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Dr. Sakakibara's research focus is stress and health for workers, career development for working women, return to the labour market for housewives, and career support for students.

Ms. Sakakibara began her career at Sanwa Bank (now Bank of Tokyo-Mitsubishi UFJ) in financing and marketing. While pursuing her professional career at Jomon Associates (executive recruitment) and Fleishman-Hillard Japan (global communications consulting) she shifted her attention to creating a healthy workplace where employees are motivated to develop their careers and contribute to the profit of the organization.

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