

SERVICE 01



Cancer Journey Coaching

Not the end of the cancer journey, but the beginning of an inner strength awakening.



Supra Mentor Co., Ltd.

Two groups whose needs often go unmet

Employees balancing illness and work

- Diagnosed with cancer, and facing choices about treatment, work, and life all at once, mind reeling
- Treatment has settled down, but it doesn't feel possible to work the way they used to — and returning to work feels frightening
- Caught between who they were before the diagnosis and who they are now, unsure who “themselves” even is anymore

Expatriate and international employees, and their families

- Diagnosed with cancer while on assignment abroad or right after returning, and now navigating treatment and work in an unfamiliar environment
- Exhausted from managing medical care and workplace coordination in English (or Japanese)
- Family back home, and facing major decisions largely alone

Our approach: from the moment of diagnosis through re-entry and a fresh start, a certified coach — fluent in Japanese and English — walks with you one-on-one. “How to treat it” belongs to medicine; “how to live it” is where coaching comes in.

WHAT WE DO

Service Overview

- A Japanese-language version of a program refined over 10+ years by Cancer Journey Institute (US), an ICF-credentialed training organization also used at the UCSF Brain Tumor Center. Delivered by Japan's first and only Certified Cancer Journey Coach
- We help you reclaim your own “powerful state” across three dimensions — emotional, mental, and spiritual
- A 5-point check-in (PESH) before and after every session lets you track your own change over time
- Available in Japanese and English. Coaching is also offered to caregivers and family members, not just the person diagnosed

A 90-minute group workshop. Experience coaching concepts and three practical tools. Highly recommended for those who want to see if coaching is right for them.



How it works (example)

1. Free 30-min consult

2. An emotional check-in to see where you stand

3. Join a workshop

4. Biweekly sessions

5. Move forward on your own terms

Step 3 is a 90-minute group workshop covering the coaching approach and three core tools — a great way to see if coaching is right for you before committing further.

SUCCESS STORIES

Voices from people we've supported

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An illness, and everything you feel around it, shapes your life deeply. But it can also be a chance to face yourself. A coach who walks alongside you through that can be an enormous help. I hope you take that first step.

Woman, 30s — brain tumor (returned to work after treatment)

“

I was diagnosed while on assignment abroad, and had to weigh going home against continuing treatment there — largely on my own. Having a coach who could speak both English and Japanese helped me work out how to even bring it up with my company.

Man, 50s — diagnosed while on overseas assignment, manufacturing sector

* To protect privacy, these accounts are composites drawn from multiple experiences and do not identify any one individual.

Our team, and our commitment to quality



Who supports you

- Japan's only Certified Cancer Journey Coach (CJI-credentialed) leads every engagement
- Our founder is herself a cancer survivor, and has presented twice at the international conference MASCC
- We work alongside medical and mental health specialists, and refer out whenever needed



How we protect quality

- Every single session includes a before/after 5-point check-in (PESH)
- We keep a clear line around medical scope in writing, and never weigh in on treatment decisions
- Full refund within 7 days if you're not satisfied with your first session

AI plus human support — nothing falls through the cracks



Your AI companion

- Your own AI companion emerges from the “emotional check-in” built on ICF-credentialed Cancer Journey Coaching
- It evolves the more you talk with it, offering day-to-day self-care ideas
- It catches shifts in how you're feeling and helps carry them into your next session



Free human support

- Free chat and the free 30-minute video consultation are always handled by a real human coordinator, never AI
- After each session, your coach sends notes, reflections, and any homework — so nothing goes quiet before the next session
- On harder days, we're flexible about format — voice-only or message-based, whichever fits

Between sessions, waves of anxiety can hit in the middle of the night. Your AI companion supports day-to-day self-care, and a human coordinator is always reachable by free chat — together, this double layer of support carries you through the hours you spend on your own during the cancer journey.

Why organizations trust us



International collaboration

Cancer Journey Coaching is delivered through a survivorship program born at the UCSF Brain Tumor Center, combining community and dedicated emotional support



Conference record

Two poster presentations at MASCC, plus a presentation at the AYA Oncology Alliance in Japan conference, which also awarded us its AYA Activity Encouragement Award



An internationally credentialed lineage

Cancer Journey Coaching comes from Cancer Journey Institute (US), an ICF-credentialed training organization with 10+ years behind the program



Our founder has lived it too

Japan's only Certified Cancer Journey Coach, and someone who has been through illness herself

You can start with just one service

For organizations

- You don't need all five services — adoption of a single service is welcome
- Scope, usage limits, and reporting format are designed individually (quotes are free)
- Use is anonymous. HR receives only anonymized, aggregate reporting

For individuals

- Start with a free 30-minute video consultation or free chat (always with a real person)
- It's fine to begin even if you're not sure which service is right for you
- If you're not satisfied with your first session, we offer a full refund within 7 days

Let's start with a conversation.

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