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Employee Relations Department

iPloy Staffing Solutions
Ayala Center Cebu Tower, Bohol St.
Cebu City, 6000

To Whom It May Concern,

I am writing to formally resign from my position as Customer Service Representative at iPloy Staffing Solutions, effective immediately as of May 2, 2025, due to pressing mental and physical health concerns.

First and foremost, I want to express my heartfelt gratitude to iPloy for giving me the opportunity to be part of your organization. In the short time I have been here, I've been fortunate to work alongside dedicated and welcoming individuals. I'd like to thank Ms. Bless Elaine Tabanas for believing in my potential during my initial interview, and Ms. Ramelyn Castanares for giving me the final nod to join the team. I am also deeply grateful to Ms. Georgieitte Jane Singson, Ms. Veronica Shar Madal, Ms. Wendy Hiyas, and Ms. Regine Mae Ortiz for warmly welcoming and guiding me during my early days. iPloy is fortunate to have such committed individuals.

To Ben and Jay, thank you from the bottom of my heart for welcoming me into the company with open arms and giving me the chance to grow, learn, and belong—even as a complete newcomer. Your trust gave me the courage to show up fully and believe in myself in a new environment. It truly meant a lot.

Unfortunately, this resignation comes under distressing circumstances. A few days ago, I experienced a severe asthma flare-up, and following my doctor's advice, I needed to take immediate rest to recover. Despite being unwell, I made every effort to inform the company of my absence—through text, email, and the call to the official hotline—kindly asking that my team leader be notified, as I had not yet had direct contact information due to my short time with the company. I did what I could within my means because I genuinely wanted to return as soon as I was well enough.

This morning, I was deeply saddened to hear from a colleague that my Team Leader, Mr. Darius Yamed, expressed frustration over my absence and remarked that I should no longer return—even though I had done my best to communicate my situation. Hearing that he questioned my right to take time off simply because I am still in training was especially disheartening. As someone new to the company and already struggling physically, those words

made me feel unwelcome and anxious about the treatment I might face upon returning. It's a difficult feeling, especially when all I've ever wanted was to give my best and belong.

I am resigning for the sake of my mental and emotional well-being. As someone who took up Psychology, I deeply value mental health and understand the long-term impact of toxic stress. This decision was not made lightly, especially considering iPloy is my first workplace. But at this time, prioritizing my wellness is essential.

To iPloy: your employees are your most valuable asset. I hope this serves as a gentle reminder that mental health is just as important as physical well-being. Compassion and understanding—especially for new employees—go a long way in shaping a healthy workplace culture.

I apologize for the short notice and any inconvenience this may cause. I remain sincerely grateful for the opportunity to have worked with your team and for the learning experiences I've gained during my time at iPloy. Please let me know if there is anything I can do to ensure a smooth transition. For any updates or communication moving forward, I kindly ask that you contact me directly. I prefer not to coordinate with my team leader at this time, as I am still in the process of emotionally processing the hurt caused by this experience. I hope this request will be understood with compassion.

Thank you once again for the opportunity.

Sincerely,

Philbert James Obeso