

ADDRESSING UNEMPLOYMENT



Summary: Talking about unemployment is not fun, but it is best to not avoid it on application materials or during interviews, and focus more on what you have to offer.

Unemployment at some point in your career is almost inevitable. Unexpected lay-offs or personal situations can make it impossible to be prepared with a new job lined up. Facing large unemployment gaps on your resume can seem daunting but it is possible to address it on your resume, cover letter, and in interviews with ease.

Turn unemployment into a good thing- After a week of sulking around from being unemployed, **suck it up and get working**. Now that you don't work you have a lot of time to commit to finding a new one and once you find one, you can start right away.

Use time wisely- Stop watching Netflix's all day and start attending networking events, scheduling informational interviews, get active on Social Media, and if possible attend conferences. Try to take on some freelance or contract work if you can to fill gaps in unemployment on your resume.

Be honest- Address your unemployment on your cover letter, don't try to hide it. By **adding freelance work or taking classes** you can address it like, "Since leaving my last employer, I have been completing intensive training in..." or something along those lines.

Focus on the future- Present your unemployment in you "**elevator pitch**" statement and then move. Focus more on your future goals instead of dwelling on the past.

HR understands- There is a good chance that the HR department has experienced the economic downturn themselves and been forced to lay-off some of their hard-working people so give them a break. Stop worrying about your hardships and focus on getting the job instead.

Photo: huffingtonpost.com