

QUARTER-LIFE CRISIS



As you get older, you might start getting hit with a period of doubt and uncertainty that makes you feel uninspired, and dejected. Facing the "real world" can be scary!

You're not alone in your anxiety; many people fear the approach of early-adulthood. Complex emotions are frequently triggered by the numerous changes that occur with entering this new period of life, such as getting a new job, a relationship ending, living alone and so on.

This course will teach you how to turn a crisis into catalyst situation by helping you in conceptually understanding what QLC is, and how to practically cope with the overwhelming changes.

Content

Understanding QLC

- Meaning & origin
- Identify signs & symptoms
- Phases of QLC

Causes of QLC

- Early adulthood challenges
- External factors
- Self-sabotaging attitudes

Coping with QLC

- Improve life skills (decision making & problem solving)
- Adopt specific positive qualities (open-mindedness, acceptance, assertion, self-reflection & more)
- Seek support

