

# CATHERINE O'CONNELL

Award-winning Law Firm CEO, Lawpreneur, Podcaster & Board Member

## Topics I can discuss in English and Japanese

- How you can live your best life as a lawyer anywhere, in your own business, doing work you love
- What it takes to transition from private practice to in house and back again, and then launch your own law firm in Japan and build a board career
- Doing business in Japan, business entry and set up
- Mistakes people make when trying to do business in Japan
- The steps involved in setting up a law firm in Japan
- Entrepreneurship & Corporate Governance in Japan
- How to build a thriving business network in Japan
- Launching a podcast workstream for your business
- What it takes to win law and business awards

## Questions you can ask me:

- How to become an Independent Board Member
- Why did you start the Lawyer on Air Podcast?
- How did you become a lawyer in Japan?
- What's involved in setting up a boutique law firm practice in Japan niched down to support corporate legal teams and SMEs?
- How can I work differently or non-traditionally in Japan?
- What are the legal + corporate governance trends in Japan and the risk areas in business in Japan?
- What are some of the misconceptions people have about living and working as a women in Japan?
- How can I get experience working as a lawyer in Japan?
- What does a great awards submission look like (since you won Boutique Law Firm/Foreign Lawyer Entrepreneur of the Year)?
- What do I need to be an Entrepreneur in Japan or set up business in Japan?
- How can you help mentor me to a board seat?
- What do young lawyers you mentor need to know about life in Japan?
- How do I build a business network in Japan?



## Profile

BILINGUAL (ENGLISH & JAPANESE) LAWYER PRINCIPAL  
AND FOUNDER OF CATHERINE O'CONNELL LAW

Catherine, a New Zealander, is an in house legal counsel-experienced lawyer operating an award-winning boutique law firm in Tokyo, and Independent Board Member of TOYOTA and FUJITSU. As the first foreign female lawyer to launch a law firm in Tokyo, she provides flexible secondments and outside General Counsel services. She is a seasoned governance specialist and excels at cross-cultural business communication bridging Western and Japan mindsets. She has over 20 years experience of working and living in Japan and is currently the President of Women in Law Japan. She won Boutique Law Firm of the Year 2023 & Foreign Lawyer of the Year 2022 at the Japan Law Awards, and won Entrepreneur of the Year in 2020. She loves rugby, New Zealand wine and thrives on enhancing board decision making and being a leader in the international community

## Connect with Catherine

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## Catherine also hosts the Lawyer on Air Podcast

Catherine unlocks the wisdom of stories women lawyers never tell giving them a voice in the global community to share unique insights and experiences from their careers. Listen at: <https://www.catherineoconnelllaw.com/podcast>