

## MAP Meeting 4: Rejection

### About

- Goals
  - Develop rejection coping skills
  - Identify rejection opportunities
  - Create a bounce back plan
  - Provide kind, empathetic and productive feedback regarding rejection experiences in a safe environment.
- Homework Reading
  - [8 Tips for Dealing with Job Rejection](#)
  - [Six Tips to Get Past Job Search Rejection](#)
  - [8 Tips for Coping with Rejection](#)
- Framing

### Agenda

Time	Topic	Description
5 min	Intro to discussion	Facilitator will kick off the session
10 min	CheckIn's	Go around and list most recent opportunities applied to and status of each opportunity
10 min	Large Group Discussion	recent application, interview or job rejections, the emotions attached and coping strategies used
10 min	Activity 1	Craft Rejection Letter
10 min	Activity 2	Craft Rejection Letter Response
10 min	Activity 3	Talk about it
5 min	CheckOut's	