a negative effect.

### Diagnosis

Clarify your objectives.

How many times have you gone to see your doctor, said "I'm ill" and you've been given some "illness tablets"? None, of course. An examination of symptoms is required first.

Similarly, the place to start in choosing team building exercises is to undertake an evaluation. If there are problems, you need to determine the causes. If there are no problems, you should identify how best to maintain or improve performance.

### Short list

There are thousands of team building exercises, too many to list here. The most popular team building

exercises involve some kind of outdoor activities . These are usually fun, but often suffer from the problem that it is difficult to translate the benefits back into the workplace.

For the most effective team building exercises, therefore, you need to have an integrated program that combines outdoor events with ongoing activities in the workplace, such as:

- Work-oriented discussion of the group's objectives, roles, processes, resources etc..
- Looking at personality styles and/or team roles
- Social events
- Joint coffee/break times
- Learning lunches on topics relevant to everyone.
- Meetings, not only to discuss day-to-day work, but also to acknowledge past successes and make future plans.
- Communication sessions (structured or unstructured) to increase overall team knowledge, by sharing expertise, experience, and individual knowledge etc..

Team building is not a single event that takes place offsite, but an ongoing process that takes place within the team over a long period of time. It is therefore important to choose activities that have aims/objectives that match the issues in your team, and make a long-term contribution to better teamwork.

### Evaluation

When you then take a more detailed look at your short list of ideas, there are various things you need to think about:

1. Will the activity achieve the change you want?
2. Will all team members do it? (there should never be any coercion involved, it can backfire and be damaging to the team)
3. Can you find the time, budget and an

appropriate venue?

4. Make sure there is no physical risk (for outdoor activities, the resource person should be a 'qualified instructor' and provide insurance - don't use a resource person who asks you to sign waivers of liability).
5. Make sure there is no psychological risk, in particular:
  - members are treated equally and with respect;
  - fun is not achieved at the expense of others;
  - there's no humiliation involved;
  - it doesn't have the potential to stir anger between members;
  - individuals won't feel excluded - eg: at social activities, design the event to make sure everyone mixes;
  - it won't expose fears/incompetence - eg: fear of failure
  - any conflict or feedback will be managed Constructively
6. Will it build trust and openness? Does it require (at the start) more trust and openness than is currently present?
7. Do you have contingency plans in case something goes wrong? (eg: what do you do in the case of a task failing?)

### Agreement

Buy in from the team is very important, so it is usually better to make the decision as a team rather than just one individual decide.

### Review

After you use team building exercises, you should perform some kind of review or evaluation of their effectiveness, to inform your choice of exercise the next time.

Source: [www.temtechnology.co.uk](http://www.temtechnology.co.uk)

## KEEP THE OUTING IN SCOUTING (GAMES / ACTIVITIES SUGGESTIONS)

**SCAVENGER HUNT :** Give a list, depending on the locale, of things to find such as: Pinecone, dead branch, pointed leaf, white pebble, dandelion, acorn, feather, daisy, shiny pebble, shed bark, shell, sea pod, round pebble, black pebble, berry, piece of paper, empty bottle, paper bag, foil, empty tin can, carton, cellophane, string, wire, etc. Scavenger Hunts, can be short, or so planned that they become a major event. In such cases, celebrate the return with a special treat. Remember not to pick anything living and to return natural items to where you found them.

**ABC HIKE:** Hike and try to spot things starting with each letter of the alphabet.

Write on a list, and then have teams compare lists.

- A - apple (acorn, ash leaf)
- B - beetle (beech leaf, briar)
- C - cone (caterpillar)

**SHAPE HIKE:** Learn the shapes meant by words like star, crescent, oval, triangle, octagon, hexagon, oblong, rectangle, spiral, etc. and see how many you can find in nature.



**STAKE A CLAIM:** With your buddy, tie one yard of rope in a circle and put down on the ground. Together, look carefully at everything in your circle (your claim) and see what you can find.

