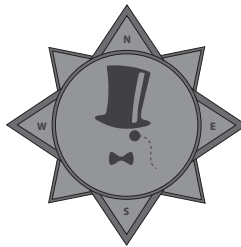


## GIVING A GOOD HANDSHAKE

First impressions last, and a handshake is considered that first important contact with an individual. So, it is the first point whereby a person starts to make an assessment of an individual and sizes them up.

## FLIP OVER FOR YOUR NEXT CHALLENGE



### EARN THIS NUGGET

Practice your handshake with members of your family. Then move on to strangers in social situations, whether at church or some other social situation where a hand shake is a normal form of greeting. Shake the hand of at least twenty strangers.

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We've all shaken a hand which was limp and kinda creepy. We've all shaken a hand and immediately wanted to check into an emergency room for an X-ray. But there can be more to a hand shake than this.

- A hand shake should be firm, not crushing. What you are conveying here is that you have strong character and you are in control of your destiny.
- Make sure your hands are clean—not greasy, not wet.
- If your hands are wet or sweaty, try to wipe them first.
- When shaking hands, it is more than your hand that is involved. Look the person in the eye and smile.
- Little children do a comical thing where they move their hand up and down in an exaggerated fashion. A good handshake actually involves very little shaking and is more about a positive, affirming of a good grip. So, it is more typical to have an almost imperceptible “twitch” as you make that firm grip.



- There are some who would try to dominate you with a handshake. This is a psychological game to intimidate, whether intentional or not. They will grip your hand and dominate by twisting their hand over yours, so their hand is almost horizontal over yours. This is a very domineering move. To set the stage correctly, give a positive shake. As you do, within that movement, move the hand grip back to a vertical orientation. This just lets this type of person know they are not going to take advantage of you.