



ENGLISH CONFIDENCE WORKBOOK #1

Alice Callender Tutoring and Coaching

Navigating real-life scenarios with language proficiency can be challenging, especially when faced with the prospect of speaking to native English speakers or immersing oneself in an English-speaking environment. This workbook acknowledges the inherent hurdles in putting language skills into practice and provides tailored tools and strategies to overcome them.

Whether you're aiming to refine your fluency, polish your pronunciation, or simply feel more at ease expressing yourself in English, this workbook offers practical guidance that complements language learning with a focus on cultivating confidence and resilience.

About Alice's Tutoring Programmes

With a degree in English and Linguistics from a Top Ten global University for Linguistics, Alice is a qualified and experienced English Tutor based in Budapest offering sessions to students all around the world virtually.

As a native speaker, experienced teacher, tutor, and University counsellor, Alice brings authenticity to her teaching, helping students gain confidence through coaching and interactive methods. Be inspired to embark on an exciting journey of language learning and personal development together!

Fancy a session to work through this workbook together?
Book with Alice via Calendly now!

Language Confidence Workbook

Workbook Contents:

- PART 1: Your Unique Language Journey
- PART 2: Topic of Discussion (Speaking Activity)
- PART 3: Tools and Suggestions to implement into yours SMART Goals
- PART 4: The tree of Language Learning

This workbook is ideal for language levels:

1. Intermediate Level (B2)
2. Advanced (C1-C2)

This workbook is specifically designed for individuals at B2, C1 and C2 language proficiency levels who seek to enhance not only their practical language skills but also their confidence, resilience, and positive mindset in English communication. These two sides of learning and development go hand in hand so it's important to be conscious of both.

By addressing the mindset barriers often associated with language use, this workbook empowers individuals to embrace everyday English communication with enthusiasm and positive reflection. Through the cultivation of good habits, learners can navigate linguistic challenges with greater ease and ultimately achieve success in their English language learning journey.

If you would like to work through this workbook with me together, then please email me today: alice.m.callender@gmail.com!



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PART 1: Your Unique Language Journey

Before embarking on our journey to boost your confidence and language skills, it's essential to understand where you currently stand in your language learning journey. This section aims to unravel the challenges you face, explore areas of struggle, and identify any doubts or uncertainties you may have regarding your English skills.

Answer these questions as openly and honestly as possible:

1. What motivated you to start/continue learning English, and what are your ultimate language learning goals? What brought you to reading this workbook?
2. Reflecting on your recent language experiences, can you identify any specific challenges or obstacles you've encountered in communicating in English?
3. Describe a recent situation where you felt uncertain or doubtful about your language abilities. What triggered this doubt, and how did you navigate through it?
4. How do you typically react when faced with language barriers or difficulties in communication?
5. Are there any particular aspects of English language culture that you find especially challenging or confusing?
6. **List the top three areas where you feel you need improvement in English language skills (e.g., speaking, listening, writing, vocabulary, grammar).**
7. Reflecting on past language learning experiences. What strategies or approaches have been effective in overcoming language challenges? Are there any strategies you haven't tried yet but are willing to explore?

Self-Assessment:

8. On a scale of 1 to 10, how confident do you feel in your ability to communicate effectively in English?
9. Rate your comfort level when speaking with native English speakers or in English-speaking environments.
10. Are there any recurring doubts or uncertainties that hold you back from fully embracing English communication opportunities?
12. Reflect on your perception of making mistakes in English. How do you typically respond to "errors", and how do they impact your confidence levels?



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13. Envision your ideal language proficiency level. What specific skills or abilities do you aim to develop to reach this level?

Building that positive mindset!

14. Reflect on your language learning journey thus far. What achievements or milestones have you reached, and what setbacks have you encountered along the way?
15. Set SMART (Specific, Measurable, Achievable, Relevant, Time-bound) goals for your language learning journey. How do you plan to overcome challenges and track your progress along the way?

SPECIFIC -

MEASURABLE -

ACHIEVABLE -

RELEVANT -

TIME-BOUND -

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PART 2: Topic of discussion: Social Media and Influencers

This part of the workbook offers a versatile topic for discussion that can be explored from various angles, fostering meaningful and engaging conversations with language partners, tutors, or friends. You can do this in three different ways:

- a) Work with this topic independently. Before exploring this with another English speaker, record yourself speaking about the topic using the prompt questions below. Use it as an opportunity for self-reflection and analysis
- b) Work with a tutor who can contribute to the topic and reflect with you on any language specific evaluation
- c) Take this topic to an English speaking friend, colleague or language partner and get practicing new topics and scenarios to develop your skills

The prompt questions serve as conversation starters, encouraging exploration of diverse viewpoints and opinions on the topic.

In today's digital age, social media and influencers play a significant role in shaping trends, opinions, and behaviours. Engaging in discussions about social media and influencers not only provides an opportunity to practice English communication but also allows for exploration of diverse perspectives and opinions on this ubiquitous topic.

