



Susanne Gaddis, PhD



Susanne Gaddis PhD
The Communications Doctor

"Prescriptions for Effective Communication"
www.CommunicationsDoctor.com
Gaddis@CommunicationsDoctor.com

How to Get the Upper Hand: Prescriptions for a Great Handshake

The knuckle-cruncher. The cold-fish. The limp wrist. The pincher. At one time or another, you have more than likely experienced handshakes like these – handshakes that could benefit from an all-hands-on-deck makeover. With this in mind, here are some quick tips to make sure you'll have the "upper hand," when giving a handshake:

Do:

- Extend your right hand enthusiastically outward.
- Have a 45% bend at the elbow.
- Shake with your whole hand, not just your finger tips).
- Use a medium-firm grip -- not too hard, nor too soft.
- Get on the Web (see below for details).
- Keep your fingers together.
- Cup or round your hand slightly.
- Hold the grip for one to two seconds.
- Position your thumb so that it touches the back of the other person's hand.
- Make sure your hand is neither on top or on the bottom, rather keep your wrist positioned vertical to the floor.
- Make eye contact.
- Smile.

Getting On The Web

One test for a good handshake is to see if you can "get on the Web." A great handshake happens when your web, or the loose, fleshy skin located between your index finger and thumb, connects with theirs.

How to Give a Hand Hug

A hand hug is a modified handshake that uses both hands. To give a hand hug:

- 1) Engage in a normal handshake.
- 2) With your right hand in a proper grip, firmly cup the back of the other person's hand with your left hand. It's almost as if you are using both of your hands to create a "hand-sandwich."

People giving a hand hug are often perceived as being caring and compassionate. The hand hug can be used to comfort an individual or it can be used when delivering hard to hear news. Similarly it can be used as a sincere gesture when delivering praise or when expressing gratitude.

Take the handshake challenge.

Select 5 individuals who you know will provide you with honest feedback. Shake hands with them and ask them, "If you could change one thing about my handshake, what would it be." Make these changes and receive additional feedback.

Susanne Gaddis, PhD, known as the Communications Doctor, is an acknowledged communications expert who has been speaking and teaching the art of effective and positive communication since 1989. Gaddis' workshops, seminars, and keynote presentations are packed with tips and techniques that can be immediately applied for successful results. Gaddis also provides quality training and executive coaching for organizations, corporations, and associations across the United States. For more information, call 919-933-3237 or visit www.CommunicationsDoctor.com.