

HOW  
TO:

IMPROVE YOUR  
ENGLISH  
PROFICIENCY

ENGLISH U





# Goal of this Webinar

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To give you practical tools on how to improve your English communication skills to implement in your daily life.

# Mindset

# Habits

# Practical Tools



# About Me

Native English speaker, born and raised in New York. English language facilitator with extensive experience helping learners improve proficiency with practical, proven methods across all skill levels.

## My Experience

- 8+ years of experience teaching one-on-one
- Taught English to diverse range of learners, from entry-level employees to executives in various roles and industries.
- Collaborated with educational institutions to implement courses focused on both language structure and practical communication skills.



You've got a meeting  
with global at 16:00.

# Language Immersion

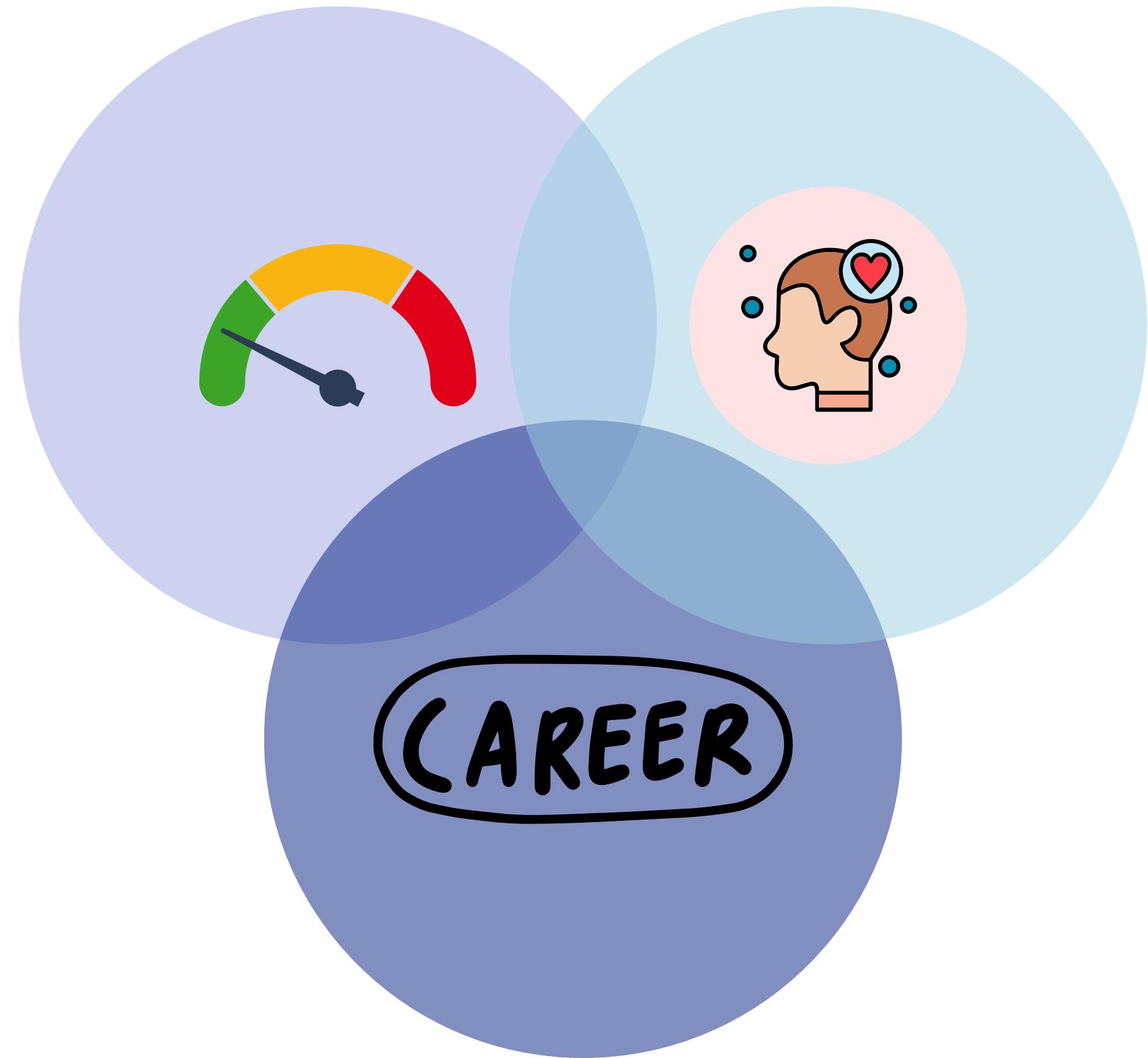
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# Your Digital Ecosystem





