

Career Break vs Continuous Employment (vsdiff.com)

Aspect	Career Break	Continuous Employment
Definition	A planned period of time away from work, often for personal growth or family reasons.	An uninterrupted engagement in a job or career over an extended period.
Benefits	Can relieve burnout, allow for skill development, and provide personal time.	Offers financial stability and continuous career progression.
Challenges	May face stigma and difficulty re-entering the workforce.	May lead to job burnout and lack of personal time.
Impact on Skills	May allow the acquisition of new skills and experiences.	Skills may stagnate without regular innovation or learning opportunities.
Career Growth	Potentially slower due to gaps in the resume.	Typically more direct with opportunities for advancement.

Source: <https://vsdiff.com/career-break-vs-continuous-employment/>