



## Dealing with Journalists

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## training services

### **Dealing with journalists often fills people with fear...**

You may frequently hear it argued that: “*You cannot trust a journalist*”, or “*stories are distorted*”, or “*people are misquoted*”. In some cases this happens, but by and large it is not the norm. Most journalists are trying to do a job, and if you understand what they are trying to do and how they go about it, you stand a much better chance of avoiding the pitfalls. These notes are designed to help you deal with journalists and have a constructive relationship with them. But there is no guarantee that things will always turn out the way you want.

**Stephen Horn,  
Managing Director**

## **contact**details

WebsEdge  
Great Titchfield House  
14-18 Great Titchfield Street  
London  
W1W 8BD

Tel: 020 7612 1830  
Fax: 020 7636 7446  
email: [mattm@websedge.com](mailto:mattm@websedge.com)  
Web: [www.websedge.com](http://www.websedge.com)