

When talking about your [resume](#), you need to feel more confident and memorize it by heart. Your CV reflects your life choices. Thus, you shouldn't be ashamed if you have any gaps in your resume.

Everyone has reasons whether a few month vacations or taking some time off for [health](#) reasons, you shouldn't feel less competent even if you have resume gaps.

SEE ALSO:

[10 Words Never To Use On A Resume](#)

Here are some effective ways to deal with gaps in your CV:

1. Prepare



How long was the break? Did you learn anything relevant to the job you're applying for now? Prepare for any potentially awkward questions. Do a mock [interview](#) with a friend and prepare for the answers.

2. Overthinking will not help.



Do not over think how much the CV gap matters. Handle it with a professional [approach](#) and best foot forward.

If you've had a vacation, just say it's for your personal development. It's important to tell the reviewer that you gained personal skills in the process. You can say that your travel has made you develop problem-solving skills, ability to self-motivate and self-confidence.

3. Shift the emphasis



Do not linger on answering this question. Instead, shift the conversation to why you are the best candidate for the job. You can mention any training or industry relevant events you attended during your down time.

SEE ALSO:

[7 Tips in Writing the Best Cover Letter](#)

4. Body language



Do not look nervous or down during your interview. This is not what the [recruiter](#) is expecting. Watch out on your body language. Maintain eye contact and a confident, self-assured and open expression.

5. Be honest



Most importantly, you need to be honest when explaining gaps in your employment history. This will just show the hiring manager that you are someone who sees continuity in your career and is focused on the long term. Show them that you are in charge of your career development and can respond proactively to the challenges.

SEE ALSO:

[5 common phrases you should remove from your resume](#)

Did you find these [tips](#) useful? Share with your friends and colleagues!

