



A career coach explains exactly what you should say to a hiring manager if you bomb your first interview and want a second chance

Shana Lebowitz and Mr. Tatyana Bellamy Walker 3 hours ago



March 19, 2020



Lynn Taylor is a career and leadership coach. Lynn Taylor

- **There's no harm in asking for a second chance at a job interview if you think you performed poorly.**
-

- **Lynn Taylor, a national workplace expert, told Business Insider that asking for another shot may actually improve your odds of landing the job.**
-

- **Taylor advises candidates to send an email to the hiring manager explaining why a second interview makes sense. The note should clarify why the person performed poorly and what they'd like to clarify, and offer to come in at a time that's convenient for the hiring manager.**
-

It can be a good idea to arrange a second date — even if the first one didn't go so well.

Maybe the person was having a bad day, or maybe they were nervous, and maybe — just maybe — their true, wonderful self will shine through the second time around.

Some hiring managers apply the same logic, and are willing to forgive an unimpressive first performance.

According to Lynn Taylor, a national workplace expert, the CEO of accessory brand [BehindtheBuckle](#), and the author of "[Tame Your Terrible Office Tyrant: How to Manage Childish Boss Behavior and Thrive in Your Job](#)," most people don't think about requesting a second chance if they feel they've bombed a job interview. But they should.

"People beat themselves up so much after interviews," Taylor said. "I don't think job seekers realize that there's a human on the other side of the desk."

In general, she said, you have nothing to lose when you ask for another shot. In fact, she added, many interviewers will admire your tenacity.

There's no guarantee the interviewer will grant your request. But sometimes, Taylor said, they'll be empathetic to the fact that you seemed flustered or for some reason weren't on your game.

The best way to make your case for a second interview is to send the hiring manager a brief email. You'll want to wait two to three days after the interview to send it (you can send a standard [thank-you note](#) in the meantime), so that you don't seem desperate.

Email the hiring manager explaining what you'd like to clarify about your candidacy

Here are the key points you should cover in the email:

- Thank the interviewer for their time. Reiterate how interested you are in the position.
- Let them know *briefly* what happened that hurt your performance in the interview. You can use general language like, "Something unexpected happened this morning that was somewhat of an emergency. The timing of course was unfortunate, and for that I apologize because I believe it affected my concentration." (Just don't lie or exaggerate.)
- If you know exactly where you messed up, you can say, "I would love to clarify the area of [X]."
- Explain why a second interview makes sense for both of you. For example: "My background [in X] is a good match for your vision [for X]." Emphasize the aspect of your background that the interviewer seemed most interested in when you met
- Offer to come in for a second interview whenever is convenient for them. You may also want to share some professional references, because you'll need some more credibility.
- Thank them again and show how grateful you'd be for a second opportunity to speak with them.
- Remember to keep this email short, Taylor said. The interviewer shouldn't have to scroll down to keep reading.

Above all, Taylor said, be honest with yourself about whether you really want the job — or whether you're just trying to "save face."