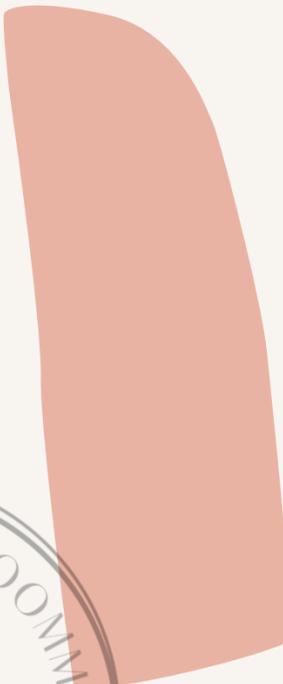


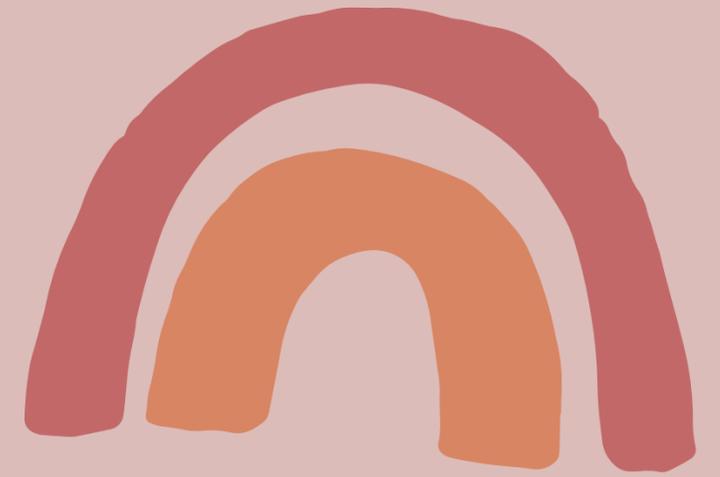
JOB INTERVIEW & REJECTION

How to have thicker skin



1. Rejection is part of life

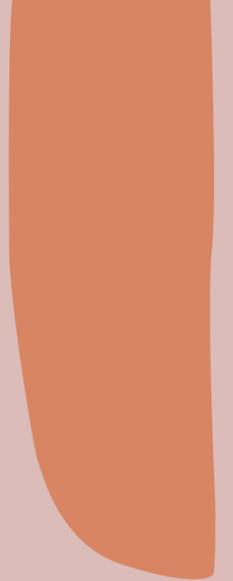
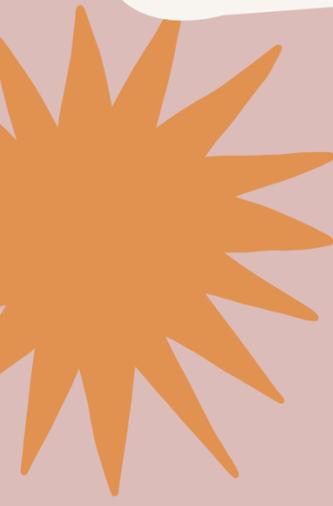
- Stop feeling sorry for yourself
- Stop calling yourself names
(loser.fool.stupid.incapable....)
- Learn from the experience
- Rejection brings growth



2. Use rejection to grow

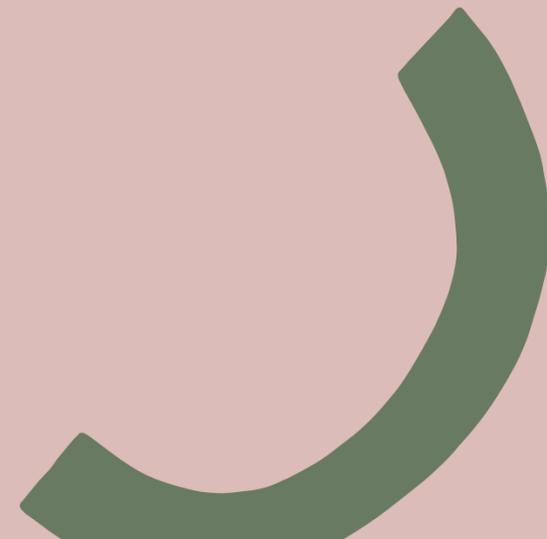
how?

