

THE RULES OF TOASTING

There's a right way and a wrong way to give a toast, and these rules apply in person and on Zoom.

Just in time for the holidays, here are Coach Candy's 5 Rules of Toasting:

#1 The Host Always Goes First

At any gathering, large or small, no one should offer a toast until the host has had the chance to go first.

#2: Stand Up & Fill Your cup

Protocol experts agree that a toast should be given standing up and everyone in attendance is expected to stand as well. For small, intimate, family gatherings, it is okay for the person giving the toast and those around the table to stay seated. If you are the guest of honor and you are being toasted, always stay seated. When the toast is completed, rise to say thank you, and then take a sip of your drink.

#3: Hold Up Your Glass

Everyone should hold up their glass for the entire toast. If you don't, the impression is that you don't care, or that you don't share the sentiments of the person giving the toast.

#4: Attention Non-Drinkers

If you don't drink alcohol, substitute with something sparkling. Don't invert your glass on the table, or toast with water.

#5: Don't Wing It

If you are the host and it's a special occasion, you are expected to give a toast. Know what you are going to say in advance. When we are not prepared, our brains use filler words like "umm" and "ah". These words affect our credibility.

*Special note for those who are offering virtual holiday toasts:

Take the lead and send everyone who will be part of your Zoom holiday call a note, saying that you would like to propose a toast on a certain date and time so that everyone will be prepared with a glass and something in it. Invite others to toast as well, and remind them to have enough in their glasses for numerous toasts!

Remember: No matter how you sound, I can make you sound better.