**ECO BALL :** Each team has a certain area to cover and receives a garbage bag. Set time to do this. Each team goes out and picks up litter and puts it in the bag. At the end of the time period they come back and dump out the bag and count up their score. Any piece of litter is worth 1 point. Any old piece of litter is worth 2 points. Place all litter in one large garbage bag making a giant Eco-ball. Variation - **GARBAGE QUEEN** - Each team gathers up the

litter and builds a Garbage Queen from what they collected. They can use stick pounded on the ground to let their "queen" stand.

**BURIED TREASURE:** Make a treasure map and hide a "treasure". Send the girls out to find the buried "treasure" by following your map

**TAG HIKE:** Give each small group a number of tags and tell them they have a limited time to tag the following items, 1. types of soil building materials, 2. a place where some animal is making use of a tree, 3. a place where water is eroding and washing away the soil, 4. a spot where man has interfered with Nature's plans, 5. A spot where nature has healed her own wound, 6. a good spot for a bird or small animal to gain protection from enemies.

### NATURE LOOK-SEES:

**Bug's Eye View** – everyone stretches out on the ground, eyes on grass level to see what the world is like to a bug. The blade of grass is a tree, the pebbles seem mountain-sized, people are just feet to an insect.

**Bird's Eye View** – visit a lookout tower, church steeple, fire tower, roof or high building or the top of a high hill or mountain to see what the world looks like to a bird. Big things appear small and small things disappear!

**Fish Eye View** – at the pool, beach, pond, or lake look at the world from water level.

Turn to page 3

## Personal Development Tips - 7 Qualities of a Successful Leader

To be truly successful in your life, your career, your community or in any area, you need to develop the qualities of a leader. First and foremost, you will need to be able lead yourself to success. Furthermore, true success often requires you to lead other people as well. Here are 7 personal development tips - the qualities of successful leaders.

There are 7 important qualities of a leader that you should know about, assimilate and practice every day in your life. You may already recognize some of them in your self - that's a good start. Be assured, we all have the makings of a leader in us. You just need to build on that base to incorporate more of the qualities of a leader a bit at a time. As you get closer to the qualities of a true leader you will find that you begin to act like a leader and people behave as if you are leader. Leaders are the people who have the greatest rewards in all walks of life. Whether in business, in society or in the community.

**Seven qualities of a leader**  
**Integrity.** Integrity means that you are true to yourself and your ideas. You are someone you can trust and someone other people

can trust. This is possibly the most important quality. You should always strive to do things that you are proud to explain to anyone. Understand the area you want to be a leader in. You simply won't have a thorough grasp of the area you are trying to be a leader in. This applies to any walk of life - business, community, spiritual... All leaders have a good grasp of the basics and the key details. This is not to say that you have to know everything there is to know - that is the job of the specialist, but you need to be able to talk to specialists and contribute some guidance to their work.

**Consistency.** When you are trying to lead people, you will rapidly lose the trust of your followers if you constantly change your mind and your direction. They will feel uncertain about their future and eventually you will lose them. This applies to you as well. If you are constantly changing direction, you will end up running round in circles and going nowhere.

**Ability to admit your mistakes.** One of the greatest causes of failure is not being willing to admit your mistakes. If you lie to yourself, you are fooling no one but yourself. You must be able to face up to your mistakes otherwise

you will miss tremendous opportunities to learn from your mistakes and accelerate your success.

**Willingness to listen.** You can never know all the answers, you must be able to deal with contradictions and leverage the vast pool of knowledge that is around you.

**Decisiveness.** Great leaders make decisions and they make them quickly. Even if they are wrong, you'll learn more by taking action than by not taking the decision. You can always make another decision based on your learning.

**Self Belief.** If you don't believe in your self... no one will! You will face a lot of setbacks and obstacles. You need to believe in yourself and your ability to solve the problems and achieve your dreams. If you believe in yourself you will display a burning passion for your idea that will motivate others to follow you.

We have discussed 7 personal development tips for better leadership. As you read through the list, do you recognize any of these qualities in yourself. Some of them are there, some are probably well developed, and others may need more work. Sit down a write out a list of the areas you

### SCULPTOR'S ATTITUDE

Author Unknown

I woke up early today, excited over all I get to do before the clock strikes midnight. I have responsibilities to fulfill today. I am important. My job is to choose what kind of day I am going to have.

