

September 19, 2025

Retchie Salariana
iPloy Staffing Solutions
9th Floor, Ayala Center Cebu Tower,
Cebu Business Park, Cebu City, 6000

Dear TL Rich,

It is with a very heavy heart that I am tendering my resignation from my position at iPloy Staffing Solutions, effective immediately. Making this decision has been extremely difficult for me, especially because I have already built routines, connections, and meaningful relationships with everyone here. This place has become more than just work – it has felt like a second home.

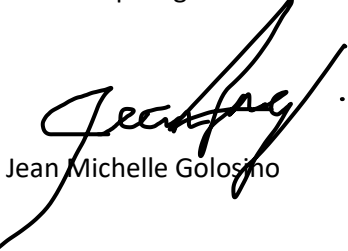
For some time now, I have been struggling with overwhelming phone anxiety that has grown heavier each day. Taking calls back-to-back has left me anxious to the point that I can no longer sleep or eat well, and I constantly feel uneasy. I have tried opening up and talking to others about it, but I realized I need to take more time for my own healing and recovery. I know that despite this struggle I have done my best to meet the expectation of the company – but at this point, I must place my mental health above everything else.

I cannot thank you all enough for the patience, support, and kindness you`ve shown me. To Tracie, Ate Baby, Ate Evelyn, Ate Jean, and Ate Jaylee – thank you for always being there to help and guide me. And to TL Rich, I am deeply grateful for your patience, encouragement, and guidance throughout this journey. I will forever carry the lessons and support you`ve all given me.

I am truly sorry if my struggles have caused any inconvenience or left a bad impression on the team. That was never my intention. I sincerely wish nothing but continued growth and success for the team and for iPloy. More than anything, I hope to return one day as a stronger and better version of myself – ready to give my best in customer service and to make you all proud.

Thank you, from the bottom of my heart, for the understanding and the opportunities I have received here. This is not a goodbye, but rather a promise that I will see you all again soon, carrying a healthier and more confident version of myself.

With deepest gratitude and respect,



Jean Michelle Golosino