

GET THE JOB

Finding a Job After a Long Break

How to Re-Enter the Workforce With Confidence

Returning to work after a long time away — whether due to caregiving, personal health, travel or other responsibilities — can feel overwhelming. You may wonder how your résumé stacks up, whether your skills are still relevant or if employers will take your application seriously. The good news? Many people step back into the workforce successfully every year, and with the right mindset and preparation, you can too.

WHAT DO YOU BRING TO THE TABLE?

A gap in your employment doesn't erase your accomplishments. Think back to your most recent job and what you achieved there. Even if it's been years, you likely developed valuable skills — leadership, communication, project management — that remain useful today.

Life outside the workplace also teaches resilience, adaptability and time management. Whether you were raising children, supporting a loved one or navigating personal challenges, those experiences often make you more grounded and capable — not less.

Don't feel like you have to defend your time away.



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Instead, acknowledge it simply and shift the focus to what you're ready to do now. A line like, "I took time away to care for family, and I'm now excited to return to a full-time role," gets the point across without dwelling on the gap.

BRUSH UP AND GET CURRENT

Reentering the workforce is a great time to sharpen your skills. Free and low-cost resources — including online courses, webinars and local training programs — can help you catch up on industry

changes or learn new tools.

This is also a good time to revisit your résumé and update it with fresh language, a modern format and any new experience. Don't overlook volunteer work, freelance projects or informal roles you've taken on during your

break—these all demonstrate initiative and growth.

Talking with people already working in your field can be just as helpful. Ask friends, former coworkers or community contacts about what's changed in your industry. These conversations can help you speak more confidently in interviews and tailor your applications more effectively.

START SOMEWHERE, THEN BUILD

If diving into a full-time job feels like too big a leap, consider testing the waters with a part-time role, short-term contract or volunteer position. These opportunities offer recent experience and help rebuild your professional momentum.

They also give you the chance to regain comfort with workplace dynamics, new tools and the rhythm of a typical workday — things that may feel rusty after time away.

Be patient with yourself. Reentering the workforce is not about finding the perfect job immediately. It's about taking the first step, learning along the way and building a path forward. With time, confidence and consistency, you'll find your footing again.