



LYNDON B. CATULONG Sr.

#46 Zone 3, Upper San Antonio, Buhangin, Davao City

October 31, 1964

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Personal Summary

I am an honest, responsible, reliable, unbiased and committed journalist who displays an ability to deliver balanced, informative and interesting stories and news that give an opportunity to all involved parties to give their side. I am a quick learner who can absorb ideas and information and who is able to transmit the information to listeners and enterprises effectively and efficiently. I possess an excellent communication skill which capture the interest and win over the confidence of the listeners and with the people. I am equipped with multi-tasking skills. I am highly organized and with good time management skill. Good in planning and implementing programs for the benefit of the people.

Core Competencies

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|--------------------|-----------------------------|
| ✓ Reporting | ✓ Asking Questions |
| ✓ Writing | ✓ Organizing |
| ✓ Freelancing | ✓ Interpersonal Skills |
| ✓ Interviewing | ✓ Policies Compliance |
| ✓ Proof reading | ✓ English Language Literacy |
| ✓ Client liaison | ✓ Computer Literacy |
| ✓ Public relations | ✓ Time Management |

Affiliation

Kapisan ng mga Brodkaster ng Pilipinas (KBP)

1994- Present

Career History

DXRR Radyo Rapido <i>Newscaster Anchor/ Anchor Man</i>	2013 – Present
<ul style="list-style-type: none">Hosted a commentary program at the same time news broadcast titled “Rapido Reports”	
DXUM Radyo Ukay <i>Anchor Man</i>	2003-2013
<ul style="list-style-type: none">Hosted a commentary program titled “Ukay-Ukay sa Radyo Ukay”	
ABC TV5 <i>Desk Man</i>	2012
GMA TV Davao <i>Desk Man</i>	2000-2001
DXGM GMA Super Radyo <i>Program Director/ Manager/ Anchor Man</i>	1997-2003
<ul style="list-style-type: none">Hosted a commentary program titled “SAKSI”	
DXMF Bombo Radyo <i>Anchor Man</i>	1994-1997
<ul style="list-style-type: none">Hosted a commentary program titled “Zona Libre”	

Academic Qualifications

UNIVERSITY OF MINDANAO <i>Bachelor of Laws</i>	1989-1993
UNIVERSITY OF MINDANAO <i>Bachelor of Arts</i> <i>Major in Political Science</i>	1983-1989