



The American Chamber of Commerce in Japan Kansai Chapter Women in Business Committee presents an Inaugural Special Event for business women and men

Co-active Coaching - Coaching people towards success

How you can benefit from coaching – for your career and for a more fulfilling life

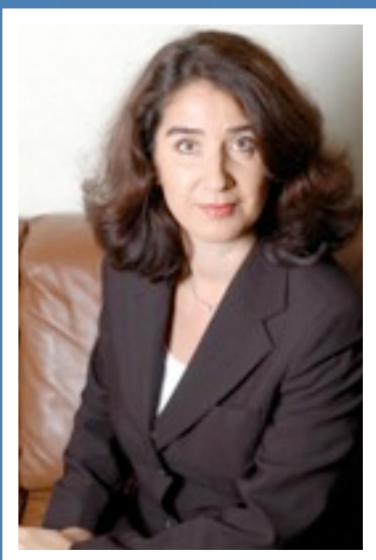
Receive the WIB Award!

We will award the ACCJ member, who brings the highest number of female visitors to this meeting, with a special prize donated by ANA Crowne Plaza Osaka.

Start the evening with a quick and effective check of your body posture & learn about breathing from Hata-san, a certified Pilates Trainer!



Bettina Al-Sadik-Lowinski
Executive, Career and Life Coach, BAS Consulting
<http://www.b-a-s-consulting.com/>



DATE: Thursday, April 8, 2010
DOORS OPEN: 6:30 p.m.
PRESENTATION: 7:00-8:00 p.m. including Q&A
NETWORKING: 8:00 – 9:00 p.m.
COST: Members 4,000 yen
Guests 5,200 yen (includes buffet and drinks)
VENUE: ANA Crowne Plaza Osaka, Room TBA
(This event is supported by ANA Crowne Plaza Osaka)
MAP: <http://www.anacrowneplaza-osaka.jp/english/access/index.html>
RSVP: kansai@accj.or.jp by April 5
ACCJ Member Online Registration: <http://member.accj.or.jp>
You will receive a confirmation email

Coaching was invented in the nineties in the US and even though more and more coaches offer their services in Japan it is still a rather new discipline for many executives. When confronted with coaching for the first time, many people are unsure about its target and benefits.

Like the personal trainer in the gym who helps you to shape your body and stay healthy, the professional coach will help you to build your career and create your personal life to its best.

This interactive presentation will give you an insight to the world of coaching and will cover several questions that will help you to decide if coaching can be of interest to you or your staff.

You can expect answers to the following questions:

What is co-active coaching?

What can you or your staff achieve with the help of a professional coach?

How can coaching support you in achieving work-life balance?

Furthermore you will gain experience with coaching methods – like “the wheel of work”, “choices and perspectives”, “the saboteur”, “your future self” and also share a mini-coaching session.

Bettina Al-Sadik-Lowinski, an experienced marketing manager from the pharmaceutical industry, was trained by the international market leader in both personal and executive coaching- CTI (Coaches Training Institute, San Francisco) and is currently working on her Certification (CCPC and ACC) as an executive, career and life coach. CTI is accredited by the International Coach Federation (ICF) and has trained coaches around the world. She offers coaching in English, German and French.

Bettina comes from Germany and lives in a family from 4 different cultural backgrounds. She has two very young kids who are being raised in three languages. She studied business administration and marketing in Germany and France and previously worked for Canon and Bayer. Before becoming a coach Bettina worked over 16 years in various Marketing functions and is an expert in Pharmaceutical



Marketing (prescription and OTC products). Bettina is a member of the ACCJ Kansai Women-in-Business-Committee and active in several woman's networks.

During the presentation Bettina will also share her experiences of changing careers, becoming an entrepreneur (www.b-a-s-consulting.com) in Japan and combining motherhood with a fulfilling work life.

Special benefits of this inaugural special event hosted by the ACCJ Kansai Women-in-Business Committee:

Receive the WIB Award

After the presentation the Women-in-Business team will introduce its members and present its goals for 2010. Please be invited to meet a group of interesting and energetic women and their project within ACCJ. We hope to get your support in attracting more women to ACCJ and invite you to bring as many female colleagues or friends as you can. **We will award the ACCJ member, who brings the highest number of female guests to this meeting, with a special prize donated by ANA Crowne Plaza Osaka.**

Win one of two free coaching sessions.

For women only: Apply for a free promotion for your business at the networking event.

We will give 4 women the opportunity to be on stage with us and promote their business in the form of a casual interview supported by the WIB team members. Please apply by sending your name and 2-3 sentences of what your business is offering to alsadik@b-a-s-consulting.com by April 2nd.

