

How to Give a Proper Handshake

Employers are seeking students and graduates who are proficient in their field and who have a strong grasp of the soft skills including: social graces, communication, friendliness, relationship building, etc.

NTC's Student Development Team including Student Life and Career Services can help you:

- * prepare for job fairs and interviews
- * develop self awareness
- * practice common interview questions
- * tackle attitude, ethics and integrity
- * acquire networking skills
- * learn how to be a part of a team
- * and so much more

Check out our online resources:
studentlife.ntc.edu/soft-skills



DO



1) MAINTAIN EYE CONTACT.



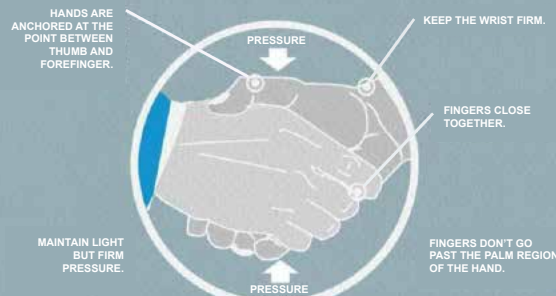
2) SMILE.



3) LEAN FORWARD ABOUT 20°.



3) A GOOD SHAKE COMES FROM THE ELBOW. THE FOREARM REMAINS FIRM.



5) FIVE SHAKES MAX.

DON'T



THE LIMP FISH

The classic bad handshake. The hand is disengaged from the thenar space, instead it limply lays on the other hand and applies no pressure back. Awful.



THE ACTION FIGURE

The hand is totally rigid and doesn't clasp so much as fit into the other person's grip with straight fingers pointing down. Awkward.



THE STANDOFF

The handshake that doesn't end when it should. Nobody wants to make the wrong move so no move is made. It just keeps going forever. Terrifying.



THE SOMETHING TO PROVE, OR WHAT?

The opposite of the Limp Fish. It applies entirely too much pressure to the point of being painful. You're trying too hard. No good.