



# Sarah Furuya

## Profile



Sarah Furuya is an Executive Coach, Life Coach and Creative based in Japan.

She holds a BSC Honours in Human Psychology and Human Biology from the University of Aston in Birmingham, is a trained ORSC™ Organisational and Relationship Systems Coach and Certified Saville Wave and Lumina Psychometrics practitioner. She is a regular lecturer at Temple University Japan and hosts the Legends Interview Podcast. She is the partner guide in the Lighthouse Circle Grief Support Group bringing coaching, counseling and mindfulness to grief. She has been executive coach and facilitator across all industries and career level for multiple companies in Japan, APAC and UK.

Originally from, Liverpool, UK, Sarah has lived in Japan since 2001 and after working as the Learning and Development Lead of a Tokyo-based Corporate Training Company went renegade to start SF Creative in 2012, while she was President FEW; For Empowering Women in Japan. Since then she has sat on the Executive Committee of the British Chamber of Commerce Japan, was a finalist in British Business Awards for Positive Impact 2019, Entrepreneur of the Year 2021 and Diversity Equity and Inclusion in 2022 and currently sits on the Board of Directors for Refugee Empowerment International. She has been featured in the Japan Times, Savvy Tokyo on the BBC World Service, and on multiple podcasts.

She lives, with her partner, on the shores South of Tokyo near the sacred City of Kamakura, where she coaches, writes, reads, swims, enjoys nature and steps her life in the pursuit of art, beauty, the intersection of creativity and coaching and expressing humanity in its fullness.

*Sarah Furuya*

Founder & Coaching

SF Creative