

Resilience in Job Search

Staying positive is so important

Job searching is tough

It's normal to face:

- Rejections
- No responses
- Delays



**This does not mean you
are not good enough**

What is Resilience?

Being resilient is your ability to stay motivated and adapt despite setbacks such as rejections or silence from employers. It's less about never feeling discouraged and more about how quickly you recover and move forward.



- Handling rejection without losing self-belief
- Staying consistent with applications
- Even after setbacks, you continue applying, networking, and improving
- Learning from feedback (when available)
- You reflect on interviews or CV responses and adjust your approach.
- Managing emotional ups and downs
- You develop ways to cope with frustration, stress, or uncertainty

Turn Setbacks into Progress



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“I didn’t get the job”

Use it as a learning opportunity

Take time to reflect. What went well? What could you improve?

If possible, ask for feedback and use it to strengthen your next application.



No response from employers

Not hearing back can be frustrating, but it’s also a chance to review your approach.

Are you tailoring your CV for each role?

Are you applying for the right opportunities?

Small changes can make a big difference.

Losing Motivation

It’s normal to feel stuck sometimes. The key is to keep moving, even in small steps.

Stay Motivated

Keep yourself focused and positive by building good habits:

- Set weekly goals (e.g. number of applications)
- Track your progress so you can see how far you’ve come
- Celebrate small wins along the way
- Keep developing your skills and confidence



Build Your Confidence

Confidence grows over time, not overnight.

Remember:

- Everyone starts somewhere
- Skills improve with practice
- Every application is a step forward

Success doesn’t happen instantly. It comes from effort, persistence and learning from every experience.

You’re Not Alone

If you are feeling low or worried about your wellbeing check here for more information

www.nhs.uk/every-mind-matters/

You can get help from:

- Careers advisors
- Youth services
- Friends and family



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