Today I can complain because the weather is rainy or I can be thankful that the grass is getting watered for free.

Today I can feel sad that I don't have more money or I can be glad that my finances encourage me to plan my purchases wisely and guide me away from waste.

Today I can grumble about my health or I can rejoice that I am alive.

Today I can lament over all that my parents didn't give me when I was growing up or I can feel grateful that they allowed me to be born.

Today I can cry because roses have thorns or I can celebrate that thorns have roses.

Today I can mourn my lack of friends or I can excitedly embark upon a quest to discover new relationships.

Today I can whine because I have to go to work or I can shout for joy because I have a job to do.

Today I can complain because I have to go to school or eagerly open my mind and fill it with rich new tidbits of knowledge.

Today I can murmur dejectedly because I have to do housework or I can feel honored because the Lord has provided shelter for my mind, body and soul.

Today stretches ahead of me, waiting to be shaped. And here I am, the sculptor who gets to do the shaping.

What today will be like is up to me. I get to choose what kind of day I will have!

Have a GREAT DAY! Unless you have other plans.

### KEEP THE OUTING IN SCOUTING (from page 2)

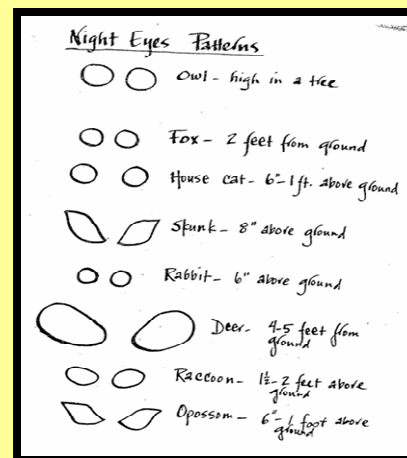
**EYES AT NIGHT HIKE:** This is a fun hike to take at night with a group. It involves some on-site preparation, making a set of "night eyes" and the accompanying poster. Participants will need to dress for the outdoors and carry a flashlight.

**HIKE PREPARATION** - There are eight sets of eyes mounted on black paper that you will be setting out on a night hike trail. Each set of eyes is labeled giving the best height to hung. Pick an area or trail that gives room for several people to stand together, as well as an area that has room for a group to gather prior to entering the trail. Hang the eyes at the suggested height so that they are visible from the trail. Avoid brushy areas, which would obscure the view of the eyes. Use string (black), tape, or thumbtacks to attach the eyes to trees and bushes. Salt the trail during the day without the group noticing. You might want to map the trail and record where you placed the eyes for future reference and retrieval.

**LEADING THE HIKE** - This hike is best done when it is very dark. Only the group leader should have her flashlight on, leading the group to the night eyes trail area. Have another adult at the end of the line. The leaders light should

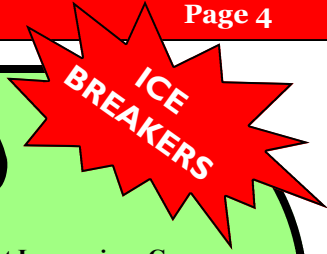
be pointing to the ground only. You might encourage participants to listen for night sounds and discuss what sounds you hear in the night. When you reach the gathering spot, hold up the poster and let everyone flash their light on it. Explain that you are going to be hunting for special animals on the night trail. Only their eyes will be visible. Ask how many have seen night eyes when driving and how they could tell what the creature was by only the eyes. Tell them that they can place their flashlight up beside their heads, next to their eyes and demonstrate. Explain that they will be looking for the eyes of the animals hiking in the woods, off of the trail, on any side, or even in back of the group. They need to look in the trees and undergrowth. If they spot a pair of eyes, they should try to guess what they have found. They may call for the poster, which identifies the animals. Ask the to consider the best place to look for each animal. You can tell them how many eyes are out on the trail and have them keep track of the ones they spot. Explain that they are not to leave the trail, and they should walk with a buddy. Let them turn on their lights held in the proper position and begin the trail. Then turn around and start walking back to camp. The

next day retrieve the cards and return poster and instruction.



