

TERM OF REFERENCE

Consultancy Service to Conduct Trainings on Psychology and Mental Health for Secondary Students, Parents, and Teachers

Title	Psychology and Mental Health Training Consultant
Working Address	Remote and/or LeaderInYou Office
Report to	Project Manager and Project Co-Lead

BACKGROUND

The **Youth Development Monitoring System (YDMS)** project, also known as the **Me+** application - a **4.0 school psychology support model**, is a breakthrough initiative to address the mental health challenges of Vietnamese adolescents aged 10-15. The project is funded by GRAND CHALLENGES CANADA (GCC) and implemented by LeaderInYou Co., Ltd. The YDMS (Me+) app is designed to:

- Improve children's emotional regulation skills
- Reduce family conflicts
- Enhance the quality of communication between parents and children
- Support students in self-discovery and personal development

To maximize the app's effectiveness, the project is recruiting experienced specialists to conduct in-depth training sessions and support teachers, parents, and students in using the application together.

PURPOSE

The Consultant will be responsible for designing and implementing training programs to enhance awareness of social-emotional education and to support school-based psychological counseling, thereby promoting the effective use of the YDMS “**Me+**”, a mobile application serving as a “School Psychology 4.0” model, among teachers, parents, and students in the selected schools.

MAIN TASKS AND RESPONSIBILITIES	
<p>1. Develop training materials</p> <ul style="list-style-type: none"> • Develop a comprehensive training curriculum that integrates theoretical concepts with practical exercises, in line with project objectives; • Prepare session plans, detailed training content, participation handouts, multimedia resources and other relevant documents; • Include interactive tools and/or methods to engage participants and promote real-life practice after training; <p>2. Deliver and facilitate training and experience sharing sessions (offline and online)</p> <ul style="list-style-type: none"> • 02 offline training sessions for teachers in Hoai Duc, Hanoi and Thai Nguyen province; • 03 offline training sessions for parents in Hoai Duc, Hanoi and Thai Nguyen province; • 03 online training sessions for students in selected schools; • 03 training sessions on providing guidance to selected schools on handling situations and addressing challenges and difficulties; • Facilitate in experience-sharing activities with selected schools (01 day); • Facilitate an experience-sharing workshop (01 day) <p>3. Monitoring and Reporting</p> <ul style="list-style-type: none"> • Document training results, lessons learned, challenges, and good practices; • Contribute to project evaluations and final reporting. 	
EXPECTED OUTPUTS	
<ul style="list-style-type: none"> • Detailed training outline and materials including presentation slides, handouts, practical exercises, and other relevant documents • Summary report after each training session • 01 Final report on effectiveness, emerging issues, and recommendations for subsequent activities 	
PROJECT TIMELINE AND DURATION	
<p>The work will start from Oct 2025, with the following key milestones:</p> <ul style="list-style-type: none"> • Oct 2025: training plan and content preparation • Nov-Dec 2025: training and experience sharing implementation • Jan 2026: reporting 	



Consultant to Conduct Trainings on Psychology and Mental Health

The specific implementation schedule will be agreed upon with the Consultant after the contract is signed.

REQUIRED QUALIFICATIONS AND EXPERIENCE

- 1. Education:** A Master degree or higher in Psychology, Education, Social Work, Mental Health, or a closely related field.
- 2. Experience:**
 - At least **5 years of experience** as a speaker, trainer, or consultant, particularly in the fields of psychology, social-emotional education, or school mental health.
 - Proven track record in designing and delivering training programs and workshops for adolescents, parents, and teachers.
 - Demonstrated ability to translate in-depth psychological knowledge into clear, creative, and engaging content tailored to different audiences (students, parents, teachers).
- 3. Skills and Competencies:**
 - Excellent communication and presentation skills, with the ability to work and interact effectively with diverse groups.
 - Strong research, analytical, and problem-solving abilities.
 - Creativity and innovation in training approaches and program design.

Remark: Consulting fees are mutually agreed upon based on the consultant's experience, expertise and market rates. Travel expenses, including accommodation, meals, and transportation will be covered by LeaderInYou.

APPLICATION REQUIREMENT

Candidates who are interested, please submit a letter of interest and a detailed CV to:
ngan.tran@leaderinyou.vn.

We will screen the applications and shortlists will be contacted for direct interview.

Application Deadline: Oct 3rd, 2025