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**SHOULD I stretch the truth during an interview**

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Interviews are not the best way to find an ideal candidate for an open job position. One of the problems with interviews is that it creates an environment where people feel a need to exaggerate and/or lie in order to be hired. People assume that whoever has the best story about their job experiences will receive the offer for the open position. Those people that do exaggerate the truth rely on the interviewer not confirming anything that was stated in the interview with any of the references provided.

Interviews are a great way to display your verbal and physical communication style as an applicant. You should spend the majority of your time working on perfecting your communication style instead of your in depth exaggerations. Regardless of your exaggeration expertise, it is not worth the risk of losing credibility with your employer when they find out you embellished about your true job experiences. It is important to be honest and keep the interviewer engaged in meaningful conversation through your phenomenal verbal and physical communication.



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If you are an excellent communicator looking to improve or a person that struggles with presenting yourself in a positive manner during an interview, [Toastmasters International](http://Toastmasters International) can help. Toastmasters have a superb approach to improve your ability to present yourself in an effective, engaging and meaningful manner. If you have ever struggled with discussing a subject, including yourself during a job interview, visit the next toastmaster's meeting in your area and get help quick before your next job interview.

For more information contact [Sy Bryant](mailto:Sy Bryant) of [theomegasolution.com](http://theomegasolution.com) or use one of the following:



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