

Top Tips! Recovering from job rejection



HASSON ASSOCIATES

Acknowledge your feelings

Allow yourself to feel disappointed or upset initially. **It's normal to feel a range of emotions** after a rejection.

Reflect on the experience

Take some **time to think** about what you **learned** from the application and interview process. Consider **what went well and what you could improve upon** for future opportunities.

Stay positive

Remind yourself that **rejection is a natural part of the job search process and doesn't define your worth.** Maintain a **positive mindset** and **believe** in your **abilities.**

Seek feedback

If possible, **ask for feedback** from the employer to understand why you weren't selected. Use this feedback **constructively to enhance your skills or address any weaknesses.**

Keep moving forward

Don't dwell on the rejection for too long.

Keep applying for other positions and stay proactive in your job search.

Remember that **every rejection brings you closer to finding the right opportunity.**

Take care of yourself

Practice self-care and engage in activities that help you relax and recharge. **Surround yourself with supportive friends and family and recruitment advisors** who can uplift you during this time.

Stay persistent

Job searching can be challenging, but **persistence is key. Keep refining your CV, honing your skills, and networking with professionals in your field.** The right opportunity will come along eventually.

Remember

Dealing with job rejection can be tough, but it's essential to note that it's not a reflection of your worth as a person.

Each rejection brings you one step closer to the right opportunity!

Good luck!