



Key Points - Shaking Hands

1. When people shake hands, they also say something to each other (i.e. a greeting).
2. Try to initiate shaking hands with the interviewer.
3. You do not need to initiate a handshake if you do not want to, but if the interviewer reaches out their hand, you must reach out yours.
5. Handshakes generally last 2-3 seconds.
6. You should make eye contact with the person whose hand you are shaking.
7. Smile when you greet the interviewer.
8. Use an upbeat tone of voice when you greet the interviewer.
9. Try not to look uncomfortable during the handshake and do not rub your hand off afterwards.
10. Your handshake should be firm - not too hard, but not limp.
11. Practice on someone beforehand so they can tell you if your handshake is too firm or too soft.