



Sarah Furuya

Profile



Sarah Furuya has been living and working in Japan since 2001. She is a trained Organizational and Relationship Systems Coach ORSC™, trained in Alchemy; The Art and Science of Co-Facilitation, a certified practitioner in Saville Wave™ and aptitude assessments and Lumina Spark® psychometrics and holds a BSc Hons in Human Psychology & Human Biology from the University of Aston in Birmingham. Originally from the UK, she worked in management in the Beverage then Telecoms industries before moving to Japan.

She spent 8 years as the Learning and Development Coordinator in a company working closely with key client Microsoft and other domestic and international clients across industries. In 2012 she started a coaching business, and shortly after became the external senior consultant and executive coach for a talent development agency in Tokyo.

She was one of the key coaches on a domestic car company's inaugural 3-year executive coaching program, collaborated with First Lady Abe on a women's leadership journey program called Flourish, and designed and delivered an inspiring leaders 2-year leadership journey at an Embassy in Tokyo. She currently coaches clients in luxury, retail, law, finance, translation, marketing, communications, technology, Internet security, pharma, media, small biz, news and coaching industries in Europe, Asia, The US & Australia.

Sarah focusses on creating awareness in self and teams. She facilitates alliance across systems, relationship effectiveness and leadership while revealing systemic needs. She helps coaching clients have a better experience of life and work and to optimize their contribution to business and society, taking into account all factors at play that affect decisions, competence and capabilities.

She is a guest lecturer in Psychometrics and Lifeplan Coaching at Temple University Japan. She opens an exclusive year-long group program for private coaching clients, who want to upgrade their lives and commit to long-term accountability in a group setting. She has contributed to the British Chamber of Commerce's Acumen Magazine on the Future of HR, Spoken on BBC's Business Matters on Women in Business in Japan, was a workshop leader at the Women's International Networking Conference, a speaker on protecting the female pipeline and developing female management talent at the HR Conference & was nominated for a BCCJ Positive Impact Award and Entrepreneur of the Year at the 2019 and 2021 British Business Awards.

She is a board member of Refugee Empowerment International (REI), sat on the 2021-22 executive committee member at British Chamber of Commerce (BCCJ) on the diversity, equity & inclusion task force. She hosts a podcast to support her coaching practice, telling people's stories and runs Tokyo's largest clothing exchange combining her love of fashion and style with conscious consumption and community.

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Founder & Coach

Sarah Furuya Coaching