

# Rebounding from rejection.

Don't let the fear of rejection stand  
in the way of your success.

# The perfect job for you could be your next one.

We've all heard the phrase "the grass is greener on the other side". Yet what if this actually was true, and that there could be better opportunities out there for you?

**Here at Office Angels, we believe that everyone should be in a role that they love.** We know that there can often be many reasons why people stay in the wrong job, such as lack of self confidence or fear of rejection.

To help you to shine to potential employers, as well as to follow your career goals and ambitions, we've created three helpful guides on **boosting your confidence**, **Imposter Syndrome** and **rebounding from rejection** to give you the best possible chance to find the perfect job for you.

# Rebounding from rejection.

No matter how you look at it, rejection is an unfortunate and inevitable part of the journey towards employment.

For some people, rejection can bring up feelings of embarrassment, shame and regret, and will often lead them to avoid certain circumstances at all costs, such as job interviews or applying for promotions. **This can often mean that many of these people stay in the wrong job for a long time**, because it allows them to actively avoid these feelings, which can over time damage their confidence and self-esteem.

However, if you take rejection out of the equation, what is left are endless opportunities for huge wins in our careers, ambitions and goals. **So why should we let our anxiety and fear of rejection stand in the way of our success?**

We've have selected some of our favourite tips to help you stay positive and focused when faced with the reality of rejection.

## Accept the fact that you will get rejected.

**Everyone has experienced rejection at some point in their life**, whether it's for a highly competitive opportunity, or they've lost out to their office rival for a promotion, or if they've just been ghosted after a great series of interviews. Yes, there'll be some lucky ones who seem to get all the breaks and are being offered jobs everywhere they go, but they are very rare exceptions.

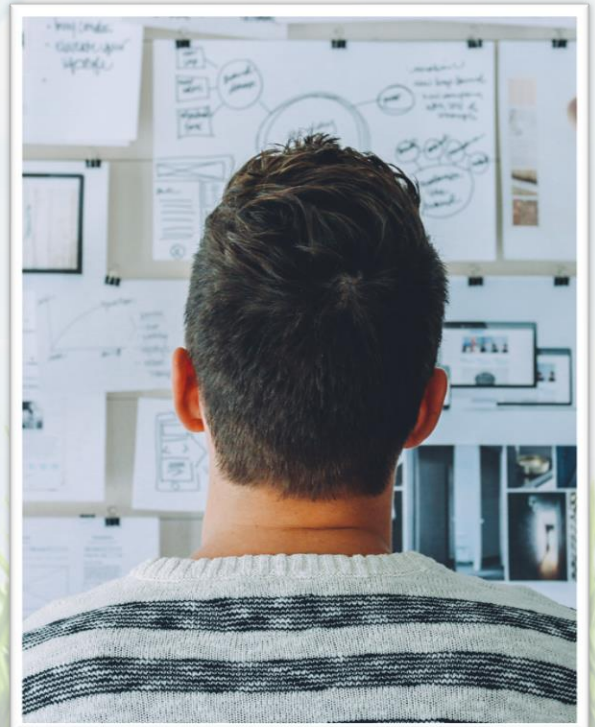
It may seem hard to do at first, but **take comfort knowing that you're not the only one who has gone through the anxiety and stress of rejection.** And if you need some further reassurance, talk to your family or friends, as they will no doubt have their own rejection stories to share.

## Try to shake it off.

It's incredibly hard not to take the first couple of interview rejections personally. We can often feel that we have failed ourselves in some way and that being rejected means that we're not good enough. However, while this can be an emotional process to overcome, **it is important to remember that the outcome of the interview hasn't changed anything about you.** You are still the same person you were before the interview – smart, hardworking and qualified, with lots to offer – and the interview doesn't take away your achievements or make you any less you.

You could also be out of practice with job interviews, particularly if you haven't changed jobs for a while. The first few interviews can be nerve-wracking and feel tough at first, but after a while, you can gain your confidence and take them in your stride. **Don't see these first interviews as rejection, see them as opportunities to practice,** so that when the right job comes along, you'll feel more confident and ready to sell yourself.

**Remember, interviews are not just about evaluating whether you are qualified for the role but are also about whether that company is the right fit for you.** You may not have been offered the job, but ask yourself: would you really have wanted to work there in the first place? If the answer deep down is no, then let it go and move forward with your search .





## Sometimes it's just not meant to be.

**Not getting selected to move on in the interview process may sometimes have nothing to do with you** and could be due to a host of other factors. Perhaps the job has been placed on hold for the foreseeable future due to budget constraints? Or maybe the company has decided to move in a different direction and no longer requires that exact role. There could even have been an internal candidate that you didn't know about who got the job. Whatever the reason, **sometimes you're just in the wrong place at the wrong time, but it doesn't mean that you should give up and stop trying.** The more you understand and accept that it's not just meant to be, the easier it will be to let go, and move on to an opportunity which could end up being the one for you.

