

SSK Foundation Workshops Curriculum

This curriculum is based on young adults and adults learning. A variety of methodologies is used; such as case studies, scenarios, interpretive dancing, lived experiences sharing, peer support, and various exercises.

Each session will include the following program schedule:

15 Minutes: Participants singing in and greetings.

15 Minutes: Opening ceremony (short meditation)

30 Minutes: Self-Intro, sharing of personal goal/s for today's session.

40 Minutes: Reading of SSK's creed, sharing, and various training exercises.

30 Minutes: Recap of participant's goal/s and what they take away from today's session.

15 Minutes: Closing ceremony (short meditation) and survey.

Results of these workshops:

As a direct results of our workshops, coaching, and mentorships, participants are happier and pursuing a healthier lifestyle. Individuals have changed their mindset to be positive and purpose-driven, gained confident, and live a life with passion while giving back and helping others.

Facilitator/Trainer:

Teresa Hoang is a Certified Master Life Coach, specializing in mental wellness. She is also the founder and president of Strong Smart and Kind (SSK) Foundation; the first Vietnamese non-profit in Northern California that focuses on mental health and help individual pursue a happier and healthier life. Through SSK Foundation, Teresa would like to redefine the stigmas of mental health, especially in the Vietnamese community. During Teresa's four years of living in a Catholic Convent preparing to become a Catholic nun for life, Teresa has counseled and worked with many abused survivors, trafficked survivors, and physically and mentally disabled individuals. Since then, she has continued to be trained as a peer support and first responder in crises prevention.