



HANDLING REJECTION

IT'S PART OF THE JOURNEY, NOT THE END.

Everyone faces rejection at some point – in job applications, interviews, or new opportunities. What matters most is how you respond. Use rejection as a learning experience, stay resilient, and keep moving forward. ♥



REMEMBER THIS



It's not personal
Rejection is not a reflection of your worth or potential.



It's common
Everyone experiences rejection. You are not alone.



It's a learning opportunity
Use feedback to learn, grow and improve.



Stay positive
A positive mindset helps you stay motivated.



Keep going
Persistence and effort increase your chances of success.

HOW TO HANDLE REJECTION



Allow yourself to feel
It's okay to feel disappointed. Don't ignore your emotions.



Reflect and learn
Ask: What can I learn from this experience?



Seek feedback
Polite feedback can help you improve for next time.



Focus on what you can control
Your attitude, effort and preparation are in your hands.



Take action
Make a plan, set new goals and keep moving forward.

TIPS TO STAY RESILIENT

1

Reframe the rejection
See it as redirection, not failure.

2

Talk about it
Share your feelings with someone you trust.

3

Take care of yourself
Look after your wellbeing – mind and body.

4

Celebrate small wins
Recognise your progress and achievements.

5

Stay motivated
Keep your goals in sight and believe in yourself.

6

Keep improving
Continue learning and developing your skills.

7

Don't give up
The right opportunity is on its way. Keep going!

8

Surround yourself with positivity
Be around people who support and encourage you.

THINGS TO REMEMBER

- One rejection doesn't define you.
- Every "no" brings you closer to a "yes".
- Successful people have faced rejection many times.
- Your next opportunity could be better than you imagined.
- Keep believing in yourself.
- You've got this!



WHAT TO AVOID

- ✗ Taking it personally
- ✗ Giving up too soon
- ✗ Comparing yourself to others
- ✗ Focusing on the negative
- ✗ Self-doubt and overthinking
- ✗ Blaming yourself
- ✗ Staying in your comfort zone



TURN REJECTION INTO SUCCESS

- ✓ Analyse the experience
- ✓ Identify areas to improve
- ✓ Update your CV or profile
- ✓ Practice and prepare
- ✓ Apply again
- ✓ Stay consistent
- ✓ Trust the process



REJECTION CHECKLIST

- ☐ I allowed myself to feel
- ☐ I reflected on the experience
- ☐ I asked for feedback (if possible)
- ☐ I learned something new
- ☐ I stayed positive
- ☐ I took action
- ☐ I will keep trying



DOWNLOAD THIS RESOURCE
Use these tips to build resilience, learn from rejection and achieve your goals.



TOP TIP

Rejection is not the end.
It's a stepping stone to something better.

