



# 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

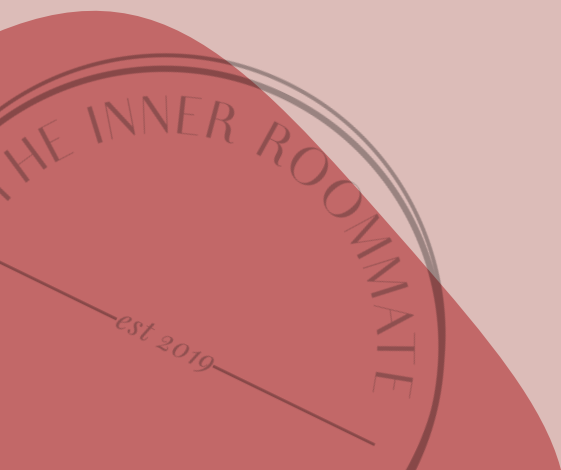
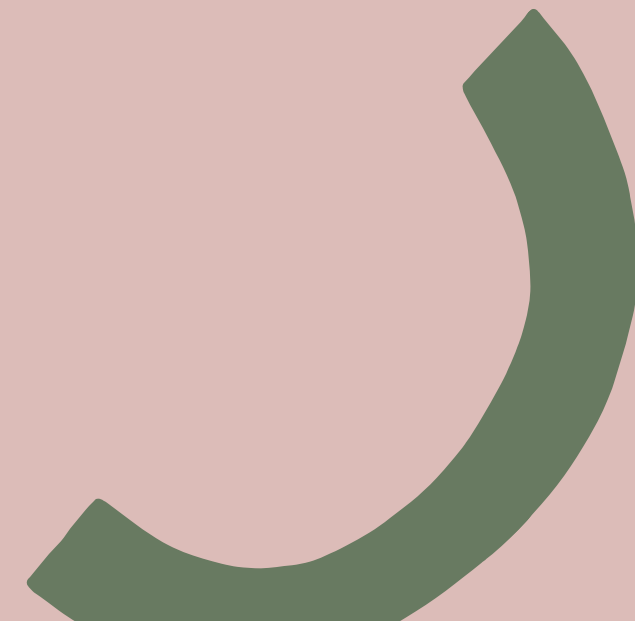
*how?*

- 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