(Idea developed by Wally Brines, Naturalist at Woodlands Nature Center, DuPage, Illinois and Girl Scouts of DuPage County Council.)

Source: [www.scoutingweb.com](http://www.scoutingweb.com)



**SORTS AND MINGLE**

Summary: An icebreaker that gets the group to move towards various parts of the room and to find others with shared interests and preferences, based on various interesting categories.

Ages: 10 and up. Recommended number of people: 25 and up. Messiness factor: No sweat. Materials required: None. Recommended setting: Indoors.

**Sorts and Mingle**

Instructions: The first part of the game is the "Sorts" game. You will throw out two contrasting choices and the group has to move either East or West of the room (e.g. "Do you prefer Target or Walmart?"). Then you throw out two more choices and have them move South and North. That way, they are all having to move somewhere and can't get "lost" in the crowd. Sorts that work well include: movie/book; salty/sweet; dress up/casual; inside/outside; be on the stage performing/in the audience watching, etc.

The second part, the Mingle game, is also interesting and effective as an icebreaker. You throw out a general category and the group has to mingle around to find others that have the same answer and they clump up. After about thirty seconds to one minute, you then have each group call out their answer. It's okay if someone doesn't have anyone else who has the same answer. Just try to avoid two groups with the same answer (means they didn't mingle very well!) Some examples of mingles: your favorite dessert; the type of toothpaste you use; if you could attend one huge event (e.g. the Superbowl, Oscars, World Series, Nascar Opening Day, etc.) what would you choose; your least favorite chore growing up as a kid; if you could be the very best at something, what would it be? (Contributed by Amy R.) Thanks Amy!

**Telephone Charades**

Summary: An icebreaker / stationary game in which a person acts out an action only for the next person in line, who in turn acts out for the next person. The acting typically becomes distorted over time and hilarious, as the last person in line tries to guess what the original clue was.

Ages: 10 and up. Recommended # of People: 5-6. Messiness Factor: No Sweat. Materials Required: None. Recommended Setting: Indoors.

**Telephone Charades**

*How to Play*

The Telephone Charades Game (also sometimes called "Charades Down the Line") is an icebreaker/stationary game that is a hilarious blend of the classic "telephone down the line" and "charades" game. This group game is fairly simple to play. Select five to six participants and ask them to leave the room. The audience chooses an action that is specific, silly, and obscure to act out (e.g. "a nerd's romantic first date", "washing an elephant", "going skydiving", etc.). Once the clue has been decided, bring in all the participants and instruct them to face the right side. The moderator reveals the clue to the first person, who taps the second person on the shoulder and acts out the topic using charades rules (no talking allowed, no noises). The second person then taps the third person and acts out his or her understanding of what was acted out. This continues until it reaches the last person in line, who must guess what the action is. This game is funny because the action mutates and changes based upon each person's interpretation of what is going on, often leading to confusion and silly motions.

**First Impressions Game**

Summary: An icebreaker (or party game) in which people write their first impressions of each other on a large paper taped to their backs.

Ages: 13 and up. Recommended number of people: At least 10. Works with very large groups and meetings. Messiness factor: No mess, no stress! Materials required: A large piece of paper or poster board for each participant, pens/markers, sturdy tape. Recommended Setting: Indoors or outdoors.

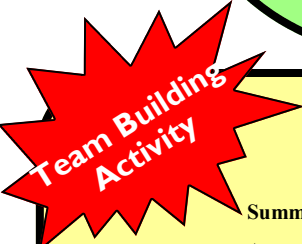
**First Impressions Game**

This is a fun game that involves writing your first impression of someone you meet. If some people already know each other, that's fine too — people can simply write some nice, encouraging words or adjectives to describe each other. This works well as an icebreaker for meetings, when there are new people present, or when people don't know each other well. It can be entertaining as a party game, too.

