



19th FEW CAREER STRATEGIES SEMINAR  
**WOMEN RISING**  
Inspiration. Knowledge. Connection.  
Saturday, May 28, 2016 Shibaura House



**Advance Registration:**

*FEW Members & Non-Member Students & Interns ¥10,000  
Guests ¥12,000*

*Earlybird Registration: ¥2,000 off the above rates (Ends April 16)*

**Everyone at the door: ¥15,000**

*(Includes light breakfast, lunch, cocktail hour and refreshments throughout the day as well as the chance to win some awesome prizes to boost your career)*

Join FEW for a transformational day of self-development, professional learning, community, connection and FUN! Gain the tools, resources and strategies to **RISE UP**, accelerate your professional and personal success, and achieve a healthy work-life balance.

- Gain **inspiration** to create a bigger vision for your career
- Acquire tools, **knowledge** and confidence to make it happen
- Connect** with other professional women who can help you reach your goals
- And more...

Learn More & Register  
[www.fewjapan.com](http://www.fewjapan.com)



**Contact:** Miyuki Seguchi  
public.relations@fewjapan.com

**FOR IMMEDIATE RELEASE:** April 13, 2016  
**More Info:** www.fewjapan.com

**FEW Japan Welcomes Top Female Professionals for CSS 2016**  
*19th Career Strategies Seminar Set for May 28, 2016*

**TOKYO:** For Empowering Women (FEW) in Japan will hold its biennial Career Strategies Seminar (CSS) on May 28 from 9:30 a.m. to 7 p.m. at Shibaura House. With the theme “WOMEN RISING,” this full-day seminar will offer “Inspiration, Knowledge and Connection” to more than 70 women of all professional backgrounds living in Japan through interactive workshops and training and networking sessions led by experienced, successful female industry leaders, small business owners and insightful coaches and mentors. The goal is to help all attendees acquire the necessary tools and confidence to RISE UP and better navigate their their way towards an even more purposeful career.

*Confirmed speakers include:*

- **Jay Ponazecki**, Chairman of the American Chamber of Commerce in Japan
- **Lauren Kawasaki**, Co-Founder of Best Living Japan
- **Heike Geiling**, President of Beyond-Global Mindset and Cross-cultural Competence
- **Stefanie Richert**, Senior Adviser at Banner Japan K.K.
- **Jennifer Shinkai**, APAC Marketing Communications Manager - Australia, India, Singapore and Thailand at en world group

*Workshop topics include:*

- Transitions – Determining Your Next Career Direction that Aligns with Your Talents/Skills
- Happy and Healthy Mindset – Balancing Career and Wellness
- Profit or Purpose – Exploring Launching and Growing Your Own Venture
- Taking Control of Your Financial Future
- Essentials for Branding Your Business

“CSS is a perfect place for women to do some self exploration and walk away inspired with some new friends.” -- *CSS 2016 Chair Carmela Fleury*

“This year will be the fifth time I have attended CSS. Although the theme differs each time, the day is always an energizing experience from start to finish, providing participants with concrete strategies and tools for taking their careers to the next level as well as the chance to meet and connect with other talented women to help them achieve their goals.” -- *FEW President Sarah Achilles*

**About FEW:** For Empowering Women (FEW) in Japan is a Tokyo-based non-profit and networking organization whose mission is to “enable international women in Japan to achieve their full professional and personal potential.” FEW was founded in 1981 and aspires to be the “GO-TO place for personal and professional learning and connection.” Members include marketers, journalists, attorneys, bankers, photographers, translators and entrepreneurs as well as as students and interns.

###