

## S HAKE HANDS

Not too hard (you might break a hand); not too soft (no one wants a floppy fish); and certainly don't shake the fingers.

## P OSTURE

Stand up straight, shoulders back, chest out. People believe that a person standing tall is more confident and aware.

## E YE CONTACT

Look into the eyes of the person you are meeting the entire time you approach, while you shake hands, and throughout the interaction. It shows confidence!

## C HARM

Smile, raise an eyebrow, use a head nod, laugh at a joke. These small actions express interest and charisma.

## I NTRODUCE YOURSELF

People like to know your name. A simple, "Hi, I'm \_\_\_\_\_," is a great icebreaker.

## A SK A QUESTION

Questions like, "How are you?" "Do you have any hobbies?" or "Can you tell me about yourself?" are great ways to engage the other person and show you're interested in them.

## L EAN IN AND LISTEN

Don't lean in too much; you don't want to invade someone's personal space. A slight lean in from a couple of feet away shows interest and helps you listen to the speaker and respond to them.