Prompt Questions:

1. *How has social media transformed the way we communicate and interact with others? What are some positive and negative effects of social media on society?*
2. *Influencer Culture: What defines an influencer, and what role do they play in shaping consumer behaviour and popular culture? How has the concept of influence evolved with the rise of social media platforms?*
3. *Authenticity vs. Commercialization: How do influencers maintain credibility while partnering with brands for sponsored content?*
4. *Explore the relationship between social media usage and wellbeing. How can excessive use of social media impact one's well-being, and what strategies can individuals employ to maintain a healthy digital lifestyle?*
5. *Social Media Trends: What emerging platforms or features are gaining traction, and how are users adapting to these changes?*
6. *Debate the need for regulatory measures to govern social media platforms and influencer marketing practices. What ethical considerations should be taken into account when navigating the digital landscape?*

Suggested Discussion Format:



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- Start by sharing your personal experiences and observations related to social media and influencers.
- Encourage your conversation partner to express their opinions and perspectives on the topic.
- Explore various subtopics and angles within the overarching theme of social media and influencers.
- Foster an open and respectful dialogue, allowing for disagreement and exploration of differing viewpoints.

Finally, don't forget to reflect and review after the discussion:

1. How did you find this activity overall?
2. What did you do well?
3. What did you find difficult, were there any challenges in the language itself or overall execution
4. If you could re-do this conversation again (which, of course, you can!), what would you change/add/repeat?
5. Are there any other topics you could possibly discuss for practice?

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PART 3: Tools and Suggestions to implement into yours SMART Goals

Activity 1: Language Journaling

One of my most recommended suggestions is to write it down! Log your experiences, document your challenges and monitor your progress on paper.

- Start a language journal or space to keep track of these learnings and insights to language progress and confidence
- Reflect on your daily interactions in English, noting any new vocabulary learned, language challenges encountered, and moments of success.
- Set aside time every so often to write in your journal, allowing yourself to track your language journey and celebrate achievements along the way. Build a healthy habit for your mindset.

Q: Do you journal already? If so, what for and how does it help?

Activity 2: Conversation Practice

- Engage in regular conversation practice sessions with a language partner, tutor (like me!), or language exchange group (a native English speaker would be great if possible)
- Focus on topics of relevance to you, for example your career, study, interests, etc. allowing for meaningful and engaging conversations.
- Experiment with different conversation formats, such as role-plays, debates, or storytelling, to improve fluency and confidence in speaking.

Q: Do you engage in regular conversation with any English speakers? Would any of these speakers be willing to support your language journey as a casual speaking partner?

Activity 3: Pronunciation Exercises

- Dedicate time to practicing English pronunciation through targeted exercises and drills.
- Focus on specific sounds or phonetic patterns that pose a challenge for you, using resources such as pronunciation guides or language learning apps (see further down for suggestions).
- Record yourself speaking and compare your pronunciation to native speakers, making adjustments as needed to improve clarity and accuracy.
- Follow Instagram, YouTube or TikTok accounts of native English speakers offering top tips and language content, many encourage practice. Plus, it's an extra touchpoint when you're scrolling!

Q: Do you do any of the following already?

Activity 4: Vocabulary Expansion

- Expand your English vocabulary by incorporating new words and expressions into your daily life.



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- Create flashcards or digital vocabulary lists to organize and review new vocabulary regularly.
- Explore context-based learning opportunities, such as reading books, watching movies, or listening to podcasts in English, to encounter vocabulary in authentic contexts.

Activity 5: Confidence-Building Techniques

- Practice confidence-building techniques, such as visualization, positive self-talk, and power posing, to cultivate a resilient mindset.
- Visualize yourself confidently navigating English-speaking scenarios, envisioning successful communication outcomes.
- Use affirmations and motivational quotes to reinforce self-belief and overcome doubts or insecurities.

Tool 1: Language Learning Apps

- Explore language learning apps and platforms tailored to your specific language goals and preferences.
- Utilize features such as interactive lessons, quizzes, and progress tracking to enhance your language learning experience.
- Incorporate app-based learning into your daily routine for convenient and accessible language practice.

Tool 2: Online Resources and Communities

- Take advantage of online resources and communities dedicated to English language learning and support.
- Join forums, social media groups, or language exchange platforms to connect with fellow learners and native speakers.
- Seek out guidance, feedback, and encouragement from the online community to supplement your language learning journey.

Note: It's great to do as many of these to support your SMART goal progression as possible. However, don't overwhelm yourself either. I know how it feels when the pressure of the to do list and outstanding errands build up. Doing a little a day or a set time a week to focus on the ones that work for you will be more than enough to get you started.

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PART 4: The Tree of Language Learning

Complete your unique tree of language learning visualising all essential components involved in developing yourself and your language skills

YOUR TOOLS/ ACTIVE SUPPORT/SMART GOALS:

Challenges:

Your language success, confidence, achievements, long-term goals, positive consequences, career / study benefits, travel prospects, etc:

Language Habits shaping a Confident Mindset