

Seminar on Wellbeing at Work With Chebura Exercise!!



Seminar image

Characteristics

1 How to Manage Your Physical Condition

Knowing about our body concerns and taking care of yourself through physical activity is necessary not only for employees but also for your work. Improving the health of employees will also help them be more productive and grow at work.

2 Fun communication!

Employees who normally have few opportunities to interact with each other can strengthen their horizontal connections by attending active seminars together with practical exercises. This connection will also lead to business collaboration.

Group Training
Online Training
Either is possible!

Curriculum image [For 90 minutes]

Time	Contents	Remarks
30min.	★Basic Knowledge of Women's Health <ul style="list-style-type: none"> • Estrogen Changes throughout Life and Menopause • Role of estrogen • PMS, Pregnancy to Postpartum and Menopause • Causes and countermeasures for disorders 	Lecture
30min.	★Chebura Exercise! Methods to improve physical condition with immediate effect (for prevention of disorders caused by hormonal changes / VDT syndrome) <ul style="list-style-type: none"> • Breathing to regulate the autonomic nervous system /Relieve stiffness in the shoulders, etc 	Exercise Practice (This exercise can be done while sitting in a chair or standing in place.)
30min.	★Life hacks for working <ul style="list-style-type: none"> • Illnesses and tips on how to get medical care • Life habit (exercise, diet, sleep) • Life Career Design Worksheet. • Energizing poses, etc. 	Lecture & Exercise



Online Seminar image

Preparations	Each person: writing utensils, drink for hydration. Computer or smart phone if online.
Fee Guideline	【Up to 30 people】 165,000yen 【31 to 50 persons】 165,000 yen + (4,400 yen x number of additional persons) (※tax included) Please feel free to consult with us if you have a small group or more than 51 people attending.
Other	*Textbooks can be downloaded from the web *Please contact us if you would like to record the lecture and distribute it at a later date.

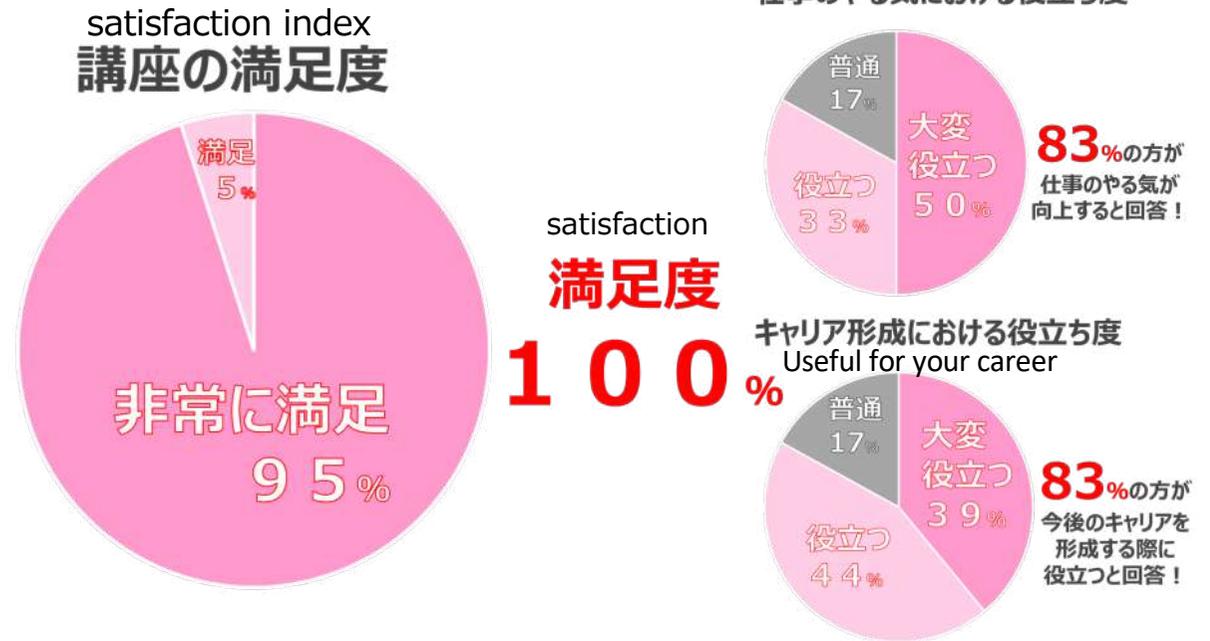
Contact : info@chebura.com

Curriculum can be customized. Please feel free to contact us for details and budget.

Seminar Impressions

- After the exercise, I was surprised that my shoulders really relaxed and my eyes became can see good. The exercises are all easy to do, so I will actively try to incorporate them during my commute to work and at work.
- The stories were easy to understand, there was laughter, tears, and exercises, and it was a fulfilling experience that rejuvenated my mind and body.
- Very satisfied with everything, including the content and speed. Best training I've ever experienced!
- The textbook I received was very good and easy to understand. I feel better knowing that menopause is something that all women go through.
- I practiced the exercises and stretches and felt amazingly better on the spot. I especially liked the breathing exercises to bend and stretch my neck.
- It was very informative. I believe that if there is a body period of change in the future, I will not panic if I have the knowledge.

Evaluation of the seminar (78 responses)



Seminar Picture



NPO Chebura

Profile of Representative Director



Kyoko Nagata
 Menopause Total Care Instructor
 Menopause Counselor
 Voicy radio personality,
 YouTube "Chiebura Channel"
 (over 37,000 subscribers)

【Lectures and Video Courses Achievements】

Ministry of Internal Affairs and Communications,
 Kao Corporation, IBM Japan, Ltd. Toyota Motor
 Corporation, Yahoo Japan Corporation,
 NEC Corporation,
 Pasona Inc.

【Media】 TV: NHK E-television "Ashita
 mo Hare! Jinsei Recipes", NHK "Asaichi",
 Newspapers: Mainichi Shimbun, Sankei
 Shimbun, Asahi Shimbun, WEB: Toyo
 Keizai Online, P&G MyRepi Magazine:
 Orange Page, PHP Karada Smile, etc.

● Profile ●

She studied Pilates, bodywork, and oriental medicine after her theater career. She has been working as an instructor for postpartum care, and based on the voices of women around 40 years old and her own mother's experience of depression due to menopausal disorders, she founded "Chebura" to support the health of women going through menopause. Through surveys of more than 1,000 women and cooperation with doctors, she researched, developed, and disseminated a "menopause prevention method. In 2018, she presented her efforts in Japan at the International Menopause Conference held in Vancouver, Canada. Chiebura" means "the change of life" in English.

Publication Books



CHEBURA HP

Seminar Picture

