

Despite all of the efforts put into a job search, even the best candidates are faced with rejection at one time or another. Successful job seekers keep everything in perspective, learn from each experience, and move on without settling for defeat. Remember these seven tips to keep any setbacks in perspective as you progress through your job search. Do not give up. **YOUR** job is out there!

Seven ways to Combat Rejection during the Job Search:

1. Follow up with the employer.

- Find out what skills and abilities the employer was seeking. If they are skills you already possess, you can market those skills more effectively for the next job opportunities.
- Ask the employer if there are any other positions for which you qualify. Perhaps this will provide an effective networking contact.
- Send a thank you note and express interest in working for the company in the future. Leave a positive impression.
- Make a commitment to learn something from every experience. Even a rejection can serve as a valuable learning tool for the next position you seek.

2. Keep applying without giving up!

No matter how many times you are told "no," it takes only one "yes" to give you success! Statistically speaking, your chances to succeed are proportionate to the number of your attempts. The more chances you give yourself to hear "no," the closer you are to a "yes."

3. Do not dwell on setbacks.

Allow a short time to get over any setbacks, and then move on! Remain positive about your future. Instead of dwelling on the negative, use your energy to research and apply for another position. There may be an even better career opportunity just around the corner.

4. Keep temporary setbacks in perspective.

What may seem traumatic today will not even be remembered in a few years. Remember that this is only one chapter in the story of your life.

5. Focus on the present rather than the past.

Enjoy the prospects this moment has to offer instead of dwelling on the past. It is impossible to change what happened last week; however, you can make necessary adjustments for the future. Be thankful for the skills and training you have received. Your future is full of promise!

6. Look to others for support and wisdom.

Use your support network to help keep you grounded. If needed, seek the counsel of someone you trust. It may help you to discuss the setback and how you can best learn from it. Others can often give insight and understanding in difficult situations.

7. Dare to fail.

Some people are prone to assume that failure is sure to come. Do not allow yourself to think in that manner. Remain confident with each opportunity you pursue. Assume that the right employer will appreciate your qualifications and potential. Each step you take is one step closer to your goal of the right job offer. If you do not dare to fail, you will never know success.