

HOW TO RETURN TO WORK FOLLOWING A PROLONGED ABSENCE



Summary: *If you have been out of work for a prolonged period, it can be difficult to get back into the professional world. We will discuss the best methods in this post.*

Being out of work for a prolonged period can make it difficult when you are ready to return to the professional world. Reasons for being out of work for a prolonged period include an injury, an illness, having children, moving, going back to school full-time, caring for a sick relative and much more. If you are ready to go back to work, then you will need to follow some of the methods outlined in this post in order to be successful at [landing a new job](#).

Create a Sales Pitch about Yourself

One of the first things you must do is create a sales pitch about yourself. The sales pitch will need to include a reason why you were out of work, why you want to return to work and a little bit about your background. Your pitch needs to be positive and explain what type of job you are looking for and why.

Alert Your Professional Network

The next step is alerting your [professional network](#). Being out of work for a prolonged period means that you might have lost touch with some people in your network. This is no big deal, so long as you notify them that you are returning to the professional world. Let your network know that you are on the hunt for a job again and what type of job you would like to work. Before you alert your network, make sure that your resume is up-to-date. This will make the process easier.

Take Classes

If you were not out of work to go back to school full-time, then you should consider taking classes as you prepare to return to the workforce. It does not matter how long you have been out of work, it never hurts to go through a refresher course or learn a new skill.

Perform Volunteer Work

An excellent way to update your resume is to perform some [volunteer work](#). You will be able to add it to your resume and it shows employers how committed you are to the community. Volunteering is also a great way to update or refresh the skills that you have professionally.

Take on Temporary Work

If you are worried that your resume has too much of a gap in employment, then you might want to consider temporary work. You can partner with a staffing firm to find temporary jobs that can go on your resume and help you update your skills at the same time.