

# HANDS FREE COVID GREETING

We've all got masks covering half of our faces. We're social distancing, and we're avoiding physical contact. How do we create a connection with others? In a "hands-off" world, how do we establish trust which is the basis for all relationships?

**Remember these 8 steps towards a hands-free COVID connection:**

1. It only takes 5 seconds to make a first impression, and the timer is on from the moment you meet someone.
2. Your posture signals how you feel about yourself. Stand up straight, chin up, shoulders back.
3. If you are being introduced to more than one person, focus on one person at a time.
4. Maintain good eye contact, a steady gaze. Look that person in the eye.
5. Smile deeply under your mask.
6. Use the person's name as you greet him or her.
7. If you are introducing yourself, be sure to say your name clearly: I'm Candy O'Terry. It is so nice to meet you, Bob.
8. Gently bow your head down and then up again as you say hello. This powerful gesture telegraphs respect.

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