

## Staff Testimonials “Seeds of Happiness Project”, Vietnam

1) Name: **Mr. Khanh Tran**

Position: **Head Representative of Eurasia Foundation and Association, Vietnam**



I'm Khanh Tran, the head representative of Eurasia Foundation and Association in Vietnam. Since 2002, I've been training teachers and coworkers in curative education and socio-therapy. I am also a trainer and on the board of director of the Peaceful Bamboo Family (Tĩnh Trúc Gia), a vocational training center and living community for young adults with

disabilities.

I have had many opportunities to work with the “Seeds of Happiness” team to share the concept of “Mindfulness Based Happiness and Compassion” to the society, from the education to the business sector. I highly appreciate their dedication to spreading wholesome seeds to various audience including students, parents, teachers, etc. and keep the story going. We believe that when we are able to nourish these seeds with mindfulness, it will burst into bloom and offer us the flowers of happiness, as Zen Master Thich Nhat Hanh said.

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2) Name: **Ms. Nguyen Thi Ngoc Giau**

Position: **Core Member “Seeds of Happiness Project”**



Many years ago, I chose to consult and educate life skills for drug addicts to overcome my own difficulties due to low self-esteem. During nearly 2 years working in the drug detoxification center, I was really aware that when I was not loving myself enough, my help for drug addicts is limited and ineffective. That is why, in 2007, I decided to study a master's degree in psychology and spent a long time searching for the most effective way to

help me improve my self-esteem. From 2010 to 2014, while I was training manager in a call center, I took the time to support nearly 1000 learners in my classroom by helping them

identify their life goals and become confident. Besides, I and my friends who love psychology to form a group and our group is named Life (Life Psychology). We held 12 talks on topics of self-



esteem, self-healing, mindful activities, ...

In 2015, when officially a university lecturer in Hoasen University, I teach applied psychology to students throughout the school. I was concerned about the emotional difficulties of the students, so I took the initiative to develop a group coaching project called Inside Me. The Inside Me project is based on a philosophy that helps each well

being trainee go from self-awareness to accepting, loving him/herself before extending him/herself and loving others. Up to now, Inside Me has held six courses for nearly 100 students. In addition, I also participate in personal counseling for students when they have psychological difficulties.

In all, on the personal experience with my own problems as well as with the difficulties of the students that I realized, I understand that self-compassion is a key factor. And, I realize my life's mission is to support others especially young people who learn to love themselves. Therefore, as a core member of the Seed of Happiness Project - a project that aims to build happiness and compassion for Vietnam, I also want to learn, practice and develop community with all the energy and love that I have.

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### 3) Name: **Ms. Dao Thi Ngoc Mai**



Position: **Trainer "Seeds of Happiness Project"**

My name is Ngoc Mai. I usually start my day by watering the flowers in my garden, feeding the fish in my house, then sitting in meditation. I feel fortunate in my whole body, especially in my eyes, which have recently developed blind spots that might affect my reading ability. If it had been 2 years ago, I would have lamented, complained, and even wondered why such a misfortune would happen to me. However, thanks to the Seeds of Happiness and its activities, I gradually know that I am still a lucky person. I can still read, I can still see my baby face every morning, I can run on my own feet, I can drive with my own hands... at this current moment - while some others cannot. I feel a deep sense of

gratitude for everything that I have, rather than brooding over a few things that I don't. And I sincerely wish to spread this inner strength to other people.

Being a trainer at the Seeds of Happiness project is one of my steps to help other people feel the happiness from within and around them. I also wish to have more opportunities to improve myself in both knowledge and practice so that I could express my positive energy and encourage other people better, all in an effort to build a loving and happy community.

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4) Name: **Ms. Chi Nguyen**

Position: **Member of Mindful Time Community at "Seeds of Happiness Project"**



It's been a really rewarding experience for me to participate in the weekly Mindful Time organized by the Seeds of Happiness team. It's a place where I always feel welcome and where I can openly share my ups and downs without any judgment. It's also a place where I come to be educated about Mindfulness, experience it, and learn from the real-life stories of trainers and fellow participants. I really appreciate the Seeds of Happiness team's efforts to build a program inspired by the Search Inside Yourself book and further intertwined with teachings from other resources to enrich our learning journey. The Seeds of Happiness team's selflessness and dedication should be applauded as they are patiently planting seeds for a mindful community.