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As part of my Office Hours initiative, I've had the opportunity of conversing with hundreds of individuals, many of whom are navigating mid-career transitions. Drawing from my personal journey, I've gained insights into the challenges and opportunities this phase presents.

During my exploration, I stumbled upon a gem: the 'Sango Life Sutra' YouTube channel by Amit Sangwan. His pragmatic approach to addressing midlife challenges resonated deeply with me. While technical aspects are vital, Sangwan's focus on life management struck a chord.

In line with my commitment to sharing valuable resources, I'm thrilled to unveil my latest Medium blog post sharing notes/jottings the topic of Mid-life Crisis. 🚀

Check it out here: <https://lnkd.in/gQSmIZvh>

Here are some key takeaways:

- ➡ Recognizing the finite nature of life, often hitting individuals between ages 42-55
- ➡ Common symptoms including loss of control, time demands, job stagnation, anxiety, and physical ailments
- ➡ Unconventional coping mechanisms such as extravagant purchases or extreme fitness pursuits
- ➡ The significance of prioritizing family, travel, home improvements, and supporting parents financially as strategies for managing the crisis

➡ The transformative power of maintaining a positive outlook and confident demeanor during this challenging period

I encourage you to read the full article and share your thoughts and experiences on this important topic.

#career #jobs #coach #MidlifeTransition #CareerChange
#FamilySupport #PersonalGrowth #IndianProfessionals
#EmployeeWellness #CareerManagement #PositiveAttitude



Mid-life Crisis

medium.com • 2 min read