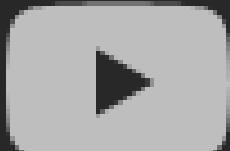




[Watch video on YouTube](#)

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# Habit Building

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# THE ATOMIC HABITS

James Clear

"Success is the product of daily habits - not once-in-a-lifetime transformations."



1% BETTER  
every day  
**31,18%**  
BETTER EVERY YEAR

FORGET ABOUT GOALS  
**FOCUS ON SYSTEMS**

"Bad habits repeat themselves again and again not because you don't want to change, but because you have the wrong system to change."

HABITS ARE THE PATH TO  
**CHANGE YOUR IDENTITY**

## THE HABIT LOOP - THE FOUR LAWS OF BEHAVIOR CHANGE

**CUE** → **CRAVING** → **RESPONSE** → **REWARD**

MAKE IT OBVIOUS



"One of the greatest challenges in changing habits is maintaining awareness of what we are actually doing."



Identify a habit that already exists and stack the new habit on top  
"After \_\_\_\_\_, I will \_\_\_\_\_."

ENVIRONMENT DESIGN



Habits can be created more easily in new environments  
If you want to learn to play the guitar, leave it in the middle of the room, not in the closet.  
"One space, one use."

MAKE IT ATTRACTIVE



TEMPTATION BUNDLING  
Create attractive behaviors while doing something you really enjoy. Run + Netflix



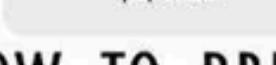
WE IMITATE  
1) THE CLOSE  
2) THE MANY  
3) THE POWERFUL  
Join a culture where the desired behavior is the normal behavior and you already have something in common with the group



THE 2-MINUTE RULE  
When you start a habit, it should take less than 2 minutes to do.



MOTIVATION RITUAL  
Create rituals to start the day and to prepare you for a specific situation.  
"Whenever you want to get in the mood, you press PLAY."



AUTOMATE  
Whenever you can, automate good habits and automatically eliminate bad habits.

Whenever you want to get in the mood, you press PLAY.

MAKE IT EASY

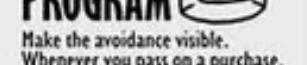


REPETITION NOT PERFECTION  
With repetition you perform a behavior unconsciously, effortlessly.

"Habits are formed by frequency, not time."



REDUCE FRICTION  
Prime the environment for future use so there is no friction.  
"A new habit should not feel like a challenge."



PERSONAL LOYALTY PROGRAM  
Trip

Make the avoidance visible.

Whenever you pass on a purchase, put the same amount of money in the account.



HABIT TRACKER  
Measure your progress. Whenever possible, automatically.

WARNING

GOODHART'S LAW  
"When a measure becomes a target, it ceases to be a good measure."

MAKE IT SATISFYING



IMMEDIATE SATISFACTION  
Add a little bit of immediate pleasure to habits that pay off in the long run.

"What is rewarded is repeated. What is punished is avoided."

## HOW TO BREAK A BAD HABIT

REDUCE EXPOSURE

TO THE CUE THAT CAUSES A BAD HABIT

MAKE IT INVISIBLE

REFRAME MINDSET

HIGHLIGHT THE BENEFITS OF AVOIDING YOUR BAD HABIT

MAKE IT UNATTRACTIVE

INCREASE FRICTION

INCREASE THE NUMBER OF STEPS BETWEEN YOU AND YOUR BAD HABITS

MAKE IT DIFFICULT

CREATE A CONTRACT

MAKE THE COSTS OF YOUR BAD HABITS PUBLIC AND PAINFUL

MAKE IT UNSATISFYING

THIS IS A CONTINUOUS PROCESS. THERE IS NO FINISH LINE. SMALL HABITS DON'T ADD UP, THEY COMPOUND.  
MAKE HABITS ENJOYABLE. FALL IN LOVE WITH BOREDOM.

