

# What do I do when you've had a career blip

 By [Juliette Attwell](#)

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In the first [BizCareers Column](#) for 2015 we look at what to do when you feel you have chosen the wrong job - should you, or should you not add it to your CV?



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*I started working for a company four months ago and so far the experience has been horrible for a whole set of reasons. Basically I am deeply unhappy and humiliated and this is not at all a company where I can fit in or see myself for much longer.*

*My question is this. Should I leave this job out of my CV and rather say that I was unemployed during this time or should I be honest if I am asked in an interview why I left? Can I tell a prospective employer that it was a bad choice in jobs? I don't want to be seen as someone who disrespects my employers. I've stayed at all my other jobs for over three years at least and I have a good reputation at all of them. But I have a bad feeling about this one. I don't want this huge mistake to negatively influence any future job hunting efforts. I am currently hard at work job searching.*

*Your advice will be greatly appreciated. - Y*

Hi,

Thank you so much for your question.

Firstly please don't worry too much about this step you've taken. More often than not people have career blips on their CV when they thought a job opportunity would turn out completely differently than it in fact had, sometimes in a negative way.

It is completely understandable and quite normal. As you say, you had a good track record before then and the potential employer will see that. I'm sure your references are great too and squeaky clean. I suggest that you definitely put this in your CV as you need to be honest.

Under each job you can explain a reason for leaving. You can then also discuss it in your interview (being careful not to bad mouth your employer) but just sincerely explaining that the job wasn't what you expected and you don't feel you're the right fit. Most potential employers would understand.

Good luck and all the best.

**Always love what you do!**

**Juliette**

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## ABOUT JULIETTE ATTWELL

Juliette Attwell is Head of Marketing & Operations at Recruitgroup. Recruitgroup has won Careerjunction Recruiter of the Year in 2010, 2012, 2013 and 2014 as well as Fast Growth Business of the Year at the National Business Awards 2014. Juliette holds a Bcom Honours in Marketing Management and is the resident "agony aunt" on the BizCareers Column, she was also a finalist in the Top Young Executive at the National Business Awards 2014.  
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