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### **REBOUNding FROM JOB SEARCH REJECTION**

**WELLESLEY, Ma; ARLINGTON, Va; HARTFORD, Ct; STAMFORD, Ct.:** How can you not take rejection during your job search to heart? Rejection after an interview can be very discouraging. The job seemed perfect, the people were nice, the interviews went well. But they hired someone else. For most job seekers, rejection happens far too often and it can frequently be difficult to understand why.

Executive resource company MDL Partners ([www.mdlpartners.com](http://www.mdlpartners.com)) recommends some ways to deal with it.

1. Don't let any job rejection destroy your confidence.
2. Don't take it personally.
3. Leave the door open.
4. Never say NO. Do not anticipate rejection.
5. Analyze every failure but never wallow in it.
6. Remember your past achievements.

Keep in mind that sometimes "no" isn't the end. The Internet abounds with stories of people who have succeeded spectacularly at employers that originally rejected them.

Think about it this way -- a better job is waiting for you. But you have to do the right things to find it! "Look back over the process yourself, and see what you might learn from it. What do you think you could improve?" asks Tom McNeil, President of MDL Partners. "The bottom line is that there are probably things you could have done better, since no one is perfect and we all improve with practice. But try to think of every rejection as bringing you one step closer to that better job that is waiting for you, just around the corner."

MDL Partners can help you get there. MDL specializes in working with job seekers to not only build their lists, but refine their career focus. MDL Partners works with clients to stand out from the crowd, achieve their career goals and to broaden and deepen their network. There are plenty of times in your career that you will use MDL Partner's services – and once you are a client, you are a client throughout your entire career. MDL Partners works with clients on their immediate needs today, with an eye towards the future.

**About Your MDL Partners:** In the career consulting industry MDL Partners is unique because of our extensive network. At MDL Partners we work with mid and senior level executives, entrepreneurs and professionals who are looking for a better environment, a new job, a career change or career advancement. When you become a client of MDL Partners you immediately gain access to a worldwide network of senior level executives and professionals. This extensive network is a true differentiator between MDL Partners and other career services options. And our career services are yours to use in the future as your needs and the market change. MDL Partners has offices in Connecticut, Massachusetts and Virginia.

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