



TURNING A REJECTION INTO YOUR NEXT OPPORTUNITY

A rejection often reflects timing, shifting internal priorities, and comparative fit within a specific hiring process rather than a definitive measure of your talent, skills, or long-term potential.

25%

*of roles are filled internally
at top companies*

(SHRM)

30%+

*of external openings are
filled through referrals*

(LinkedIn)

70%+

*of jobs are never
publicly posted*

(BLS)

Before you even apply, many roles are already leaning toward an internal candidate or someone with a referral. A rejection often reflects circumstances, not your qualifications.

YOUR 6-STEP RESPONSE PLAN

1) TAKE A BREATH

A rejection does not define your value. Give yourself a moment to process before responding. Consider taking a short walk or stepping away from your inbox before drafting a reply.

2) REPLY PROFESSIONALLY

Thank the hiring manager for their time. Keep it brief, gracious, and positive.

"Thank you for the opportunity to interview for the role. I appreciate the team's time and consideration."

3) ASK FOR FEEDBACK

Request insights that can help you improve. Not every company can provide it but asking shows initiative.

"If you're able to share any feedback, I would greatly appreciate it as I continue to grow and refine my skills moving forward."

4) STAY CONNECTED

If the company feels like a strong fit, express interest in future opportunities. A brief follow-up keeps the door open.

"It was a pleasure learning more about your team, and I'd be interested in future roles that align with my experience."

5) REFLECT ON THE EXPERIENCE

Review what went well and where you can improve. Every interview builds skill, confidence, and clarity over time. Reflect on whether you clearly communicated your impact, or if your answers could have been more structured and concise.

6) KEEP MOVING FORWARD

Apply what you learned and continue your search. Refine your resume based on areas where interview questions were challenging or unclear, and use those insights to highlight your experience. Keep applying to roles that align with your strengths and goals.

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