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Tips for Getting Re-Hired After you've Left a Company

There are many reasons for going back to work for a previous employer. Often leaving a job to pursue another [career opportunity](#) puts you in a better bargaining position upon your return than if you'd stayed with the company in the first place because you've gained new skills and experience.

If returning to a former employer is your goal, here are a few tips:

1. Getting re-hired is nearly impossible if you left your former employer on bad terms. We offer some tips [here](#) on how to leave a job gracefully, but suffice to say your exit should definitely not involve [swearing at an airplane full of passengers](#), [grabbing a beer and deploying the emergency slide](#).

2. Ideally, you will have stayed in touch with contacts within the organisation. If you haven't, determine who you still know at the company and do some reconnaissance. What has changed since you left? Are there any [open roles](#)? If possible, try to find a champion for your cause who holds some sway within the organisation to put your name forward.

3. Update your CV and spend some time thinking about the skills, knowledge, experience and contacts you've gained since leaving the company. Prepare to answer some difficult questions. According to Lisa Quast of [ForbesWoman](#), you should be able to articulate the following:

- Where did you go work after you left the company?
- What did you learn in that position(s)?
- How have you improved your knowledge, skills and abilities since you left the company?
- What additional value will you bring to the company if you're re-hired?

4. While you may need to swallow your pride to get a foot back in the door at a former company, avoid grovelling as it will make you appear desperate and compromise your ability to bargain. As with any [negotiation](#), go in knowing the minimum level salary you're willing to accept. If you really want a job at your old company, you may have to be flexible

Have you ever gone back to work with a former employer? How did you find the experience of getting rehired?