



HOW TO DEAL WITH **REJECTION** WHEN APPLYING **FOR JOBS**

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Whether you have applied for a role or you have been rejected after an interview, the bottom line is, its sh*t!

This exercise is going to teach you how to deal with rejection and the different methods that have helped us, at Hargreaves Recruitment, over the years.

So, you have seen THE PERFECT role advertised online

You have your heart set on THIS role

Location, salary, everything about this is EXACTLY what you were looking for

Now, it's easy to get swept away with this new role before you have even applied and our brains will create this new reality that doesn't even exist!

Also, PLEASE be mindful, you may never hear back from an agency or an employer, its sh*t but it's the reality of the current climate.

Here are some ways you can stay grounded at this stage of an interview process and some things you can say to yourself to keep you upbeat and positive.

The application has gone through to the employer, if I get an interview, great! If I don't, then this job / company wasn't for me

The application has gone through to the employer, I will wait 5 days, if I haven't heard anything, then I will assume I didn't get it and move on

The application has gone through to the company advertising the role, I will find the Recruiter or Hiring Manager on LinkedIn to follow up my application with a message saying something along the lines of....

'Hi, I have recently applied for the position of XXXXX. The role sounds like a great opportunity and I look forward to hearing your thoughts on my application. Have a great day!'

By doing this you are putting a face to a CV / application and the hiring manager will appreciate the effort!

If you do receive a rejection update, whether that is in the form of an email, or a call then here are some things that can help soften the blow.

NEVER BURN BRIDGES – thank the Hiring Manager OR the Recruiter for their time and say something along the lines of

“

Thanks for the update on my application, I do appreciate the feedback. Can I ask what were the reasons for my application being rejected?

Here is an opportunity for the you and the recruiter to discuss feedback, it may be a case they just needed a little bit more info or you had missed something out of your application!).

If this is still a rejection, then a great way to end the call or email would be...

“ I appreciate I wasn't accepted for the role I applied for but (company) is somewhere I can see my career developing. Please bear me in mind for any further job opportunities you think I may be suitable for.

Don't ever let rejection affect your confidence or self-worth.

Do you know how many times I have been fired and rejected from jobs? A LOT!

And you know when it got easier to accept rejection, when I stopped taking it personally and I believed that the right role, would come along, at the right time!

I will say this again, if you didn't get the job, it wasn't for you!

Repeat that AGAIN! Or as many times as you need to for it to sink in!

Here are some great meditations I would recommend to start your day off with that can really help put back that spring in your step and start the day as you mean to go on!

<https://www.youtube.com/watch?v=f5q85voLHvs>

<https://www.youtube.com/watch?v=fNo6ld0XxIA>

Hargreaves Recruitment has created a tonne of self-development tools and educational downloadable documents that can also help in your search for a new role – check out the goodies page on the [Hargreaves Recruitment website](#).

Much love

Xxx