

## Interviews and Dealing with Rejection

Rejection is tough for everyone, but if you have already been through a difficult time and have low self-esteem it can be harder to deal with, but remember... you are not alone.

More and more people are having a crisis of confidence as, whether you are trying to find a job or fighting for university places, it is unlikely to be an easy journey.

At one time or another everyone wants to retreat from even the possibility of rejection because it is embarrassing., it shakes the foundations of who you are and it seems endless... but it doesn't have to be this way. Part of building up your confidence comes from putting yourself in situations and dealing with them - not hiding away! After all, what reason would you have to hide? You have gone for something you wanted, and yes, perhaps this time it didn't work out but you can move forward with no 'what if's' or regrets and that is the brave part.

### So how do you make rejection work for you?

Face your fears - you will ultimately find out the anticipation is far scarier than the actual event, Use nerves to your advantage by focusing your nervous energy into something positive like preparing for interviews. Once you have that sorted all that's left is to smile, breathe and remember that it is an opportunity not a prison sentence you're going for!

Remember - it will always feel like you haven't had the perfect interview - but rest assured there is no such thing! Do the best you can and be proud to know that you have put all the effort you could have into it.

Learn from the experience - Often people write that others should 'learn from their failures' - but the fact is, really there is no such thing as a failure, just experiences which we can learn from. Some interviewers give feedback which can be very useful, but for those who don't, you can pick up on areas that need improving yourself just by going through the interviewing process.

Talk, talk, talk - to friends, family and colleagues because they not only will they have advice but it's also a great way to de-brief. Once you have got the experience off your chest and had a laugh about it where possible, it won't seem as bad as you originally thought.

### Top Interview Tips...

- Don't Smoke or eat garlic before an interview, and don't chew gum during an interview!
- Wear suitable interview clothes
- Arrive on time, or better, arrive ten minutes before hand - this will give you a chance to read your notes and sit calmly for 5 minutes to relax!
- In your interview, wait until you are offered a chair before sitting down
- Feel free to ask for clarification before answering a question, don't try and guess what the interviewer has asked you as you may have misunderstood them.
- After answering a question, feel free to ask "have I covered everything you need to know?" this will ensure that you have the best chance of giving the interviewer the answer they want to hear.
- Be succinct and try not to babble or repeat yourself. Short confident answers are better than long, rambling ones!
- Answer questions honestly and with enthusiasm
- Research the company - find out how the role you are applying for fits in and any other important information about the organisation.
- Know why you want the job and what skills you can bring to it

Taking risks are scary but it makes you a stronger person and, if nothing else, it demonstrates that you can deal with difficult situations and turn them round to your advantage - who knows, it may be the best thing that has ever happened to you, just like these "rejects" -

- JK Rowling- her first Harry Potter manuscript was rejected by 12 publishers before it was printed!
- Walt Disney - was told that he "lacked imagination" by an employer and became bankrupt before becoming the Disney we know now.
- The Beatles - were told that "guitar music is on the way out" by record companies.
- Marilyn Monroe - was told she should be a secretary, not a model, by agencies.
- Winston Churchill - lost every political election until becoming Prime Minister at 62 years old.