

Title:

Make a Connection ~ Seven Secrets to Great Handshakes

Word Count:

798

Summary:

This article reminds us of the importance of a great handshake and provides specific ideas to

Keywords:

professional development, personal development, first impression, handshake, connection, conne

Article Body:

It's something most of us do often. We shake hands. We shake hands with long-time friends, w

I took a class in college where they taught us how to shake hands. I remember thinking at th

In much of the world, the handshake is a part of the first impression that we make. People thi

And while all of that is important, it is the handshake, often overlooked and forgotten, that

In other words, handshakes matter.

And a strong one can make a big difference.

An American colleague who has now been living and teaching in Japan for some time must agree,

Next week is the beginning of the school year - and I really want to get my new students off t

Here are the secrets to great handshakes, assembled to respond to her earnest request.

1. Start with eye contact and a smile. A great handshake isn't just about a physical gesture,

2. Go for the thumb. Keep your hand open and make sure your handshake will be a hand shake, no

3. Firm, not strong. A good handshake is firm but not overpowering. It isn't the precursor to

4. Up and down, not back and forth. A good handshake has a nice up and down motion, not a back

5. Adjust duration. Some people prefer a long handshake, others prefer them much shorter. Obse

6. Consider your left hand. While it may not be appropriate in some cultures, I often use my o

7. Close with eye contact and a smile. If the smile and eye contact hasn't continued throughou

After re-reading and thinking about these secrets several times, I realized that the deeper ke

As a leader or a person responsible for interacting with Customers in any way, the value of th

Thanks to my Dad for teaching me and thanks to Teresa for asking me the question.

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