



Your Change Provider, PLLC®



## Jeanie Y. Chang, LMFT

Founder & CEO

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

Jeanie is a Licensed Marriage and Family Therapist with special certifications in trauma and anxiety. She is a TEDx speaker and accomplished international speaker/educator providing keynotes and workshops for corporations, community organizations, and colleges addressing the intersectionality of mental health and identity, K-Dramas and identity, psychological safety, as well as education on burnout, resilience, mindfulness, stress, and mental health conditions including anxiety, depression, and suicidality. Jeanie also 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 healing tours including K-Drama filming locations, popular K-Pop sites, cultural immersion, and mindfulness sessions. In addition, Jeanie is also an executive leadership coach, external faculty for McKinsey & Company and a DEIB advisor for business and corporate leaders. Jeanie's book with Wiley Publishing titled, *"How K-Dramas Can Transform Your Life: Powerful Lessons on Belongingness, Healing, and Mental Health"* was released with a strong, global response on May 7, 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, T. Rowe Price, and prestigious universities around the world. 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 anxiety, grief, trauma and Mindfulness Based Stress Reduction (MBSR). Her expertise includes intergenerational mental health, workplace mental health, K-Dramas and mental health, as well as crisis intervention and management. 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 also an active leader in the non-profit space in the USA. She is on the Senior Advisory Council for the National Association of Asian American Professionals (NAAAP), serves as Founding 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.

For her own self-care, Jeanie enjoys watching K-Dramas and traveling with her husband of 28 years. They are the proud parents of four children ages 19-25.

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