

Jeanie Y. Chang

LMFT, CCTP



Noona's Noonchi®, LLC



Noona's Noonchi®, INC



Your Change Provider, PLLC®

Jeanie Chang, LMFT, CCTP

Founder & CEO
Noona's Noonchi®, LLC.
Your Change Provider, PLLC®

Jeanie is a Licensed Marriage and Family Therapist and Certified Clinical Trauma Professional. She is an accomplished international speaker, providing keynotes and offers workshops for corporations, community organizations, and colleges addressing the intersectionality of mental health and identity, DEIB and psychological safety, as well as education about topics such as burnout, resilience, mindfulness, stress, and mental health conditions including anxiety, depression, and suicidality. She serves as a subject matter expert on mental health for media outlets around the world.

Jeanie is the Founder and CEO of Noona's Noonchi®, LLC, a global wellness company created out of her global social media influence as Noona's Noonchi - a clinician, speaker, and coach who deep dives into K-Dramas from a mental health perspective. Noona's Noonchi®, LLC provides mental health education and resources for organizations around the world. It is also a global tour operator, offering K-Culture tours including K-Drama and K-Pop sites, cultural hands-on activities, and wellness experiences. In addition, Jeanie is also an executive coach, external faculty for McKinsey & Company and a DEIB advisor for business and corporate leaders. Jeanie's upcoming book with Wiley Publishing titled, "How K-Dramas Can Transform Your Life: Powerful Lessons on Belongingness, Healing, and Mental Health" hits shelves this May 2024.

Jeanie is also the Founder and CEO of Your Change Provider, PLLC®, a clinical practice founded on solutions and her unique, trademarked framework Cultural Confidence®.

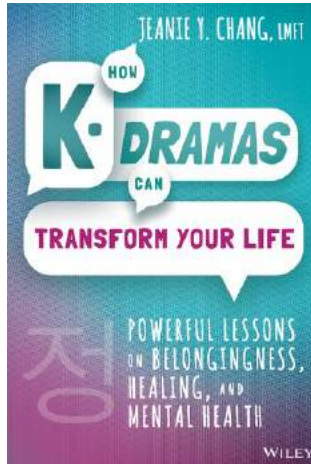
Her Cultural Confidence® program provides psycho-education in all sectors from corporate to schools. She has presented her trademarked curriculum for many corporations such as Google, J. Crew, Microsoft, Mondelez International, and the NFL. She has also spearheaded her program for non-profits including the Asian American Journalists Association (AAJA), the Council of Korean Americans (CKA), The Society of Asian Scientists and Engineers (SASE), and the National Association of Asian American Professionals (NAAAP).

Jeanie has specialized training in grief, trauma and Mindfulness Based Stress Reduction (MBSR). Her expertise includes intergenerational mental health, workplace mental health, and K-Dramas for mental health. She followed a calling in the field after a diverse career path, starting as a broadcast journalist in Washington, DC in the '90s, then attending business school. Her work in the corporate sector includes C-level business operations, marketing, public relations, and client success management.

Jeanie is an active volunteer in the AAPI community. She serves as Board Chair of Asian Mental Health Collective (AMHC) and is a facilitator for the Council of Korean American's Network of Korean American Leaders (NetKAL) program. In 2019, Jeanie created the Self-Care & Wellness program for NAAAP, and founded her own non-profit organization in 2020 called, Authentic Self-Care & Wellness, Inc. which promotes mental health research.

For her own self-care, Jeanie enjoys watching K-Dramas and traveling with her husband of 26 years. They are the proud parents of four children ages 17-23.

Jeanie's Book



RELEASING ON MAY 7, 2024

How K-Dramas Can Transform Your Life: Powerful Lessons on Belongingness, Healing, and Mental Health

Can a show like Squid Game change the world? In ***How K-Dramas Can Transform Your Life: Powerful Lessons on Belongingness, Healing, and Mental Health***, licensed marriage and family therapist, speaker, and executive coach Jeanie Y. Chang explores how the wildly popular K-Drama global phenomenon can not just entertain us, but also help us grieve from losses, heal trauma, improve our overall mental health, and navigate the complicated roadmap of life no matter what challenges we may face.

“K-Dramas are aspirational and inspirational. They allow us to strive, thrive, and hope for a better tomorrow,” Chang explains. “K-Dramas show us where we come from, who we are today, and what we could be. They’re like a roadmap of life, guiding us in navigating life’s speed bumps, roadblocks, twists, turns, and dead-ends. K-Dramas have helped my mental health over the years, specifically with my cultural identity. What started as self-care has blossomed into an integral part of my clinical work.”

Inspired by Chang’s own experiences using K-Dramas to improve the mental health of herself and her clients, ***How K-Dramas Can Transform Your Life*** explores the many different themes commonly found in K-Dramas and what they can teach us about ourselves. A practical resource, Chang demonstrates how to apply these lessons to change our own lives for the better. Readers will learn how to use Cultural Confidence®, Chang’s trademarked mental health framework, to develop identity, mindfulness, and resilience. ***How K-Dramas Can Transform Your Life: Powerful Lessons on Belongingness, Healing, and Mental Health*** is an entertaining and highly insightful read for K-Drama lovers and all those interested in how pop culture can be a force for good.



