Exit Statement

An exit statement needs to be phrased in such a way that it:

- Is unemotional;
- Is based on facts;
- Is and should be presented positively;
- Does not criticize anyone;
- Doesn't contain any negatives about the previous employment, and
- Lasts for approximately 30 seconds. You must maintain eye contact throughout.

This exit statement can also be tagged on to your "career overview" statement to pre-empt the difficult question altogether. The Career Overview is your answer to the 'Tell me about yourself' type of question.

Examples of Exit Statements:

Long story type answer:
"Following a difficult year for the business, the directors decided to reduce the number of functions in the manufacturing division. A number of positions including mine were affected, but I understand the reasons for the decision and don't regret my time working there. I learned a great deal and had some very good colleagues. I also know I have developed a good range of skills so I'm pleased to be here to discuss this job with you today."

All the following statements begin with “I left my last position as the result of…”
- My company relocated the project to the East Coast and my family decided that we wanted to stay in Southern California.
- The company reorganized which eliminated my position. I had the option to apply for another open position but the open positions were all out of this area.
- My company was sold to a larger company which caused many positions, including mine, to be redundant.

If the candidate resigned and the resignation letter was positive (only positive statements are made about the company), the candidate could bring a copy of the resignation letter to the interview as backup to the candidate’s Exit Statement.