



Your quick guide to: Reacting Positively to Rejection

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A lot of work goes into applying and interviewing for a job, so getting a no at the end of the process can be deeply frustrating. This guide looks at how you can come back from rejection better and stronger.

Make the most of feedback

Ask for detailed feedback from the employer and/or recruiter. Assuming you're going to apply for similar jobs, this feedback is vital information. It might help you to address certain details in your CV or to prepare more effectively for your next interview. Try not to get offended and use your feedback constructively.

Refine your search

Sometimes you don't get the job simply because competition is especially high, but sometimes not getting a job is an indication that you're not quite aiming at the right area or level. This is nothing to panic about – in fact, it's a positive thing. Refine your search accordingly and make sure that you apply for roles that match your skills and experience perfectly.

Fill your skill gaps

If the roles you want necessitate something you don't have, see if you can acquire this missing skill or qualification. In some instances this may mean undertaking training courses or paying for qualifications, but going the extra mile can make a real difference for competitive jobs and your willingness to develop your knowledge will be attractive to employers.

Stay positive

It sounds obvious, but in interviews positivity is absolutely essential. If you can't get over a previous rejection, you might appear a little defensive or negative at your next interview, so take some time to recover and then wipe the slate clean – the only job that matters is the next one.

Do something fun

The best way of bouncing back from something negative is to immediately do something you enjoy. So, in the immediate aftermath of a rejection, socialise with friends or do something you love. Fill yourself with positive energy, which you can then use to renew your job search.

For support with your job search, whatever stage you're at, speak to one of our friendly consultants today.