

Handling Interview Rejection

This playbook describes a strategic approach to handling rejection after a job interview. It focuses on mental and emotional processing, seeking feedback, and leveraging the experience to improve for future opportunities.

Step 1: **Acknowledge Emotions**

Recognize and accept your feelings after a rejection. It's common to feel a mix of emotions including disappointment, frustration, or self-doubt. Allow yourself to process these emotions in a healthy way.

Step 2: **Self-Reflection**

Reflect on your interview performance objectively. Consider what went well and what could have been improved. Be honest but fair with yourself to identify learning points.

Step 3: **Seek Feedback**

Contact the interviewer or hiring manager politely to ask for feedback. Express gratitude for the opportunity and frame your request positively, showing your interest in continuous learning and self-improvement.

Step 4: **Analyze Feedback**

Carefully review the feedback you receive. Look for patterns or specific areas to improve. This feedback is valuable for personal growth and to better your interview skills.

Step 5: **Plan Improvement**

Develop a plan to address the areas of improvement identified from your reflection and any feedback received. This could involve practicing interview questions, improving your resume, or developing new skills.

Step 6: **Practice and Up-skill**

Implement your plan by practicing your interview skills, including common questions and how to articulate your experiences. Pursue any additional training or learning necessary to fill gaps in your expertise.

Step 7: **Apply Learnings**

Approach new interview opportunities with the learnings from this experience. Use the insights gained to improve how you present yourself and to answer questions more effectively.

Step 8: **Stay Positive**

Maintain a positive outlook and be persistent. Rejection is a part of the job search process and does not define your worth. Keep applying and interviewing, using each experience as a stepping stone.

General Notes

Self-Care

Remember to take care of your mental health throughout the job search process. Engaging in activities that boost your well-being can help maintain resilience.

Networking

Don't underestimate the power of networking. Connecting with industry professionals and expanding your network can lead to new opportunities and insights.

Perspective

Try to view rejection not as a failure, but as a natural part of the growth process in your career journey. Each interview is a stepping stone to the right opportunity.