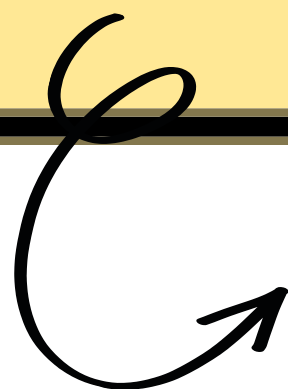


# 8 TYPES OF HANDSHAKES



AND HOW TO MANAGE THEM !



OR



# SWEATY PALMS

This is usually the sign of a nervous person. When a person is nervous their sympathetic nervous system often becomes overactive, sometimes resulting in sweaty palms.



# DEAD FISH

Here the hand has no energy, there is no shake, no squeeze, not even a pinch, and it gives the feeling you are holding a dead fish instead of a hand. This handshake is a synonym for low self-esteem.



# TWO-HANDED HANDSHAKE

Usually seen among Politicians, this type of handshake is said to convey the meaning of warmness, friendliness, honesty and trustworthiness.



# CONTROLLER

You feel your hand being pulled toward the person or strongly guided in a different direction, perhaps towards a chair. People who do this are controllers. This means they want to establish their dominance.





# FINGER VICE

A finger-vice handshake is when someone grabs your fingers and not your entire hand it is meant to keep you at a distance. These people are often insecure.



# LOBSTER CLAW

Like the claw of a lobster, the other person's thumb and fingers touch the palm of your hand. The person doing this fears connecting at a deep level and may have challenges building relationships.



# THE IDEAL HANDSHAKE

This is described as a firm hold with two shakes and eye contact. Here, you don't pinch or squeeze the other person's palms. The ideal handshake will be comfortable and match the grip pressure of the other person.





# BOARDROOM SHAKE

It's a handshake where a person shakes hands strongly and grips the forearm with the other hand. Usually, it is a managing director who wants to show control.



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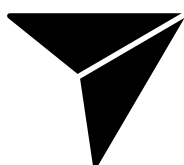
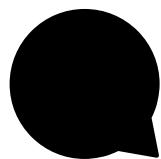
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