## Consider your approach & make adjustments.

If you find yourself getting rejected over and over again, **it may be that you need to take some time out to reflect and do some self-analysis.**

*Ask yourself: Am I applying for jobs that are outside my core competencies? How does my body language and tone of voice come across in an interview? Am I showing my best self on social media?*

If you need some help with this, **reach out to people who you trust, and share your presentation and interviewing style with them.** Ask them for their honest opinions, and really listen to what they are saying. Once you've had this feedback, make the necessary alterations to your interview approach and start practicing your new style.

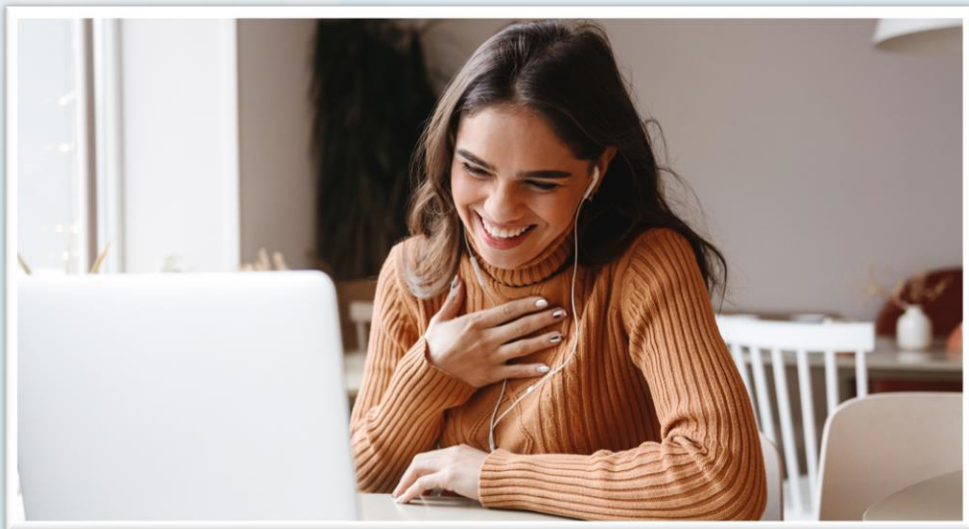
You can also look at how you are approaching your job search. **Are you focusing on jobs that are right for your skills and experience, or are you taking more of a scattergun approach?** The latter can not only be more time-consuming but can also be demoralising if you are applying for too many jobs and not hearing back.

**You could also take the time to assess other elements, such as your CV, LinkedIn profile and other social media platforms.** In a digital age, employers are looking at these more and more, and whether we like it or not, they will make a snap judgment about you based on what they see, so **make sure you present yourself in the best light possible.** We created a helpful guide on how to use your social media to enhance your personal branding, which you can find [here](#).

## Manage your expectations & celebrate the wins.

Getting a new job can sometimes take a long time, particularly when the job market isn't that strong. In some years, it may take one to three months for you to find a job. In others, it could take six months, or even longer. **Depending on what is happening within the job market, you may need to adjust your definition of success, and manage your expectations realistically.**

Instead of focusing on the length of time that it takes to you to find a job, **focus on the victories achieved on the way, and always celebrate them.** Feel good when you hear back from a company. Be proud of yourself when you get an interview. Get excited when you find out you're in the second round. **Celebrating these small but significant wins will keep your confidence and motivation up**, so that if you don't get the offer you were hoping for, it won't crush your self-esteem to smithereens, and you can get back to focusing on other opportunities.



## Good vibes only.

**Left unchecked, rejection can make you suddenly question your abilities and lower your self-confidence** to the point where you are doubting yourself and second-guessing every single one of your decisions. To help you avoid this, there are a couple of simple things you can do to help keep you confident and in a positive headspace.

Firstly, **write down each of your achievements and successes, including your strengths and best qualities, and read them back to yourself.** Then read them again. And again, and again, until you can remember them off the top of your head. Now, whenever you experience rejection and a negative thought pops into your head, replace that thought with one of those achievements. **Mentally repeating back all of your accomplishments and positive qualities will serve as a reminder that you have succeeded in the past,** and can continue to succeed in the future, in spite of any adversity you are currently facing.

Secondly, **make sure that you are taking care of yourself mentally, emotionally and physically.** Try to avoid engaging in any behaviour that is self-destructive, and instead focus on activities that are positive and provide you with a confidence boost. Maybe get some fresh air by taking a walk in your local park or try some new hobbies to distract you.

Perhaps even listen to some thoughtful and encouraging podcasts or read books and stories about people who inspire you and maybe have themselves triumphed over failure and rejection. **Anything that takes you away from thinking negatively and brings you joy** will help keep you in a positive mindset.

Coping with rejection will be a constant battle, but **keeping positive and staying strong,** together with reminding yourself of all your great qualities, re-evaluating your approach to interviews and adjusting your definition of success, will help you overcome the negative feelings associated with rejection, and achieve your career ambitions and goals.



# Found this helpful?

Why not read our other helpful guides in this series?

01. [Boost Your Confidence](#)

03. [How To Beat Feeling Like A Fraud](#)

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