



## Explaining career gaps in your CV

It's not uncommon to have a career gap in your CV. Career gaps can happen for many different reasons, and are not always viewed negatively. However, sometimes it can be hard to explain a career gap to a potential employer.

### Most importantly, be honest

An unexplained gap might raise some concern, so it's important to provide the hiring manager with some additional information about the career gap from the start. Being transparent when explaining your career gap will also help showcase your honesty.

### Some common reasons for a career gap

#### 1. Redundancy or dismissal.

Addressing the circumstances around the redundancy or dismissal doesn't have to bring negative attention to the career gap. With this gap you are able to positively outline certain skills you improved upon during your time out of work.

#### 2. Illness.

Talking about a physical or mental illness that has caused you to stop working may be difficult. Sharing as much or as little detail as you'd like can help provide an opportunity to highlight your resilience and determination.

#### 3. Caring responsibilities.

Whether it's caring for a family member or young child, you may have had to stop working for a period of time. Shedding some light on the situation and sharing some skills you utilised during this time such as planning, organising, and patience might help your potential employer learn more about you as a candidate.

#### 4. Travel.

Traveling not only allows you to visit and explore new places, but also helps broaden your perspective and shows independence.