

## What's Up with the Handshake?

We live in a world full of fist bumps and high fives. They are everywhere. I guess I am a bit old school because I still go with the good old tried and true handshake. It is like an auto response for me. This is not to say I don't have an appreciation for the more casual types of greetings between friends. I am nothing if not a casual guy. There is something to be said for time and place. In our Toastmaster meetings, we find the ultimate time and place for the handshake.



I suppose that a great deal of the practice within Toastmasters of shaking hands was simply a reflection of how people interacted in society. In the early 20th century (when Toastmasters was formed), men extended this courtesy as a sign of respect. I believe it remains a part of our club culture for the same reason. Respect for the person, the lectern, and the club. Has

your club arrived at a place where they play fast and loose with lectern control via poor handshakes? Lead by example on this point in your meetings. A Toastmaster never leaves the lectern unattended. This practice is a foundational element of a well-executed Toastmasters meeting. Don't settle for anything less.