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Report

Title: Application of Mental Training in Educational Settings

Lecturer: Osada Rieko Sensei

Contents: All presentations of the country report were completed, and various programs such as school tours, lectures, and discussions will begin. So, ice-breaking program was held to further deepen the relationships between the trainees. The instructor, Osada Rieko Sensei, is currently enrolled in a master's program at Hiroshima University and has provided mental training to companies and athletes. At first, it was provided that an overview of the mental training in Japan. After that, trainees played a game of sports tag to give them a hands-on experience of communication through exercise. It seemed to be an opportunity for the trainees from various countries to become more familiar with each other. Furthermore, on this day, three junior high school students supported the program as job observation.