To set up First Impressions, pass out the large sheets of paper and writing utensils. Have each person write their name on the top of a sheet of paper. Tape each person's sheet to their back so that they can't see it. Instruct everyone to mingle with each other and to converse. Tell everyone to say hello and to introduce each other for a few moments. After a minute or so, ask each person to write an adjective (their "first impression" of the person they just spoke with) on each other's papers. Then have each person continue mingling with new people, repeating the process. After 10-20 minutes (depending on how large your group is and how long you want this activity to run), each person should have several adjectives and descriptive words listed on their backs. Go around the room and introduce each other, reading the words written on your neighbor's paper. This should be pretty humorous, and if people did this activity correctly, there should be lots of kind things said about each other.

Important note: instruct everyone to write nice (or encouraging) words ONLY! Do not allow any mean, rude, or critical words to be written. For example, one can write words such as "beautiful smile," "great sense of humor," "smart and witty personality," "gifted listener," etc.

(Credits: This game was brought to you by osu\_fan. Thanks, osu\_fan!)



**The Great Egg Drop**

**Summary:**

A team building exercise in which groups build structures with the goal of preventing an egg from breaking. A judge tosses all structures (with the eggs inside) from a high elevation at the end. The winners are the groups that successfully protect the egg.

Ages: 14 and up. Recommended # of People: Several groups of 4-5. Messiness Factor: Quite messy. Materials required: Raw eggs, several straws, masking tape, newspaper, and any other materials for building

**Instructions**

The Great Egg Drop is a teambuilding activity that involves creativity and problem solving given a set of resources. To begin, assemble groups of 4 or 5 and give each group various materials for building (e.g. 5-20 straws, a roll of masking tape, one fresh egg, newspaper, etc.). Alternatively, you can give no materials and ask the participants to find materials from outdoors, but this increases the difficulty level significantly. Instruct the participants and give them a set amount of time (e.g. 30 minutes) to complete building a structure, with the egg inside. When time expires, collect all structures and then dramatic finale in which the structures are dropped from at least 10 feet in elevation and then inspected to see if the eggs survived. The winners are the groups that were successful in protecting the egg. Many variations are possible — additional constraints, for example. This activity is useful to illustrate the importance of team and to highlight aspects of project management.



# HEALTH IS WEALTH

## Tawa Tawa Plant, Latest Dengue Fever Cure

No guaranteed formula has been known to cure the fever caused by dengue, not until a weed called "Tawa Tawa" from the Philippines has been proven to do so.

The Philippines is home to many different varieties of both plant and animal species and cultures. These biological and cultural diversities have not failed to propose alternative herbal medicines to cure some of today's existing epidemic diseases, one of which is Dengue.

Filipinos' resourcefulness and rich natural endowment make it realistic to discover cures which can serve as replacements to commercially available drugs. Recently, a weed called Tawa Tawa has been proven to cure fever associated to Dengue, an acute disease caused by a bite from a particular species of mosquito, which may bring internal hemorrhaging to a point of death. Dengue fever cases have been infesting the Philippines almost every year, with some regions always having "outbreaks."

### Alternative Herbal Medicine in the Philippines

The inevitable development of Philippine alternative medicine may be recognized as a people's response to today's inaccessible, unaffordable, commercialized and non-sustainable cures offered by the field of bio-medicine.

A site maintained by Dr. Godofredo Umali Stuart on Philippine Alternative Medicine writes, "There was a burgeoning global movement towards alternative therapies, a new-age allure for "natural" remedies; and in the Philippines, the beginnings of herbal medicinal research & development."

### Tawa Tawa or Gatas Gatas

The Mindoro Post, in its article entitled Dengue Fever Cure Using Tawa Tawa (published January 2010, accessed August 2010), writes, "many people know and have attested to the fact that they and many others have been cured of dengue via a simple weed. This weed is called Gatas Gatas in the province of Leyte. But in Butuan City they call it Tawa Tawa."

Meanwhile, a site on Philippine medicinal plants provides the botanical classification of Tawa Tawa plant and describes that, "its flowers are numerous, each about 5 to 8 cm across. Sepals and petals are obovate-oblong, yellowish-green, and covered with large, reddish-brown blotches."

