

# MANAGING YOUR CAREER

## The Handshake: Don't Sweat It

by Chris Jones

(NAPSA)—It may seem simple, but shaking a prospective employer's hand can trigger a complex series of biological events.



The heartbeat increases, blood pressure rises, muscles tense, pupils dilate, acid floods the stomach and—most serious for the job candidate—the skin breaks out in sweat.

“That old problem of sweaty palms is going to be a given,” says David Givens, Director of the Center for Nonverbal Studies in Spokane, Washington.

His advice? Don't worry.

Susan Bixler, President of Professional Image, Inc., a corporate image consulting group based in Atlanta, suggests washing hands with cool water directly before the interview.

Other suggestions:

- Keep palms open—not wadded into fists—prior to the interview.

- Keep a tissue or handkerchief in your pocket to wipe off excess sweat.

- *Mr. Jones oversees content at HotJobs.com (www.hotjobs.com), rated the number one online job board by Media Metrix. For more information about HotJobs, contact pr@hotjobs.com.*