



The Association for Women in Finance  
is pleased to host a special year end event:

## “How to Harness This Thing Called Stress”

with our guest speaker

**Vickie Skorji**

Director of the Tokyo English Life Line, an NPO specializing in addressing the international community's mental health needs in Japan

**Thursday December 3, 7:00pm – 9:00pm**

(Doors open at 7:00, Speakers starts at 7:30)

**This event will be held at the Tokyo American Club (TAC) ROOM: Brooklyn II,**

Tokyo American Club, 2-1-2 Azabudai, Minato-ku Tokyo

Closest stations (see map link below): Kamiyacho, Azabu Juban, Akabanebashi



We all have stress in our lives, from an argument with a partner, to being late to pick up the kids from school, a deadline at work that is just impossible to meet, challenging personalities in the office, or late night conference calls. This is life in the 21st century.

While we know that stress is a growing concern around the world and costs billions of dollars in health care and lost productivity at work, is all stress bad? This workshop will explore this thing called stress, help you identify the sources of stress in your life, explore ways of managing stress both in the workplace and in your personal lives, look at gender differences in coping, and help you put more spice and less distress in your lives.

Vickie Skorji is the Director of the TELL Lifeline. She has been involved with TELL for over 10 years in a variety of roles including volunteer phone counselor, training Coordinator and TELL Counseling therapist. Vickie has a Masters in Counseling from Monash University and a Behavioral Sciences degree with honors from La Trobe University Australia and is a licensed counselor with the Australian Counseling Association.

She has specialist training in neuropsychology and Acquired Brain Injury in both hospital and rehabilitation settings. Prior to moving to Hong Kong & Tokyo she managed an Acquired Brain Injury Support Service in Australia, supporting families and individuals with a variety of neurological conditions such as dementia, Parkinson's disease, Multiple Sclerosis, Stroke and migraine.

During her time at TELL she has developed a wide range of suicide prevention programs, for schools, workplace and the community. She has given talks on adolescence, bullying, being biracial in Japan, cultural adjustment, dementia care, psychological first aid training, women's mental issues in Japan, stress management, and work life balance.

### TO REGISTER:

Please register online here by Friday, November 27, 2015:

<https://awftokyo.wufoo.eu/forms/how-to-harness-this-thing-called-stress/>

COST (Includes buffet & wine):

Members and employees of corporate member firms\*: 2500 yen

Guest: 5000 yen

Student Members: 1000 yen (with I.D.)

Please send cancellation **before** the signup deadline so that we are able to adjust the catering costs.  
Your cooperation is greatly appreciated.

For a map to the venue, please go to this URL to download one:

[http://www.tokyoamericanclub.org/index.php/en/about-the-club/access/item/download/61\\_99b5dd88f973d07026327de29c164078](http://www.tokyoamericanclub.org/index.php/en/about-the-club/access/item/download/61_99b5dd88f973d07026327de29c164078)