

Handshakes and High Fives

A simple yet effective way of cementing work relationships is to shake employees' hands. Politicians understand the value of "pressing the flesh." A variation on this traditional practice is the "high five" used by athletes. Psychologically, this touching of others establishes contact and rapport. While gratuitously touching employees is inappropriate, the hand-shake is an accepted sign of recognition and respect.

A hearty handshake of greeting each day, as well as using the opportunity at the end of the work shift to thank employees for their efforts, is a marvelously simple way of establishing a bond with your employees. As with any other symbol of relationship, the handshake must be sincere, open, and direct. There can be no question of ulterior motive, only good fellowship and cheer. Phoniness is evident to everyone.