

Interview Question & Answers:

Explaining Job Hopping Or Changing Jobs Frequently

Interview Question: I see from your resume that you have changed jobs very frequently? Is there any reason for this?

Interview Answer Framework:

This is a tricky situation to manage if you have changed jobs frequently since most companies like stable employees. The reason for your switching jobs should be a valid reason or should atleast sound like a valid reason. You must come prepared with confident answers to this question if you have switched jobs quite frequently.

Some good ways answer these questions are:

- Having to care of domestic demands / family pressures / spousal constraints
- Blame it on youth
- Professional growth was so quick that it required you to seek new opportunities
- Trying out different opportunities to understand what is the best fit for you
- Company shutdowns / Location changes / Lay-offs

Explain why this time (this job) it will be different

Explain what you have learnt at each of these jobs and why it is an asset