

# 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.