

C. Trainings Attended

Director's Name	Training Title/Provider/Year Conducted
Acting Chairman Vidal E. Querol	<ul style="list-style-type: none"> • Corporate Governance Orientation Program/2019 • General Staff Course US Army/1990-1991 • Crisis Management and Hostage Negotiation Course US State Department/1989 • VIP Security and Dignitary Protection PSC Malacañang/1976
Chairman Raul B. Bendigo (Resigned)	<ul style="list-style-type: none"> • Anti-Money Laundering/Countering the Financing of Terrorism (AML/CFT) Training Workshop/AMLC/2019 • Gender Sensitivity Training for Executives/PHLPost/2019 • Corporate Governance Orientation Program for GOCC/ Institute of Corporate Directors (ICD)/2017 • Post-Expo 2018 in Hamburg, Germany/UPU/2018 • Witness Protection Program Seminars/DOJ and UNDP/2017 • Continuing Legal Education Seminars/ IBP,

	<p>DOJ, Chief Prosecutors Association/2014</p> <ul style="list-style-type: none"> • Prosecutors League Seminar/DOJ/2014 • Terrorism Investigation Course/ DOJ/2010
Acting Postmaster General Luis D. Carlos	<ul style="list-style-type: none"> • Finance for Directors/ Institute of Corporate Directors Inc./2023 • Fixed Income Securities/Philippine Stock Exchange/2002 • Practical Applications of Technical Analysis under the Philippine Scenario/ Philippine Stock Exchange/1999 • Market Works Trading Philippine Stock Exchange/1995 • Securities Representative Certification Review/ Securities & Exchange Commission/1989
Postmaster General Norman N. Fulgencio (Resigned)	<ul style="list-style-type: none"> • Corporate Governance Orientation Program for GOCC/ICD/2017 • Management Orientation on Integrated Management System Seminar/2010
Director Ridgway M. Tanjili	<ul style="list-style-type: none"> • Corporate Governance Orientation Program for GOCCs/ICD/2017 • Laws and Rules Relating to Money Laundering/Supreme Court of the Philippines and Philippine Judiciary Academy/2014 • Judicial Career Enhancement Program for Regional Court Judges/Supreme Court of the Philippines and Philippine Judiciary Academy/2012 • Land Valuation and Just Compensation/Supreme Court of the Philippines and Philippine Judiciary Academy/2011 • Special Rules of Court on Alternative Dispute Resolution/Supreme Court of the Philippines and Philippine Judiciary Academy/2011
Director Cristina E. Caringal	<ul style="list-style-type: none"> • Crafting your Own Roadmap: A Personal Governance Workshop/ICD/2021 • Distinguished Corporate Governance Speaker Series/ICD/2021 • Crisis-Ready Boards: How to Lead in Times of Turbulence/ICD/2020 • Anti-Money Laundering/Countering the Financing of Terrorism (AML/CFT) Training Workshop/PHLPost/2019 • Post Expo (Tokyo, Japan)/2019 • Gender Sensitivity Training for

	<p>Executives/PHLPost/2019</p> <ul style="list-style-type: none"> • Role of Internal Auditors in Risk Management and Governance/2019 • ISO 9001:2015 Quality Management System Requirement Training Course/2019 • Enhancing Audit Committee Effectiveness (Essentials)/2019 • How to Read Financial Statements for Board Directors & Decision Makers/2019 • Public Service Values Program/CSC/2018 • Parcel & POST EXPO in Hamburg, Germany/UPU/2018 • POST EXPO in Geneva, Switzerland/UPU/2017 • Strategy Execution Pathway/Institute of Corporate Directors/2017 • Strategy Design for Directors Program/ Institute of Corporate Directors/2017 • Corporate Governance Orientation Program for GOCCs/ICD/2017 • Asia Pacific Postal Union Business Forum in Bangkok, Thailand/APPU/2017 • Strategy Design for Directors Program/2017 • Introduction to Corporate Governance/2017 • Greening the Supply Chain/2016 • Dale Carnegie Leadership Training Course/2013 • Logistics Immersion Course/2012 • Account Development/2012 • Distribution and Transport Safety/2011 • Initiative for Enhanced Quality Performance/2011 • Introduction to Shipping/2010 • Leadership Training Course/2009 • APEC Intermodal Skills/2006 • Leadership and Management Development/2006 • Total Quality Management & Maintenance/2006 • Credit Evaluation & Scoring/2004 • Increase in Collection Efficiency (2000)
Director Liberty C. Avila	<ul style="list-style-type: none"> • Distinguished Corporate Governance Speaker Series-ICD Zimbabwe/ICD/2021 • Distinguished Corporate Governance Speaker Series-ICD Malaysia/ICD/2021 • Distinguished Corporate Governance Speaker Series-Singapore Institute of Corporate Directors/ICD/2021

	<ul style="list-style-type: none"> • Distinguished Corporate Governance Speaker Series: Tapping the Strategic Potential of Boards/ICD/2021 • Distinguished Corporate Governance Speaker Series: Board Behavioral Dynamics/ICD/2021 • Distinguished Corporate Governance Speaker Series: What It Really Means to Be a Director/ICD/2021 • Crafting your Own Roadmap: A Personal Governance Workshop/ICD/2021 • Future Ready Boards: A Deep Dive/ICD • The Urgency of Building Corporate Trust/2020 • Data Governance: Privacy and Security/Disini Law/2020 • Crisis-Ready Boards: How to Lead in Times of Turbulence/ICD/2020 • AMLC- Anti-Money Laundering/Countering the Financing of Terrosism/PHLPost/2019 • Enhancing Audit Committee Effectiveness, Philippines/2019 • How to Really Read Financial Statements/CGPB/2019 • Public Service Values Program: Pamunuan ng Lingkod Bayani/PHLPost/2019 • 7th Asian Pacific Postal Union Business Forum, Bangkok, Thailand/2018 • The 2nd Extraordinary Congress, Addis Ababa, Ethiopia/2018 • Asian Pacific Postal Union Executive Council Meeting, Da Nang, Vietnam/2018 • 6th Asian Pacific Postal Union Business Forum, Bangkok, Thailand/2017 • Corporate Governance Orientation Program for GOCCs, Philippines/ICD/2017 • CCI Exchange Student, USA/2014 • Digital Marketing/International Institute of Marketing Professional/2013
<p>Director Pelagio S. Paguican (Resigned)</p>	<ul style="list-style-type: none"> • Gender Sensitivity Training for Executives/PHLPost/2019 • Corporate Governance Orientation Program/ICD/2017 • Corporate Governance Orientation Program/ICD/2016 • Southeast Asia Regional Workshop of Judicial Training Institutions On Good Practices In Promoting Women Human Rights Complaint Justice Delivery/2014 • Multi-Sectoral Seminar-Workshop on Agrarian Justice/2006

- Mid-Term Convention-Seminar of the Philippine Justice Association/2006
- Seventh Multi-Sectoral Seminar-Workshop on Juvenile and Domestic Relations Justice (Advanced Level)
- Regional Judicial Career Enhancement Program (Level 4) for Judges, Clerk of Court and Branch Clerk of Court of the Regional Trial Courts/2006
- Convention and Seminar of the Philippine Judges Association/2003 to 2005
- IBP National Convention/2003
- 4th Tele-Video Conference on Psychological Incapacity and Capacity of the Child
- 8th Judicial Career Enhancement Program (Level2)
- Juvenile and Domestic Relations Justice for Single Sale Courts
- Convention and Seminar of the Philippine Judges Association