

Live Webinar

Workstyle Reform and Work-Life Balance for Women in Japan

December 1, 2021



Featuring:

Mikiko Nihei, Senior Consultant; Labor and Social Security Attorney, WORK LIFE BALANCE Co., Ltd.

Shima Tassin, Personal Chef and Lifestyle Advisor

Maiko Todoroki, President and CEO, Poppins Holdings Inc.; President, Poppins FamilyCare Inc.

On December 1, 2021, CJEB held a live webinar featuring Mikiko Nihei, Shima Tassin, and Maiko Todoroki. The speakers discussed Japan's historical progress and current situation regarding work-life balance and gender parity and the future outlook of workstyle reform, including challenges and opportunities and the role of government, employers, and society. They commented on various aspects of workstyle reform and work-life balance, including: (1) How families in Japan could tackle child or elderly care needs and what the country has done and needs to do moving forward to support families and empower women (2) The benefits of utilizing hired support for a woman's quality of life, both personally and professionally (3) The effects of gender equality and workstyle reform on productivity and happiness levels in Japanese society. This symposium was part of Columbia Business School's Phillips Pathway for Inclusive Leadership (PPIL), addressing the following essential inclusive leadership skills: (1) Creating an inclusive environment (2) Addressing systemic inequity. The webinar concluded with a Q&A session. To view the video recording of the webinar, please visit <https://youtu.be/osF8q3MtCvA>.