

19th FEW CAREER STRATEGIES SEMINAR

Women Rising

Inspiration. Knowledge. Connection.

SCHEDULE (REVISED)

- 9:30-10:00 Registration (1F) & Networking Coffee (5F)
- 10:00-10:15 Opening Remarks — Sarah Achilles, President of FEW Japan
Introduction to CSS 2016 — Carmela Fleury, Co-Chair of CSS 2016
Room: 5F
- 10:15-10:45 Keynote Speech — *"Rising My Way"*
Ai Futaki, Underwater Explorer, Double Guinness World Record Holder & TEDx Speaker
Room: 5F
- 10:45-11:15 Activity — *"Losing the Labels, Lose the Weight & Rise"*
Sarah Furuya, Coach & Facilitator at Clever Rebels, Curious Corporates and Divya Marie Kato, Artist & Author
Room: 5F

----- BREAK -----

- 11:30-12:30 Morning Workshops
- A: *"Transition to Become One's Best"*
Paula Sugawara, Managing Director for Japan at Lee Hecht Harrison
Room: 3F
- B: *"How To Successfully Promote Your Opinion: Disarming Negative Pushback From Men"*
Dr. Greg Story, President, Dale Carnegie Training Japan
Room: 5F
- C: *"Exploring Launching Your Own Venture"*
Lauren Bliss Kawasaki, Co-Founder of Best Living Japan
Room: 2F
- 12:30-13:30 Networking Lunch
Room: 1F
- 13:30-14:00 Introduction to Afternoon Session - Carolyn Pieroway, Co-Chair of CSS 2016
Afternoon Keynote — *"Women Rising in Japan"*
Jay Ponazecki, Chairman of American Chamber of Commerce in Japan
Room: 5F

----- BREAK -----

- 14:15-15:15 Afternoon Workshops Session A
- A: *"Making Your Online Brand Work for You"*
Jennifer Shinkai, APAC Marketing & Communications Manager at en world group
Room: 5F
- B: *"Take Control of Your Financial Future"*
Stefanie Richert, Senior Adviser at Banner Japan KK
Room: 3F
- C: *"Rise to Your Full Potential"*
Tanja Bach, Consultant, Trainer/Facilitator & Coach
Room: 2F
- D: *"Health is Your Biggest Wealth"*
Carmela Fleury, Certified Martha Beck Life Coach & Integrative Nutrition Health Coach
Room: 5F Terrace

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----- BREAK -----

- 15:30-16:30 Afternoon Workshops Session B
- A: *"The Art of Female Assertiveness"*
Heike Geiling, Founder of Beyond Global Mindset and Cross-Cultural Competence
Room: 5F
- B: *"Essentials for Visually Branding Your Business"*
Barbara Lang, Owner of atelierfünfdrei
Room: 3F
- C: *"The Power of Personal Style"*
Lucy Barrett, Personal Stylist & Style Coach
Room: 2F

----- BREAK -----

- 16:45-17:15 Wrap-Up
Sarah Furuya and Divya Marie Kato
Room: 5F
- 17:15-17:45 Prize Draw
Closing Remarks — Kaisa Ahopelto, Vice President of FEW Japan
Room: 5F
- 17:45-19:00 Networking Reception
Room: 1F