NEW YORK TIMES BESTSELLER  
**Tiny Changes,  
Remarkable Results**

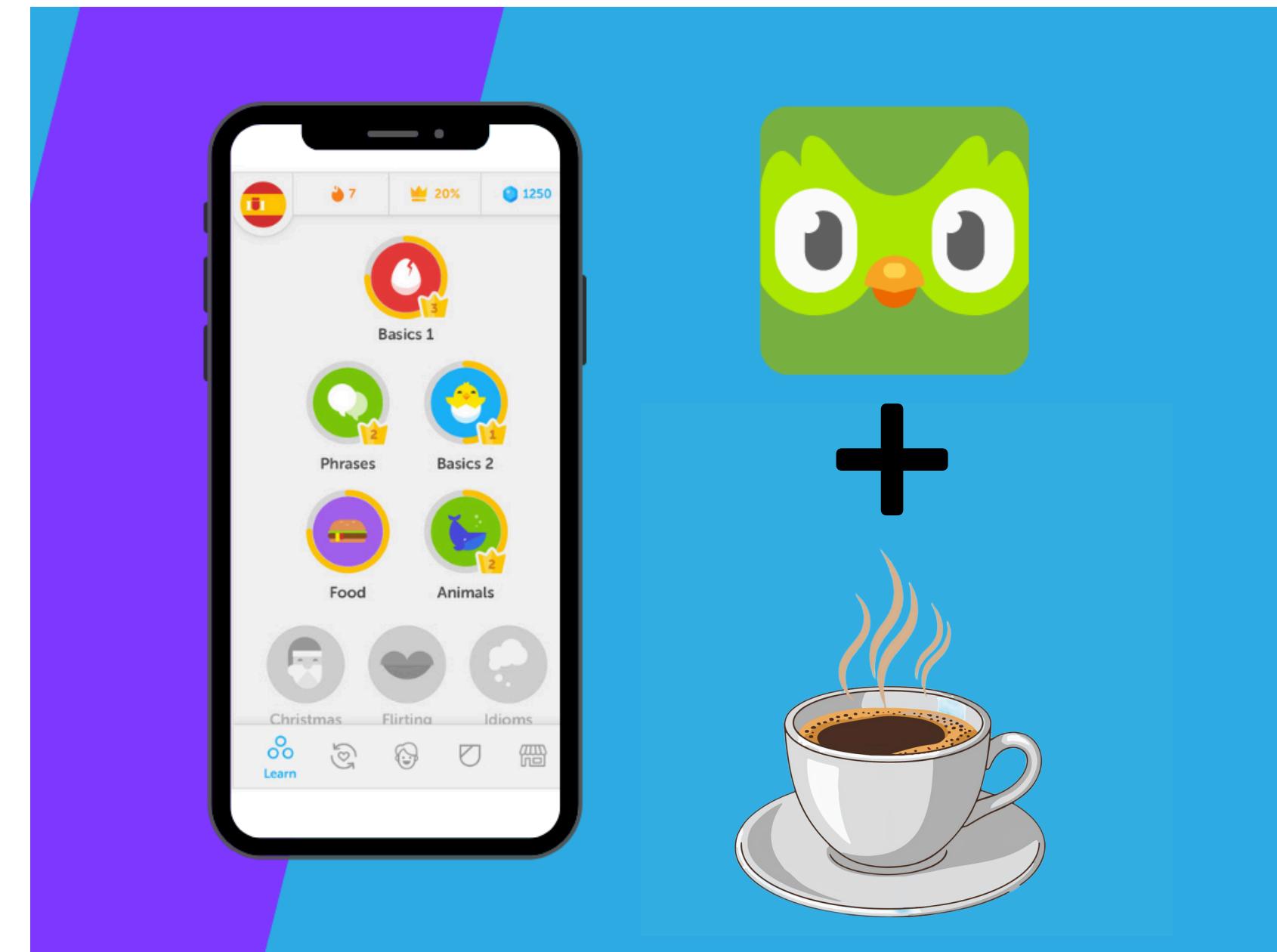
**Atomic  
Habits**

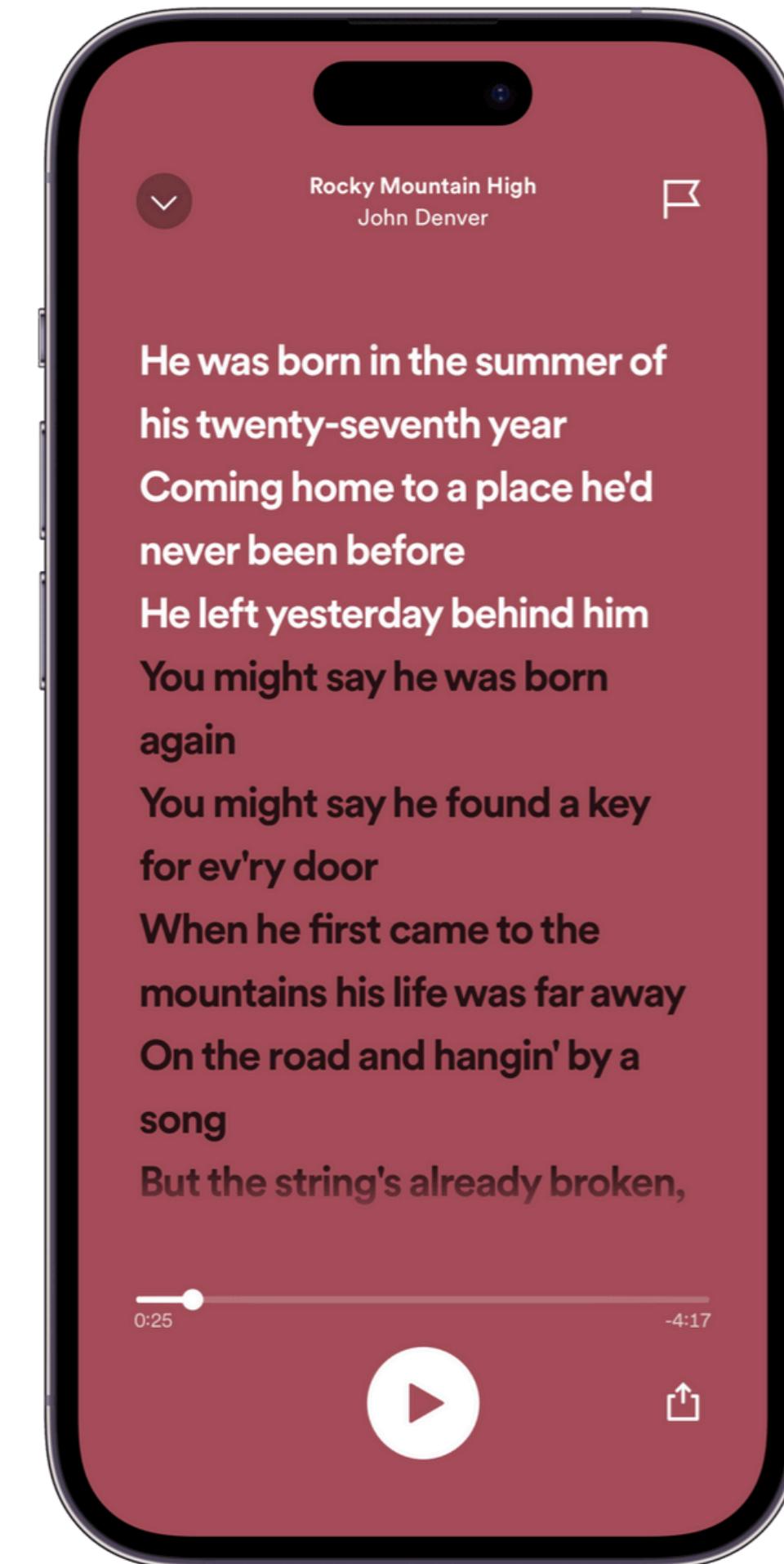
