



BE VALUED

OBJECTIVE

Decrease frustration and improve confidence in English as another language

STRATEGIES

Vocal: Hit consonants hard; keep vowels long; say final sounds (“projecT”)

Verbal: Recycle or reuse words in statements (“We will change the process. The process will...”); use words that convey your deep confidence: “We’re committed to...”; talk about concrete subjects first, abstractions second; share more in group meetings (start sooner to share)

Visual: Consciously convey energy and interest sooner in speaking; look away to think

Mindset: Time to balance introversion with extroversion; okay to think less; don’t wait to be 100% sure – just speak up to stimulate thought; stay tuned in (listen to internal thoughts later – they are distracting and noisy during real time)

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METRICS FOR SUCCESS

People see how committed and confident you are and say so.

Others do what you ask them to do without needing repetition.

You are quoted to others about your good ideas and advice.

PRACTICE SCHEDULE

- Week 1: Focus on speaking with energy.
- Week 2: Focus on saying words completely.
- Week 3: Show your strengths in listening and understanding issues.