

# REFLECTIONS ON THE MILESTONE OF THE 10TH WOMEN LEADERS ACADEMY

Leadership

Last updated: March 18, 2025

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Japanese Centre for Research on Women in Sport

The Japanese WCA offers coaching education and training based on scientific research to women who aim to become leaders and coaches. The program differs significantly from various traditional training courses because it includes perspectives on Professional Coaching, Leadership & Collaboration, The Significance of Diversity and Inclusion and How to Promote Them, Conditioning for Female Athletes, and Mental training for thinking and emotions.

The program also provides networking opportunities to support career development, as well as the opportunity to meet mentors in various fields. Once a year, a “follow-up seminar” is held for all WCA alumni to share the latest information on women and sports.

This is the “only” initiative of its kind in Japan to support female leaders and coaches.

**Brighton Plus Helsinki Declaration Principles:**

- Leadership in Sport
- Education Training and Development

**Target Audience:**

- Sports Administrators
- Sport Policy Makers
- Sport Coaches

**Background:**

The academy, targeting women coaches in the sport field, began for the first time in Japan in September 2015 in Karuizawa. Karuizawa, the only town in Japan to host both the Summer (1964 Tokyo Olympics) and Winter (1998 Nagano Olympics) Olympics, was chosen as the location for this pioneering initiative with the hope that participants would soar as unique, irreplaceable individuals.

A total of 305 WCA graduates are now making significant contributions across the sport industry, both domestically and internationally.

**Read: Reflections on the 10th Women Leaders Academy**

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