Noona's Noonchi®, LLC

At “Noona’s Noonchi®, LLC,” Jeanie Y. Chang, LMFT, CCTP will be leading you into a deep dive of your favorite K-Dramas based on her mental health expertise. The goal is to promote good mental health and wellbeing. Think K-Drama therapy.

K-TALK with Noona's Noonchi from a mental health perspective

A LIVE YouTube show by Jeanie Y. Chang, LMFT, aka Noona’s Noonchi, where she deep dives into K-Dramas from a mental health perspective. She also highlights news surrounding S. Korea and Korean culture from a mental health perspective. Jeanie also invites guests to join her in K-Drama deep dives, and delves with them into how they impact our mental health and identity. In the spirit of belongingness, K-Talk Live also engages the audience to ask questions and share in the chat during the show.



A global community of belongingness. Experience transformation through K-drama deep dives from a mental health perspective.

Provided By Jeanie Y. Chang, A Licensed Clinician, Speaker, Executive Coach & Author

Noona's Nuances Understanding Mental Health through K-Dramas

An informative and educational content series for our audiences to better understand the nuances surrounding mental health through the lens of K-Drama storytelling.



Wellbeing Wordbook:

Noona’s Noonchi’s handy mental health dictionary of useful phrases and words.



Noonchi Insights:

Features on what’s trending in Korean culture in South Korea and beyond. These stories range from the latest in K-Pop, K-Beauty, K-Food, and more. Plus, showcase K-Drama reviews and deep dives from guest authors; all from a mental health perspective.



Noona's Noonchi's Meet You In Korea Tours

From modern to traditional, meet Korea's rich history, culture, K-Dramas, K-Pop, and of course, the warmth of Jeong (정) that you can only experience in Korea with Noona's Noonchi®, INC

Noona's Noonchi invites K-Culture lovers on a journey of being and belonging.

- Multi-City Tour across S. Korea!
- Visit 90+ K-drama Filming Sites
- K-Food, K-Culture and K-Beauty Experiences
- Wellness & Mindfulness Experiences
- Session with K-Content Industry Expert
- Meet a Global Community of K-Drama & K-Pop Fans

“This tour truly captured lightning in a bottle with the fantastic chemistry of the participants and the organizers. I felt that there was so much for us to see and do while also giving space for some free time to explore. Watching dramas since my return has added an extra element of the “I’ve been there” feeling, and I love it. This tour was the perfect balance of examining why K-Drama is so beneficial for mental health while also exploring the culture and history of an amazing country.”

- 2023 Inaugural Tour Participant

Experience Traditional and Local Cultural Experiences and Activities

Tour Length	8 Days
Accommodation	7 Nights in Hotels
Meals	7 Breakfast, 5 Lunches, and 7 Dinner
Transport	28-Passenger VIP Limousine Bus
Group Size	Maximum 20
Team	Noona's Noonchi Team, Local Tour Guide, and Tour Manager





Your Change Provider, PLLC®

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.

Be solution-focused in embracing Cultural Confidence® endorsed techniques to address the health of your organization, wellbeing of your employees, or community system.

OUR MISSION

To engage for change by providing comprehensive therapeutic services founded on Cultural Confidence® and promoting solution-focused practice. Cultural Confidence® is a core framework threaded in each service provided.

OUR VISION

Promote authentic self-care, good mental health and holistic wellness for corporate, community, and colleges for optimal sustainability and happiness.

Embrace Cultural Confidence® by being solution-focused.

Jeanie offers virtual and in-person workshops for corporate, community organizations, and colleges/universities.

KEYNOTE, PUBLIC SPEAKING, AND WORKSHOPS

Elevating Your Brand Identity Narrative

Embracing Your Cultural Identity Narrative

Authentic and Impactful Leadership
for Workplace Transformation

Storytelling for Belongingness and Transformation

Navigating Imposter Syndrome

COACHING AND CONSULTING

Executive Coaching

DEIB Consulting

Facilitation



AAJA

American Heart Association

Apple

Cisco

Council of Korean Americans

Deloitte & Touche

Eventbrite

Google

H&M

Jabil Corporation

J. Crew/Madewell

Lenovo

McKinsey & Company

Medtronic

Microsoft

Mondelez International

NFL

Network of Korean American Leaders

PayPal

RedHat

Salesforce

USTA

YouTube

UNIVERSITIES

University of California, San Diego

Northern Arizona University

Jeanie's Clients

“I want to give Jeanie a huge shoutout. She was the keynote speaker at my organization's annual conference and she was awesome! Her topic was on point, her delivery was very engaging and she managed to get all attendees to actually participate in a virtual environment. If you need a speaker, definitely reach out to Jeanie.”

University of California, Davis

Emory University



Contact



Noona's Noonchi®, LLC



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Your Change Provider, PLLC®



“Jeanie is an exceptional inspirational leader and an incredible DEI and wellness speaker/facilitator. She's not only insightful and engaging but captivating in how she interacts with the audience while coaching, educating and motivating others. Jeanie is a keen listener and provides meaningful content to meet the requested objectives and aspirations of an organization. I'm grateful to have the opportunity to work with her and learn how to practice self-care, influence others authentically and grow personally as well as professionally.”

