

# Embrace Cultural Confidence<sup>®</sup> by being solution focused.

Connect With Me

## Providing Solutions and Cultural Confidence™

A solution-focused approach is about finding solutions, exceptions to the problem, and emphasizing your strengths, skills, and resilience. Cultural confidence™ is a unique framework that is rooted in a state of being and intentional living. The framework outlines a circular process involving a four-way intersectionality of mental health, identity, mindfulness, and resilience. Cultural Confidence™ is about going beyond traditional cultural competency and boosts diversity, equity, and inclusion practices.

The power lies in the language the phrase exudes.



### Corporate

YPC provides live workshops and webinars nationwide for organizations, executives, and leaders promoting mental health and wellness. Investing in workplace wellness leads to increased employee engagement, productivity, and an overall healthy and happy workplace.



### Community

YPC provides mental health and wellness programming and clinical expertise for non-profit organizations around the country that support Asian American leaders and professionals. It has created and implemented the "Self-Care & Wellness" program for the Council of Korean Americans (CKA) using the title, "Building Resilient Leaders" as well as for the National Association of Asian American Professionals (NAAAP) called "Self-Care & Wellness By NAAAP."



### Colleges

YPC is passionate about addressing the mental health and wellness needs of college and graduate students around the country. YPC is offering support groups and psycho-educational workshops, especially for Asian American students who indicate their struggles in getting therapeutic and counseling support on campus.

## Realize the impact of authentic self-care practice, good mental health, and wellness to be effective in all aspects of your life.

Jeanie Y. Chang, LMFT, CMHIMP, CCTP is an interdisciplinary clinician and speaker who also offers coaching and consulting. Click here to connect!

Request an Appointment

## Providing change through the following

### Keynote & Public Speaking



Offer clinical expertise by presenting seminars at conferences and summits to engage for change toward healthy and holistic self-care and wellness. Keynotes and talks range from addressing mental health stigma to holding a solution-focused perspective with cultural "confidence."

### Webinars & Workshops



Skills-based psychoeducation is offered for corporate, community and colleges/universities raising awareness on mental health and wellness in organizations and the workplace. Also available are adolescent and family workshops addressing the health of the family system.

### Psychotherapy



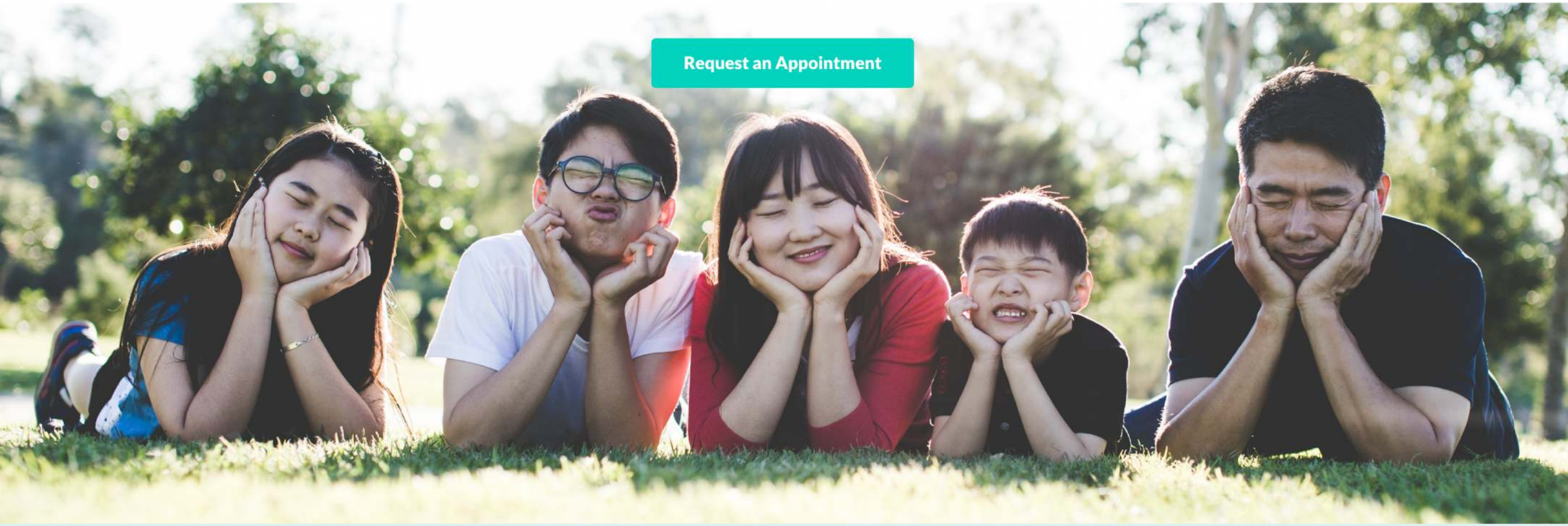
Therapeutic services for couples, individuals, families and groups including children and adolescents. Therapy is founded on cultural competence and confidence with a solution-focused modality.

Learn More

Your Change Provider, PLLC is an interdisciplinary therapeutic practice founded on a solution-focused approach and cultural confidence™, a unique framework that is rooted in a state of being and intentional living. The purpose is to engage clients for change through finding solutions and embrace cultural confidence™ which promotes diversity, equity, and inclusive practices in corporate, community, and colleges. The hope is to be healthy and happy in all aspects of your life.

**"You can't go back and change the beginning, but you can start where you are and change the ending."**

-C.S. Lewis



## Testimonials

"Jeanie Chang was keen in creating content that aligned with the strategic goals of the Business Resource Groups and ensuring the content was relevant for anyone, regardless of background. In the first five sessions, more than 700 participants were engaged and shared nothing but positive feedback."

- DEI Leadership

"Jeanie Chang reaffirmed an area that I always pushed aside due to taking care of others, self-care. The major key points I took away were: identify and acknowledge your stress level, focus on present moments, positive thinking, and managing only what's in your control."

- Client in business

"We all loved Jeanie's session. It was very informative, we took notes and learned a lot about self-care. We talked about her session for weeks! We look forward to more."

- Eaton Corporation

## Let's Connect!

Use our contact form by clicking the link below or use one of the following options:

Email: connect@yourchangeprovider.com

Phone Number: 919-867-1191

CONTACT ME