### The Efficacy of Tawa Tawa Plant

One of the studies proving Tawa Tawa's efficacy is an investigatory project entitled "The Effectivity of *Euphorbia hirta* L. (Tawa-tawa), Prepared in Teabag Form, on Increasing Platelet Levels in *Mus musculus* (White Mice)." The said science project won the Student Research Presentation sponsored by the College of Agriculture at Xavier



This wonder Tawa Tawa Herbal Plant may just be found in your backyard.

University - Ateneo de Cagayan in the Philippines.

The said project, as the title suggests, probes on increasing blood platelet levels using Tawa Tawa plant. For the sake of conducting the actual research, students used white mice as their subject of experiment.

### Tawa Tawa Tea for Dengue Treatment

GMA7news.tv, in its flagship newscast, "24 Oras" aired on August 2, 2010, featured Tawa Tawa plant as a cure for dengue. The said feature informs the public of the easiest way to derive the actual curative substance out of Tawa Tawa -- by simply boiling its leaves!

A site called "Foodrecap" shares an illustrative step-by-step procedure of making Tawa Tawa tea for dengue treatment. It further writes, "Finding this plant was an easy task."

However, the Department of Health (DOH) advises the public not to be so much dependent on the said herbal medicine, despite its proven efficacy. Cleaning possible dwelling places of mosquitoes is still the best way to prevent dengue outbreaks. After all, "prevention is still better than cure."

Source: www.suite101.com

## HOMEMADE DENGUE MOSQUITO TRAP

### Materials:

- 1.5L/2L Empty bottle of softdrinks
- Stirrer
- Glass
- Cutter
- Carbon paper
- Scotch tape

### Solution Ingredients:

- 50 grams brown sugar
- 1 gram yeast
- 250 ml water

### Procedure:

1. Cut the 1.5L/2L empty bottle of softdrinks one-inch above the label (to look like funnel).
2. Cover the lower portion with carbon paper.
3. Mix all the ingredients in the glass and stir to make a solution (will form carbon dioxide).
4. Pour the solution into the covered bottle.
5. Place the top portion upside down.
6. Place the trap at all corners of your home.
7. Inspect the trap after two weeks and replace.



### Tawa Tawa Tea Making Procedures

- Take 5 to 6 full whole Tawa Tawa plants
- Cut off the roots
- Wash and clean
- Fill a boiling pot with clean water
- Boil the Tawa Tawa for 1 (one) minute in a slow rolling boil
- Cool
- Let the dengue fever victim drink only the Tawa Tawa water for 24 hours
- Sip 1 to 1.5 glasses of Tawa Tawa water every hour

The internal hemorrhaging will stop and the dengue fever will be cured within 24 hours.

Source: www.foodrecap.net

# TRAINING UPDATE

## NATIONAL TECHNICAL ASSISTANTS TRAINING

August 11—14, 2010

Ating Tahanan National Program and Training Center, Baguio City



The National Technical Assistants Training Participants with the Training Team and Training Committee Members.



The participants listen attentively during one of the sessions.



The flame warms the spirit of friendship as participants displayed their talents during the Campfire Ceremony.



Group discussion and inter- group sharing.



The educational yet enjoyable wide - game , an off-session activity conducted by the training team.



The TA-Licious Night - showcasing the other side of the Technical Assistants as they parade their beauties and charm.

### When We Share *Poet: Unknown*

When we share laughter,  
there's twice the fun;  
When we share success, we  
surpass what we've done.

When we share problems,  
there's half the pain;  
When we share tears, a rain-  
bow follows rain.

When we share dreams, they  
become more real;  
When we share secrets, it's  
our hearts we reveal.

If we share a smile, then our  
love shows;  
If we share a hug, then our  
love grows.

If we share with someone on  
whom we depend,  
That person becomes family  
or friend.

And what draws us closer and  
makes us all care,  
Is not what we have, but the  
things that we share.



**Girl Scouts of the Philippines**  
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For comments and suggestions, email [gspttraining@pltdt.net](mailto:gspttraining@pltdt.net)