

# POSTGRADUATE SEMINAR SERIES

## Topic Defence Seminar

*Topic Title:* **Navigating the Midlife Crisis: A Career Development Model and Effective Coping Strategies for Middle-Aged Adults**

*Presenter:* **Ms. LIN Xiaoxia**  
**PhD Student of Management**

*Abstract:* Despite that numerous public attention has been paid to mid-life crisis, research on aging and career development often overlooks this issue. Compared to extensive investigation of employees who are at the early career stage and who are retiring, middle-aged employees are the missing piece of the puzzle. We do not know whether midlife crisis exists, and if yes, its effects. In this study, I draw upon the lifespan development perspective to propose a career development model for understanding mid-life crisis and identifying effective coping strategies that individuals can use to navigate this challenging period. This model recognizes that the mid-life period is a critical period of growth and decline in life's career development trajectory. By analyzing massive amounts of data, the findings of this study may inform interventions that promote career development among middle-aged individuals. This, in turn, can have concomitant benefits for the welfare of younger and older employees who are interdepend with them.

*Date* : **28 April 2023, Friday**  
*Time* : **16:00 – 17:00**  
*Venue* : **SEK108, 1/F, Simon & Eleanor Kwok Building**  
*Language* : **English**



\*\*\* *All are Welcome* \*\*\*