

You will most likely experience rejection when you go for interviews. This is something that most of us go through, probably more than once. So what can you do to help yourself deal with it?

Can I ask for feedback?

Yes, absolutely.

Will I get feedback I ask for it?

Realistically, probably not. The truth is that companies have no obligation to tell you why you didn't get the role and usually prefer to keep that to themselves. The trick is to not take that personally.

Better still, ask what you can do to be proactive and stay in touch with the employer about future opportunities.

But I'm a little bit angry and my pride is hurt.

That's not surprising. But a "no" might just mean "not today". You may not be quite right for them now, but things can change very quickly.

If you can show a little resilience (forget your pride), professionalism and patience you could still be considered for other jobs further down the line.

But, but...

It doesn't mean they don't like what you're offering. **Take a step back and think for a second.**

- Out of probably dozens of candidates, YOU got offered an interview.
- Are there any opportunities to improve your performance? Such as
 - Was your preparation thorough?
 - Did you match your relevant skills and knowledge to the role?
 - Did you show relevant values / personal qualities?
 - Were you enthusiastic, interested and motivated?
- If the answer to all of these was "yes", what else could you have done to influence the outcome?
Probably not much.

So don't beat yourself up! The key now is your response. Sure, you spent time and energy getting to know this company but you know they're the type of employer you want to work for. Send them a quick email, for example:

"Thank you for letting me know you've reached a decision. I'm really happy you have found the right candidate for the job. The interview process has been very useful to me. I meant what I said about wanting to work for your company, therefore I was wondering if you could advise me on what I can do to be proactive and perhaps be considered for future opportunities."

And who knows? The person they chose might not work out. In which case, could they be calling you? You don't know what jobs may get created down the line that could be an even better fit for you.