

# How to Navigate Life: Tips for Work-Life Balance and Career Design

## Date

Wednesday, **December 21**, 2022  
15:00 ~ 16:30

On-line  
& Face to  
Face

At Multi-Purpose Room, 1st floor, Building2,  
Fuchu Campus, TUAT



## Speaker

# Ms. Kazuko Motoki

### ODCatalyst, Representative Director

She has a lot of training experience, including consulting for companies seeking to utilize diverse human resources, such as women, based on her experience of working as a full-time employee while dealing with changes such as marriage, childbirth, and her spouse's overseas assignment. In her lecture, she will talk about tips and know-how on career design.



## Qualifications:

International Coaching Federation Certified Coach (ACC) / Tokyo Coaching Association Certified Associate Coach (TCAAC) / National Career Consultant / Career Development Advisor (CDA) / Industrial Counselor / DiSC® Certified Trainer / JAVADA (Japan Vocational Ability Development Association) Career Shift Change Workshop Instructor / CheckPoint360™ Certified

## Biography:

She has worked for several foreign companies, including a telecommunications equipment and instrumentation manufacturer, as the general manager of the human resources department. During her tenure, she interviewed more than 1,000 employees, managed personnel evaluation systems, handled mergers and acquisitions, and taught leadership training for managers.

## Participants :

Anyone is welcome  
(Registration is necessary)

## Host organization:

Organization for WISE Program, TUAT

## Co-host organization:

Women's Future Development Organization, TUAT

## Cooperation:

All Nippon Diversity Network OPENeD [Tokyo Block]

## Registration

Please apply from the following URL or QR code.

<https://forms.gle/qQGaDU8iPFxdf8p9>



**Friday, December 16, noon**

## Language

Japanese and English (Simultaneous English interpretation is available)

\* If you prefer one of the languages, please bring an earphone and a device to listen via the Zoom channel.

