

Own the Gap Workbook

Companion to the microcourse: “How to Own Your Career Gap & Stand Out as a Spouse Visa Holder” by **Anagha Suresh**

Step 1: Acknowledge the Gap Don't Hide It

💡 This step is about owning your truth confidently. Keep it simple, honest, and direct.

Prompt 1:

How long was your career break, and what led to it?

(Example: I took a 2-year career break to move abroad with my family and resettle.)

Prompt 2:

How can you describe this in a way that feels confident instead of apologetic?

(Example: I intentionally took a break to support my family's move abroad and now feel ready to bring my skills and focus back to work.)

Step 2: Extract What You Learned or Did During That Time

💡 Your break wasn't empty it was filled with growth, learning, and life skills. Let's surface that.

Prompt 1:

What personal or professional skills did you gain or strengthen during this time?

(Example: Adaptability, communication across cultures, organization, or leadership from volunteering.)

Prompt 2:

What activities or experiences can you highlight that reflect your initiative or growth?

(Example: Volunteered with a local nonprofit, completed an online certification, supported family transitions, started a creative side project.)

Step 3: Connect It to the Role or Goal You're Aiming For

💡 Now link your story to your next step — so it feels purposeful and relevant.

Prompt 1:

What kind of role, industry, or opportunity are you preparing for next?

(Example: Re-entering the corporate world, starting a purpose-led business, or switching fields.)

Prompt 2:

How can your recent experiences make you a stronger fit for that goal?

(Example: "Through my relocation, I built adaptability and global perspective, which I can now bring to an international team.")

Put It All Together — Your Career Gap Story Template

Use this fill-in-the-blanks template to combine your responses into a short, confident statement:

"I took a career break to [reason for gap]. During this time, I [key experiences or skills gained]. This period helped me grow [how you evolved personally or professionally]. I'm now ready and excited to [next step or goal] with renewed focus and purpose."

 **Example:**

"I took a career break to relocate abroad with my family. During this time, I adapted to a new culture, volunteered with a local women's group, and completed a certification in digital marketing. This phase helped me grow my adaptability and confidence and I'm now ready to bring that same focus and energy to my next professional role."

Next Step

Craft your version, and share it with me on Instagram
(@[anaghasuresh_desisuccesscoach](https://www.instagram.com/anaghasuresh_desisuccesscoach))!

Tag me or DM. I'd love to help you polish it so it feels powerful, authentic, and ready to share.

Want to Take It One Step Further?

If you're ready to go beyond your story and actually *map your skills* to real opportunities abroad,
join me for the **2-Day Live Workshop: "Unlock Your Skills, Find Your Fit."**

In this hands-on training, we'll:

- ✨ Identify your top transferable skills and strengths
- ✨ Match them to career or business paths that truly fit your life abroad
- ✨ Build a clear action plan to help you move forward with confidence

By the end, you'll see opportunities you never thought existed and feel ready to go after them.

👉 *Save your spot.*