

Being More Confident In Speaking English

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Abstract: This is especially true when it comes to speaking. However, there are a few great ways to give your English confidence a boost, so that you'll soon find speaking English comes easier than ever. In this article, we will discuss the issues associated with the problems of confidentially speech production.

Keywords: practice, calm, presentations, positive, participate, technique, exercises, comfortable.

Studies show that increasing your confidence will also help you at work. Confidence in your own skills at work will mean that your boss will have more confidence in your abilities, which could lead to more responsibilities at work. When you are confident in your abilities you are more open to learning opportunities, such as professional development courses from your company. Not only that, but if you are responsible for dealing with clients, your confidence will make them trust you more. Now that you understand why you need to care about confidence when learning English, let's discuss some techniques to help you improve. Today, computer technology enjoys a noticeable presence in second and foreign language teaching and learning processes. This is because of infinite benefits this use has for teaching, learning and assessing second and foreign language like English. The use of multimedia technology, classroom, can offer the delivery of a wide variety

of multimedia content, with pedantic and authentic language models, accessed with individual control. The use of computer also offers other channels of communication between class members and distant learners as well as supplemental practice exercises and tutorial feedback. The use also shifts the learning environment from the traditional 'teacher centered' towards the 'learner-centered' approach moving learner as passive entity to a student who is active in the search for the fulfillment of his or her own learning needs and to use the language in an authentic situation.

1. Practice and preparation can be a big help for building confidence. For example, rehearsing and rewriting your English presentations can help you to memorize the material. The more familiar you are with your material, the smoother your presentation will go and the easier it will be for you to speak with confidence.

2. Finding a technique that works for you can also help you feel comfortable when speaking aloud. You may find that simple breathing exercises can quickly make you seem calmer. Or you could try visualization techniques that make you feel more confident and positive as you raise your hand to participate in class.

3. Reviewing. What you've learned does require you to spend more time on learning English. However, this step can make a huge difference in your confidence levels if you take the time to go over your newly learned skills. The more familiar you can become with new English vocabulary and grammar, the better your delivery of spoken English will become.

4. Your attitude and your mind set are just as important as the time you take to learn and prepare. First, remember that you can speak English and that you possess an excellent source of English vocabulary. Try to always be positive about

your English skills and focus on the English concepts that you have mastered and not on the English skills that you need to improve on.

5. Think about being calm. Remind yourself to relax and use your English knowledge. Confidence is an interesting thing. Some people just naturally seem to have it, even when they aren't necessarily the best at something. For the rest of us, though, it's something we need to develop over time. There are a few shortcuts, though.

6. Breathe. Something that's easy to forget when you are nervous. Making sure you have enough oxygen in your blood is vital to feeling confident and speaking a language well. Take a deep breath before you speak to give yourself time to think and help yourself feel more confident.

7. Slow down. Most of the best public speakers in English speak slowly. Speaking slower makes you sound more confident and trustworthy and will also have an impact on how you feel. As well as making you feel more confident, it gives you a bit of time to think about what you are going to say next. Start your English Learning Online with EF English Live. Sign up today and get a free 14-day trial! Whatever your goals, our online English course guarantees your success.

8. Practise making mistakes. One of the biggest barriers to putting new sentence structures and vocabulary into action is the fear of getting it wrong. Even though mistakes are a natural and important part of learning, it can be easy to feel embarrassed or uncomfortable when you make one. So, to overcome that fear, put yourself in a situation where you know you are wrong. For example, go into a hardware store and ask if they sell food. It's a difficult thing to do, but finding out that people are usually polite and friendly, even when you make an obvious mistake is an important realisation to make.

9. Visualise success. This is a trick used by many top athletes. Before you speak English, imagine yourself speaking clearly and fluently. By visualising the most positive outcome of the situation, you'll feel confident and know what you're aiming for.

10. Congratulate yourself. Make sure to celebrate your strengths. Make a list of the things you can already do well in English and keep it to date. When you look down the list of all the things you are already great at, it will make you feel more confident. Feeling confident, yet? Commit to trying one of these techniques today and see how much more confident it makes you feel.

Conclusion: All too often people spend all of their time studying grammar and memorizing lists of words instead of actually going out there and putting what they've learned into practice. Anyone who's taken the plunge and moved away from home to study English, or moved abroad to work or travel, will tell you just how quickly their English skills improve. While studying the written language is still hugely important, especially for improving your grammar and building your vocabulary, the most effective learning still happens face-to-face. When you're surrounded by people who don't speak your native language, you have no choice but to overcome your fears – your fear of making mistakes, of being shy, of sounding foolish – all things that stand in the way of your language learning. Being forced to speak the language helps you to overcome those fears, to realize that English speakers don't care if you make mistakes, and to reach out and build your language skills in a very real way.

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