

Mid-life crisis who?



The rise of the mid-life crisis is real. It's no longer the domain of middle-aged men. It seems to be on the rise in women. Or is it just more visible as there are more women in the workplace, whereas previously it was hidden away at home?

Gen X gave us the first generation of women who are close to reaching

gender parity in the workplace, but also in leadership roles. This is now in sharp decline. Those same women are also now firmly in the throes of middle age and all the fun that ensues.

Menopause????

The same level of support or acceptance is not as available to women as they are to men. My mid-life passion has become watching an in-ordinate quantity of K-Dramas! Caring responsibilities also still largely lie with women, moving from their children to their parents and increasingly, friends. This is also a generation where larger proportions are single than before, at home support isn't there.

How does this play out in a professional environment? Women leaders can be perceived as slower than their male counterparts, not as available, not as ambitious, just a long series of notes. It is easier to dismiss than empathise and make very short-term accommodations. Women often must fight for themselves to continue to get the recognition they have earned and navigate, for what is often a small portion of their working career.

Executive coaching can help you understand how this is affecting you and provide you with your own tools to navigate through this stage.

Get in touch to find out how LoGho Executive Coaching can help you define and own your path.

Funfact, when I was researching for information regarding women my age, most sources had "Senior age" in the title... that's just rude!!!