

# Proper Handshake

---



# Delivering the proper handshake

---

- ❑ A proper handshake can make or break your first impression on a person
- ❑ A handshake that's too weak can convey lack of self-confidence, while one that's too strong or crushing can convey hostility or superiority



# Confidence and Pride

---

- A well-executed handshake is one that conveys self-confidence, trust, and a genuine interest in the other party



# Factors contributing to a good handshake

---

- ❑ It is rarely inappropriate for one to give a handshake



- ❑ A handshake is generally common courtesy during introductions, and when greeting most any person
-

# The Secret to a Perfect Handshake

---

- Handshakes are the only consistent physical contact we have in the business world. They happen first, so they set the tone for the entire relationship



- People make an immediate judgment about your character and level of confidence through your handshake
-

# Be a mover and shaker

---

- ❑ It is appropriate to shake hands in any public business setting -- job interviews, business meetings, thank-you gestures. The proper handshake should be delivered with an energy that communicates sincerity and professionalism



# Put them in the palm of your hand.

---

- ❑ Extend your arm with your hand outstretched with thumb straight up. Make sure hands are web-to-web, then just execute the gesture with two pumps



# Get a grip

---

- Limp, lifeless handshakes tend to communicate timidity, passivity or intimidation. The "limp fish" and "barely touching" handshakes project a sense of distance and a "don't touch me" attitude. It's hardly welcoming and no one, including women, is exempt from this rule.



# When to go hand in hand

---

- When shaking hands to congratulate someone, the double handshake is recommended



- This is when you "glove" or "sandwich" the other's hand with both of yours and indicates pride, warmth and sharing
-

# Be a right-hand man or woman

---

- ❑ In today's business environment, both women and men shake hands
- ❑ The idea of a woman waiting for a man to extend his hand first is outdated



# Video Clips

---

What NOT to do...

❑ <http://www.youtube.com/watch?v=exUICjqQsDA>

What to do...

❑ [https://www.youtube.com/watch?v=B2FPPM\\_2Ffs](https://www.youtube.com/watch?v=B2FPPM_2Ffs)

---