CONSTRUCTION people

Talking About Career Gaps In Interviews Checklist

Understand the gap
- Identify the reason for the gap (redundancy, study, personal reasons, etc.).
- Keep the explanation professional and concise.

Write your answer
- Draft a one-sentence explanation that feels natural to you.
- Avoid over-explaining or sharing unnecessary personal details.

Practice delivery
- Say your explanation out loud until it feels comfortable.
- Maintain eye contact and a confident tone.

Add a pivot
- Link your explanation to why you're ready and motivated now.
- Example: 'I took six months off for study, and now I'm keen to bring those new skills into live projects.'

Show growth
- Highlight resilience, initiative, or perspective gained during the gap.
- Frame the gap as something that strengthens your career, not weakens it.

Keep moving forward
- Don't linger on the gap - answer briefly and pivot back to your skills.
- Refocus the conversation on your achievements and the role at hand.

For in-depth details click here