

How to Talk to Anyone

with Confidence

EPISODE 1 • LEVEL B1-B2

Episode summary

Nobody is born confident — confidence is a skill, and skills can be practiced. Confident people are not fearless; they are simply better prepared.

- Why talking feels hard: the fear of mistakes, the "empty mind" moment when words disappear, and the myth that confidence is something you are born with.
- Three mindset shifts: aim to connect, not impress; act first — confidence comes after action, not before; treat every conversation as practice, not performance.
- Six practical techniques: start with tiny interactions, use the question trick (ask, don't tell), prepare openers in advance, let your body language speak first, open with a sincere compliment, and always have a graceful exit line ready.
- When you freeze mid-conversation: three rescue phrases buy you time and sound completely natural. Plus the echo technique — repeat their last words with interest — keeps any conversation alive.
- Avoid the three conversation killers: one-word answers, checking your phone, and over-apologizing. Replace "Sorry for my bad English" with "Thanks for your patience."
- Train daily at home: narrate your day to yourself, shadow this episode sentence by sentence, do the one-minute mirror talk, and record voice notes to hear your own progress.

What's inside this PDF

20 key words • 6 rescue expressions • Say It Better upgrades • 3 practice exercises
Polyglot House • Polyglot English • Free study companion

Key Vocabulary

20 words from this episode — learn them, then use them this week

1. confidence

belief in yourself and your abilities.

> Her confidence grows every time she speaks English.

2. awkward

uncomfortable in a social situation.

> The first minute was awkward, but then we laughed.

3. small talk

light, casual conversation about simple topics.

> I practiced my small talk with the taxi driver.

4. icebreaker

something you say to start a conversation.

> A compliment is a great icebreaker.

5. body language

messages your body sends: posture, gestures, eye contact.

> Good body language makes you look confident.

6. fluent

able to speak smoothly and easily.

> She is not perfect, but she is fluent and confident.

7. nervous

feeling worried about something.

> I felt nervous before the interview, but it went well.

8. conversation starter

a question or comment that begins a conversation.

> "How do you know the host?" is a perfect one.

9. mindset

the way you think about something; your attitude.

> Treat conversations as practice — that mindset removes fear.

10. rescue phrase

a short sentence that buys you time when you freeze.

> "Sorry, let me think for a second."

11. echo technique

repeating someone's last words with interest.

> "Japan? Wow, how was it?"

12. golden question

an open question that keeps a conversation going.

> "What do you enjoy most about it?"

13. one-word answer

replying with only "yes" or "no" — it kills conversation.

> Add one extra detail, always.

14. over-apologizing

saying "sorry" too many times for small mistakes.

> Replace it with "Thanks for your patience."

15. shadowing

repeating a speaker's sentences, copying their rhythm.

> Pause after each sentence and repeat it aloud.

16. compliment

saying something sincere and nice about someone.

> A sincere compliment is the easiest icebreaker.

17. eye contact

looking at the person you speak with.

> Smile and make eye contact before you speak.

18. rep

one repetition of practice, like in exercise.

> Every small talk is one rep for your speaking muscle.

19. superpower

a special strength you already have.

> Listening is your superpower as a speaker.

20. sincere

honest and genuine, not fake.

> People can feel a fake compliment from a mile away.

Speak with Confidence

6 rescue expressions + the Say It Better upgrades

6 expressions that save any conversation

"Sorry, let me think for a second."

Buys you time when you freeze. Sounds thoughtful, not weak.

"How can I say this... let me start again."

Restarts your sentence cleanly. Even native speakers do this.

"Sorry, could you say that again more slowly?"

Asks for repetition politely. Never be afraid to ask.

"Thanks for your patience while I find the right words."

Replaces "Sorry for my bad English." Gratitude beats apology.

"Really? Tell me more!" / "No way! What happened next?"

Reacts to news with curiosity. Keeps them talking.

"It was great talking to you — I hope we chat again soon."

Exits any conversation gracefully. Short, warm, respectful.

Say It Better — 10 upgrades

□ "What?"	□ "Sorry, could you say that again?"
□ "I don't understand."	□ "I'm not sure I follow — explain it differently?"
□ Silence at good news.	□ "Really? Tell me more!"
□ "Goodbye."	□ "It was great talking to you — chat again soon."
□ "You are wrong."	□ "I see it a bit differently — here's what I think."
□ "I can't speak English well."	□ "I'm still improving — better every day."
□ "Hi."	□ "Hi! How's your day going?"
□ "Sorry for my bad English."	□ "Thanks for your patience..."
□ "Yes."	□ "Yes! I agree, because..." + one detail.
□ "What do you mean?"	□ "Could you explain what you mean?"

Practice Time

3 exercises — do them today, not "someday"

Exercise 1 — Fill in the blank

Word bank: confidence • icebreaker • rescue phrase • echo technique • sincere

1. A _____ is the easiest way to start talking to a stranger — try a genuine compliment.
2. When I freeze, I use a _____ like "Sorry, let me think for a second."
3. With the _____, you repeat their last words: "Japan? Wow, how was it?"
4. Keep your compliments _____ — people can feel a fake one from a mile away.
5. _____ is a skill. Nobody is born with it; it is built one conversation at a time.

Exercise 2 — Rewrite it better

Say each one the natural way (answers below):

1. Someone tells you exciting news. You say nothing. > What should you say?
2. You want to leave politely, but you only say "Goodbye." > Say it better:
3. You freeze mid-sentence and panic. > Which rescue phrase saves you?

Exercise 3 — The mirror minute

Stand in front of a mirror, pick one topic, and speak for ONE full minute in English. Smile while you do it. Record a voice note and listen back — hearing your own progress is the fastest confidence builder there is.

- "A conversation I want to have this week — and my opening line."
- "Three golden questions I will ask the next person I meet."
- "My rescue plan for the next time I freeze."

Answer key

Ex 1: 1 icebreaker • 2 rescue phrase • 3 echo technique • 4 sincere • 5 Confidence

Ex 2: 1 "Really? Tell me more!" 2 "It was great talking to you — I hope we chat again soon."

3 Any rescue phrase, e.g. "Sorry, let me think for a second."