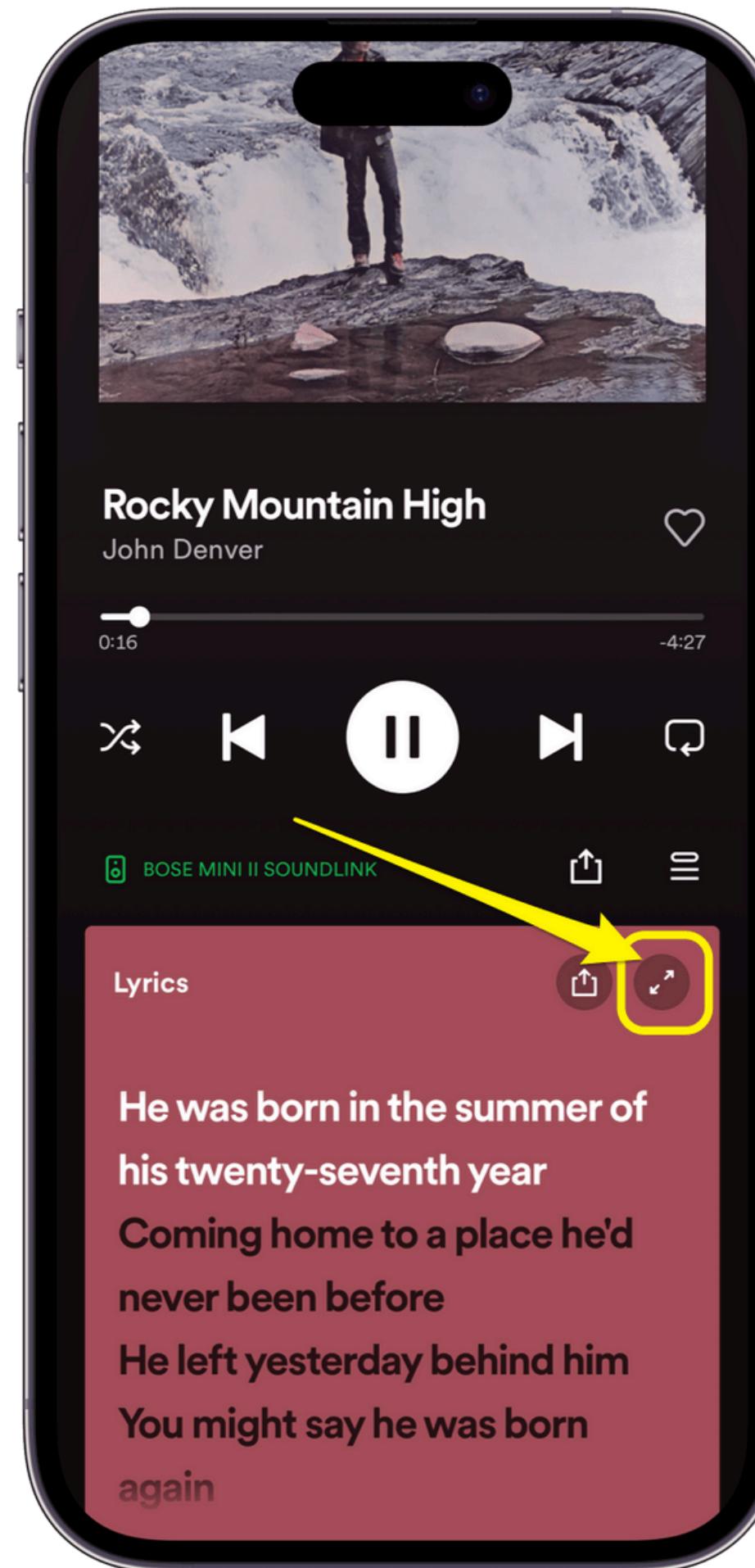
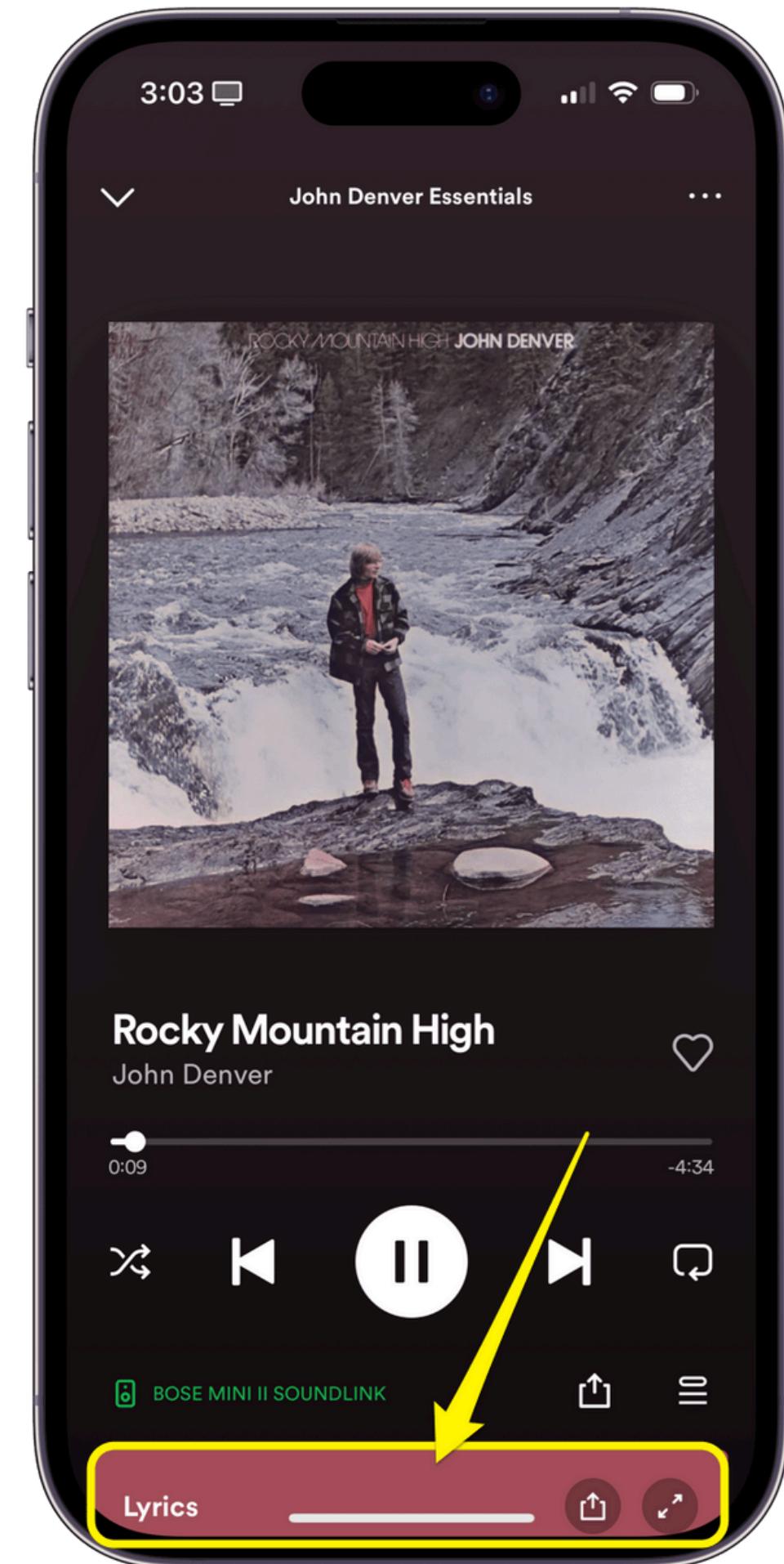
An Easy & Proven Way to  
Build Good Habits & Break Bad Ones

