



Steps to handle rejection.

Akhilesh Gupta on LinkedIn

This happens to everyone when looking for a job. Even if you have a great network and have friends at the firm that you just applied to, sometime, you just have to hear the word NO. Here are a few simple steps to bounce back and get back into the game immediately:

1. Make NO your best friend:

The word NO can be your best friend, since the words that come out after you just heard NO can be golden words in your career development, listen to them carefully, these are important lesson learnt or take way that help you improve in your skills and do better the next time around. Let them talk and tell you what they thought about you, do not interrupt, they have the floor and you should allow them to let you know what you could benefit from.

2. Ask questions:

After they have given you information regarding your performance in the interview, feel free to ask them questions, or any doubts you might have in relation to their feedback. Tell them you are just trying to take this information as lessons learnt and can help you improve for the future. If necessary

take notes, if there was something in the interview that they enjoyed about you, thank them for providing those details.

3. Rejection + Detailed feedback = Positive impact:

Although your interviewer, said no to you, but he/ she was able to give you a detailed feedback about the interview. This normally means that your interviewer was paying close attention to what you were saying, especially if they are able to recall certain parts of the interview. Take this as a positive feedback, since you were able to capture attention of your audience. Getting someone to listen to you is half the battle. So pat your back for having half of it taken care off. The other half happens with practice.

4. Send a thank you note:

Even though you were not selected through the process, always send your interviewer a thank you note for them to take the time out of their busy schedule to meet with you. Ensure that you put a personalized message and hand written notes and well appreciated.

I recently read a quote on LinkedIn by one of the members it read as follows:

“If you FAIL, never give up because F.A.I.L means, “First attempt in learning” end is not the end, in fact E.N.D means “Effort never dies”, if you get no as an answer, remember N.O. means, “Next opportunity”. So lets be positive.”

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