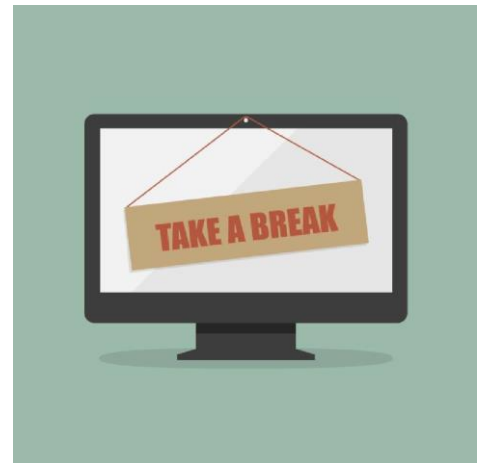


How to relaunch your career after a break

1. Discuss the questions.

- What's the idea of a gap year? Is it popular in your country?
- What about a career break for adults? Is it common?
- What are the reasons for a career break?
- How do you think employers see people who take a career break?



2. Match the words and phrases in the box with their meanings.

diminish	disconnect	flip side
handful	keep up with	obsolete

- a) become less
- b) the negative aspect of an idea, plan or situation
- c) a lack of connection or consistency
- d) make progress or learn at the same speed as someone or something
- e) a very small number of people or things
- f) no longer produced or used; out of date

3. Complete the questions with some of the words from ex. 2.

- a) What can be the of a career break?
- b) Should someone on a career break the labour market and the latest developments in their industry?
- c) What kind of skills can when you are out of work for too long?
- d) Why might those returning from a career break be viewed by employers as technologically?

4. In pairs, discuss the questions from ex. 3.

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5. Watch a [video](https://youtu.be/_wMTKRixZIE) [https://youtu.be/_wMTKRixZIE] and answer the questions.

a) Who are relaunchers?

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.....

b) What reasons does the speaker give for taking a career break?

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c) Why can returning to work after a career break be difficult?

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d) What is the longest career break that the speaker knows?

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e) What benefits can relaunchers bring for employers?

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f) What concerns do employers have about hiring relaunchers?

.....

.....

g) What are reentry internship programs?

.....

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6. Discuss the statements and say whether you agree or disagree with them.

- A career break can give me a boost to think about my future work life.
- My company is not in favour of taking career breaks.
- During a career break I could rest and return to work with renewed enthusiasm.
- Most companies are reluctant to hire relaunchers.