

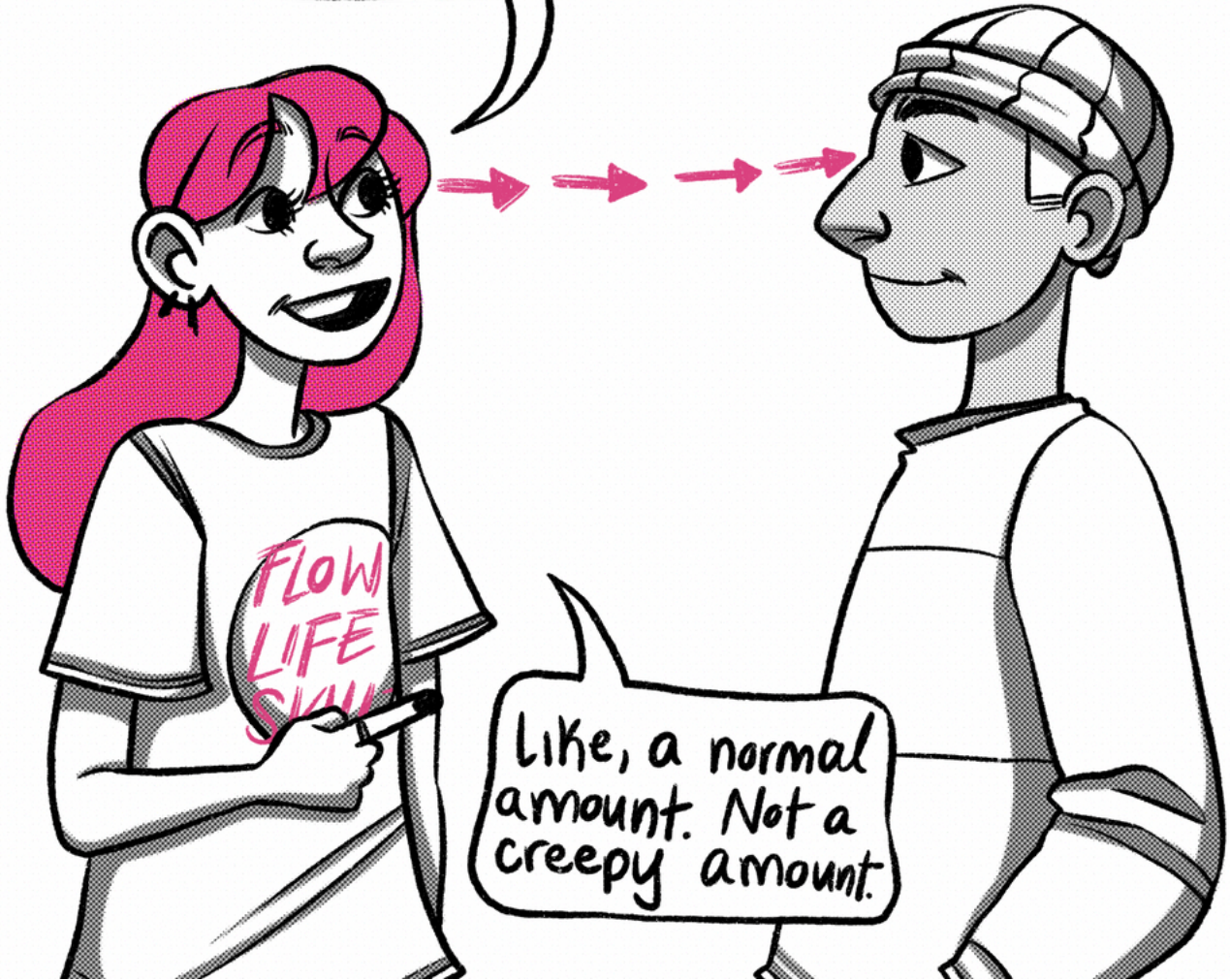
Weirdly, a super important skill to have is perfecting a solid handshake.

It generally helps you be taken seriously with job interviews, meeting new people, et cetera.



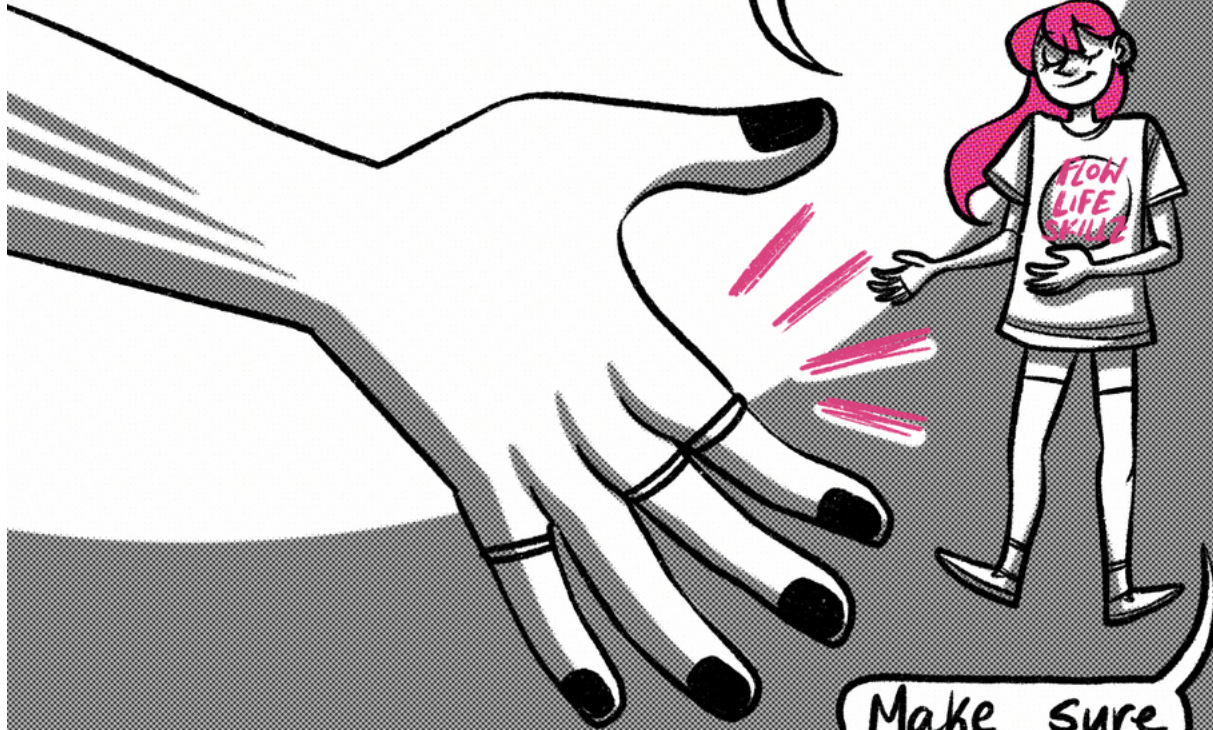
flow

Ok, one of the first & most important parts of the handshake is some strong eye contact.



Like, a normal amount. Not a creepy amount.

Next, go in for the shake with your dominant hand.



Ideally keeping that non-creepy eye contact while you do.


Make sure those hands are clean too!

You want a nice firm grip, but not too firm! Let's not cut off blood circulation, here.





Give it a good shake or two. Not too many, but follow their lead if you need to. Be confident with it.



It's all about coming off as sure of yourself, like you've got it all together.

You got this!!

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