



VAAHINI VIDEO #2 (MARCH-MAY '22) | TRANSCRIPT SURGE AHEAD AT WORK WITHOUT GIVING IN TO MID-CAREER CRISIS VIDEO TRANSCRIPT

Are you a mid-career woman who's been working day in and day out for over a decade, only to, right to a point, to be hounded by questions like, Am I at the right place? Am I doing the right thing, or is this even who I am?

Do you feel burnt out? Now, breathe. You are not alone in this.

Hi I'm Sitara Panikar, and I work as a global brand director for a luxury cosmetic brand. Today I'm going to talk about how we as women search ahead at work without giving in to the mid-career crisis.

A mid-career crisis is something that many professionals battle with, irrespective of their qualifications, roles or fields. The good news is that this challenge is not beyond resolve. Here are nine ways to help you survive your mid-career crisis: Rediscover motivation, stay productive and achieve success at work.

1. Acknowledge your mid career burnout

The first step to solve any problem is to acknowledge that there is a problem. Mid-career crisis is a real thing, so it's born out. The melancholy may seem subtle, but it's very much present. Please don't brush it under the carpet.

2. Drop the why me and get to the why of the crisis

You might have been a zealous young professional. Have had the stamina to push yourself beyond your limits. Be in terms of time or effort. However, as you age, you might find it hard to do the same things with the same amount of zeal. You'll come to see that this is absolutely normal and natural. You are neither victim nor at fault

3. Introspection is the key

Invest time in yourself to figure out what's going on, consider journaling your thoughts and feelings. It can help you get an overall perspective on exactly what you seek.

4. Find a safe space to talk about the issue.

You don't have to navigate your mid career crisis on your own. Friends, mental health professionals and career counsellors can help you untangle and find a way out.

5. Do take some time off work.

5. Take a break to recharge your batteries.



Step back from your professional responsibilities for a bit to figure out how far you've come. This will give you the big picture, bring back your passion for what you do and get you back on track at work.

6. Indulge in hobbies

Has it been all work and no play for you? Even as an adult, it's essential to find ways to enjoy life actively. And hobbies are a good way to do this. Be it painting, writing or even playing a sport. Hobbies can help us live life in a holistic way.

7. Evaluate your career path

Your interests or values and skills may have evolved over the years. See if your role at work is aligned to these two changes that define you in many ways. If there is a way to integrate these elements with your current role at work, go for it. Or take that leap of faith and take the other road. Switch over to pursue a career in the field of your interest itself. Remember that many successful women have done this before you.

8. Draw boundaries and keep them up.

If changing careers is not what you're looking for, look at what else can be changed. Talk to your leads about exploring hybrid work options. Set strong time boundaries like keeping work off the weekends and not stretching beyond your eight hours.

9. Perceived existential value

Decode your work to identify responsible elements and solutions that have had a larger impact within your organizations and beyond. At the very least, your work has definitely helped you go up the first two rungs of the Maslow's hierarchy.

Search for further meaning and purpose in what you do, should you find it, there begins the end to the burnout you're battling with. Have faith. Your current state of mid career burnout is not beyond redemption

Remind yourself that this is only a phase. And like Maya Angelo said, 'You can be changed by what happens to you, but it's up to you to refuse to be reduced by it.'

Rise again and bring on your A game woman.

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