

# Youth Entrepreneurship Guides



## Why you'll never have anyone doubt your skills if you have a solid business walk and handshake

I've heard it numerous times before : "They won't take me seriously because I'm young".

You can call it the "Lack of Grey Factor". Adults want to do business with other other adults. They trust the person working with them is mature, experienced and will get the job done.

But what if you can be as dedicated as any adult? You've got to communicate that you can be taken seriously.

One of the easiest ways to do it is through a solid and confident business walk and a firm handshake.

### *Business Walk*

Consider the impression you make when you are walking in the following manner:

- Confidently
- Shoulders up straight.
- Quick and comfortable pace
- Holding your head up
- and good eye contact.

People will take you serious and want to do business with you.

### *How do you make the introduction after your walk?*

- Extend your right hand and look the adult in the eye
- Share your introduction - My Name is and it's a pleasure to meet you.
- Not only does it get easier the more you share, but you'll feel more confident the more times you practice your business walk and greeting.

Practice with your parents/guardian or another trusted adult. Someone you know who works in a professional environment

## *Recipe for a good handshake:*

1. Use your right hand (unless you have physical limitations or challenges that would prevent you from shaking with your right hand)
2. Give a good firm grip - not too hard but don't give a wimpy shake either
3. Good eye contact - Look the other person directly in the eye
4. Smile
5. Clean hands - make sure your nails and hands are well groomed

## Things to Avoid

1. Wimpy handshake
2. Clamy hands
3. Chewing gum
4. Pumping the other person's hand too hard
5. The Double hand handshake

## *Don't forget:*

- Only takes 10 seconds to make a first impression. Make sure you are professional
- And remember you need to do these tips ESPECIALLY when you are nervous or not sure