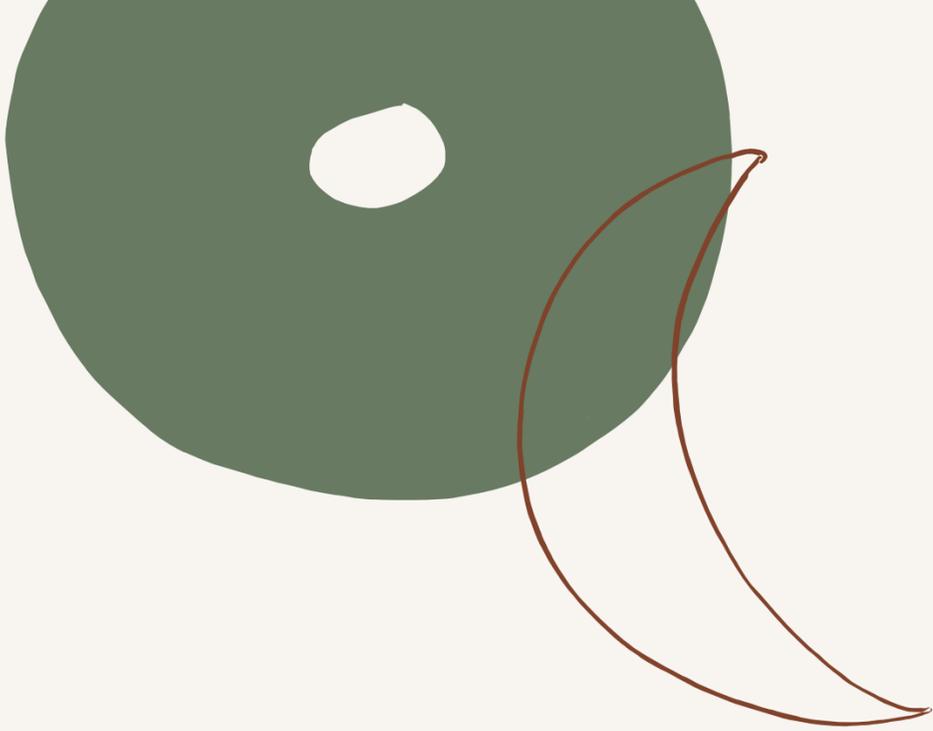
- Call or email the interviewer back and ask for feedback.
- Ask what was missing or what you could have done better.
- Remember, the choice is yours:
Grow from the experience or have a pity party for one.



3. Reality Check

- Face the problem and find the solution to fix it.
- If you are continuously getting rejected, something is missing!
- AGAIN, DO NOT make this about you and that you are not enough.
- Maybe you are too nervous. Maybe you get stuck on questions. Maybe you are being too desperate. Maybe you are not even sure you deserve this job.



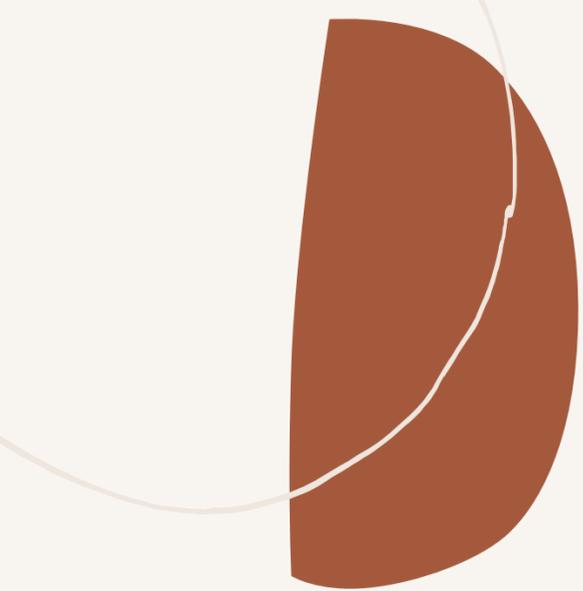


4. PRACTICE PRACTICE PRACTICE

- Ask someone you trust and are comfortable with to interview you
- Do this over and over again
- Google difficult questions and practice responses
- If they told you what was missing or what you need to work on then you want to practice doing those for your next interview
- Feedback from an interviewer is GOLD!

5. Mindset is key!

- Do not be desperate and think negative about yourself
- Leaders can smell a desperate person MILES away
- Shift your mindset from "I NEED THIS JOB SO BAD" to "If this job is the right path for me, I hope I get it"
- Make peace with the unknown! If you have not found the job suitable for you, learn to TRUST!
- Do the best you can, but remember an outcome can not be forced. What is meant to happen will happen.



6. Anxiety



- Remember that your fears are YOURS. They are not what is actually happening on the outside.
- Anxiety will not help you find a job any faster. It will do the opposite!
- Anxiety will not help the fact you are getting rejected.

Find out the *why* and get to work.

Why are you being rejected and how can you move forward?

The anxiety coach
I help
professionals
end anxiety
permanently

