

Health Festival at the Headquarters

- At the health festival held in the autumn of 2019, participants were allowed to freely enter and leave so that as many employees as possible could attend.
- Employees took part in seminars and events of their choice and checked their health using various health measuring equipment. About 260 people, or roughly 25 percent of the workers at the headquarters, took part.



Free to enter and leave at any time



Yoga seminar (peace of mind and body)



Sports event using VR technology



An area to measure skeletal age, brain age, skin age etc.

Workplace short training session on positive mental health

- In addition to anti-stress measures aimed at preventing mental health problems, we also engage in efforts to enhance interpersonal relations (Teamwork/Wa) and creativity (Innovation) based on the Kyowa Kirin Group's management philosophy and values. So that each and every person can fully take part in the discussions, training sessions were held by each group, section and unit, totaling 566 organizations in all.
- Participants gave positive comments after the sessions: "I will properly convey my feelings of gratitude," "I will try to emulate the good things in the people around me," "I will try to come up with specific ideas to make work more fun."

introduction KYOWA KIRIN

This training will be conducted as part of the "Wellness Action 2020".

[The purpose and expected effect of short training]

We anticipate revitalizing team power at your workplace by not only the stress check represents preventing employee's health but also using this short training time. In this time, We will read and discuss FISH philosophy and hope motivate everyone's own action

© Kyowa Kirin Co., Ltd.

Chapter1. KYOWA KIRIN

1. Background of the focus on positive mental health

"Positive mental health" is an initiative to revitalize an organization by improving people's positive emotions, ways of thinking and behavior.

In recent years, the business environment has been described as "VUCA", an unpredictable and rapidly changing era, and companies are constantly required to generate new ideas and ideas. In order to meet the expectations of society, we must constantly evolve. However, knowledge about management spreads quickly, making it difficult for organizations to make a significant difference just by gathering highly qualified people.

This means that the power of the team is more important than ever. Now, the team is changing from filling the gap with what it should be to a positive approach that builds relationships and creates the future.

© Kyowa Kirin Co., Ltd.