

# DEALING WITH REJECTION

## from a Job Interview

Individuals with neurodiverse conditions may struggle with rejection, especially after high-stress situations like job interviews. This document is designed to help you cope with job disappointment.

- Individuals with Neurodivergent conditions can often be very sensitive to rejection, especially after a high-stress situation. Here are some tips to cope with missing out on that job you wanted;
  - Set yourself time to reflect on the interview – Set a time limit for reflection about your interview and write down things that you think went well and things you think you can improve on. Limit this time then try to turn these thoughts into actions, setting yourself goals of things to work on for next time.
  - Get moving physically helps your mind to start moving on too. You can not change the past, but you can learn from the experience and grow.
  - Consider the bigger picture – There could be many reasons why you were not chosen for a position. The company could have hired from within, hired someone they knew, had a difficult choice between strong candidates or any other reasons. It is not necessarily something you did wrong that stopped you from getting the job.
  - Plan an after-event – After your interview, plan to treat yourself to something you enjoy. Go for a coffee, watching a favourite program or getting involved in a favourite hobby. Remember that self-care is still important, and will keep your mind in a better position for the next interview.
  - Reach out to the employer and ask for feedback – it is always good to know why you were not successful so that you can learn from this for next time.
  - Use your list of things you identified you can improve on and connect this to the feedback you got from the employer – write a list of things you need to work on, seek guidance and support to help you develop these skills for next time.
  - Use this to grow – Talk to people around you about what happened during the interview, this could be friends, family, or a job coach who can help you reflect on what might have gone wrong, or remind you of how good your answers were.
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- Remember: Every interview is experience and each interview is one step closer to that perfect job for you!