

2026 Celebrating Women In Mental Health

Hello and Happy Sakura Season! Celebrating Women, Growth, and Mental Wellness

Can you believe the Sakura are blooming already? March's beautiful arrival brings not only those iconic cherry blossoms but also a fantastic opportunity to celebrate Women's History Month. This year, the spirit of celebration was strong at the International Mental Health Professionals Japan (IMHPJ) conference in Kobe—an organization that truly embodies the vibrant diversity and forward-thinking leadership we love to see.



IMHPJ is a shining star for inclusivity, celebrating everyone across nationalities, genders, and sexual orientations, and doing vital work to advance mental health across Japan. It's particularly inspiring to note the phenomenal women leading the charge: the past two Vice Presidents have been women, the Ethics Chair is a woman, and many senior board members are experienced female clinicians. These wonderful leaders aren't just guiding the association; they're constantly giving back to our community through this essential organization.

A Quick Look at Women's History in Japan

The story of women in Japan is a rich, complex, and exciting tapestry—from the ancient female emperors to the accelerating growth of women seizing leadership and executive roles today. We are genuinely witnessing an unprecedented surge in female entrepreneurship. This incredible momentum was brilliantly showcased at the 2025 French Chamber of Commerce's business summit, which highlighted amazing female innovators breaking ground in tech, driving innovation, and strengthening Japan-France relations.

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Fueling Your Growth with Mental Wellness

The month dedicated to celebrating women gives us a powerful, perfect moment to also celebrate the mental health foundation that makes all this incredible growth, creativity, and community contribution possible.

As a fellow female entrepreneur, business owner, and mental health practitioner, I find this time of year—with the exquisite Sakura as our backdrop—to be truly magical. It's the perfect moment to joyfully welcome the new beginnings symbolized by the spring blossoms, while also taking a mindful pause to appreciate the profound resilience and inner strength it takes to sustain long-term growth and make meaningful contributions.

Whatever personal or professional mountain you're climbing, remember that you rarely achieve it alone. The most successful women I know prioritize creative ways to nurture their growth—and that almost always involves a supportive community. Just like those beautiful Sakura trees need fertile soil and sunshine, a focus on your mental health is fundamental to achieving your biggest goals, cultivating a thriving community, and celebrating yourself!

May this season inspire you to embrace both celebration and a deep, loving commitment to your own well-being.-----Ready to plant the seeds for your next phase of sustained growth and well-being? Let's connect!

At Kintsugi Consulting, we enjoy helping high-achieving women, entrepreneurs, and leaders cultivate the mental fortitude needed for long-term success. Reach out to us today to schedule a consultation and discover how we can support your journey toward even greater resilience and fulfillment.

With love,
Abbey