**James Clear**

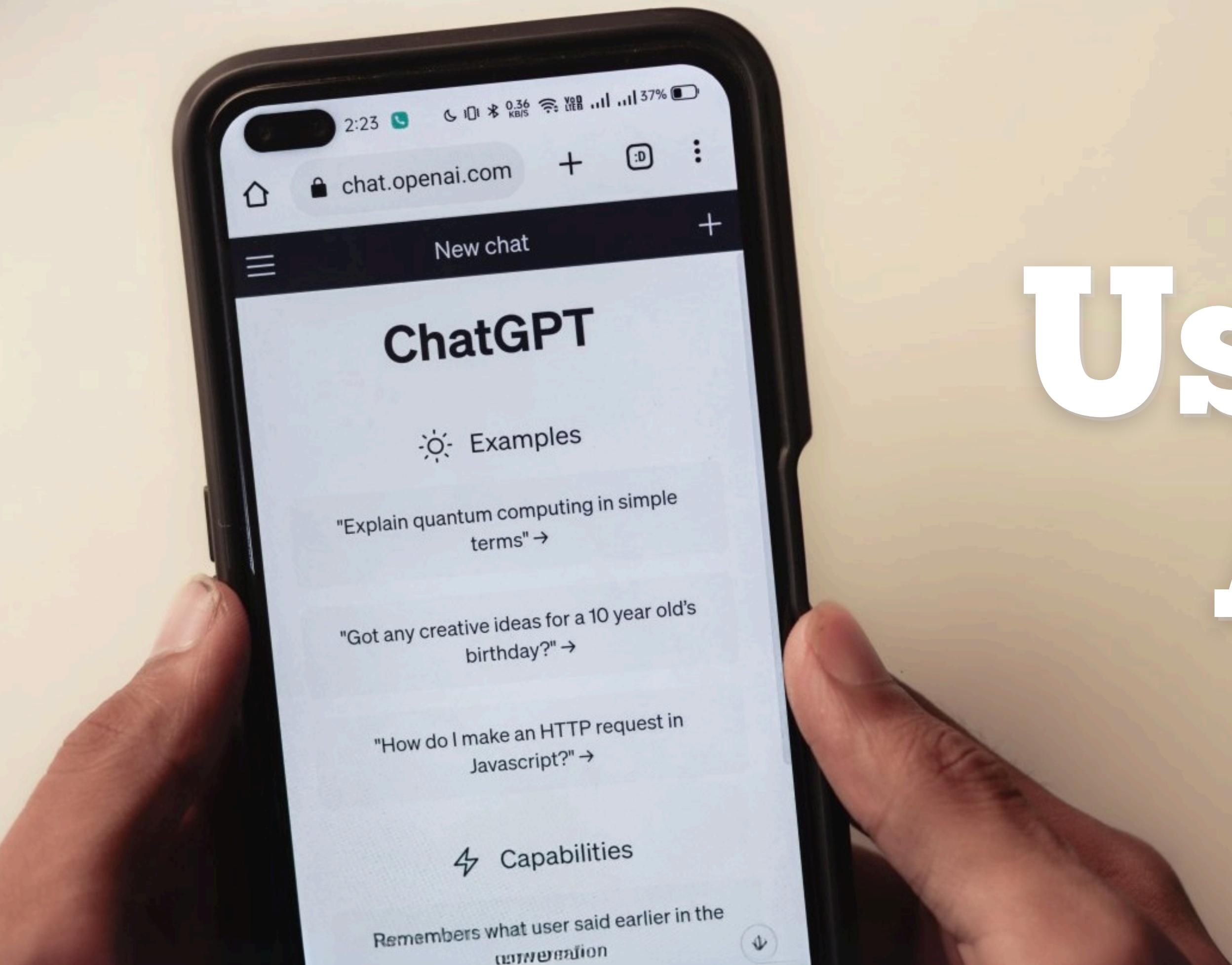


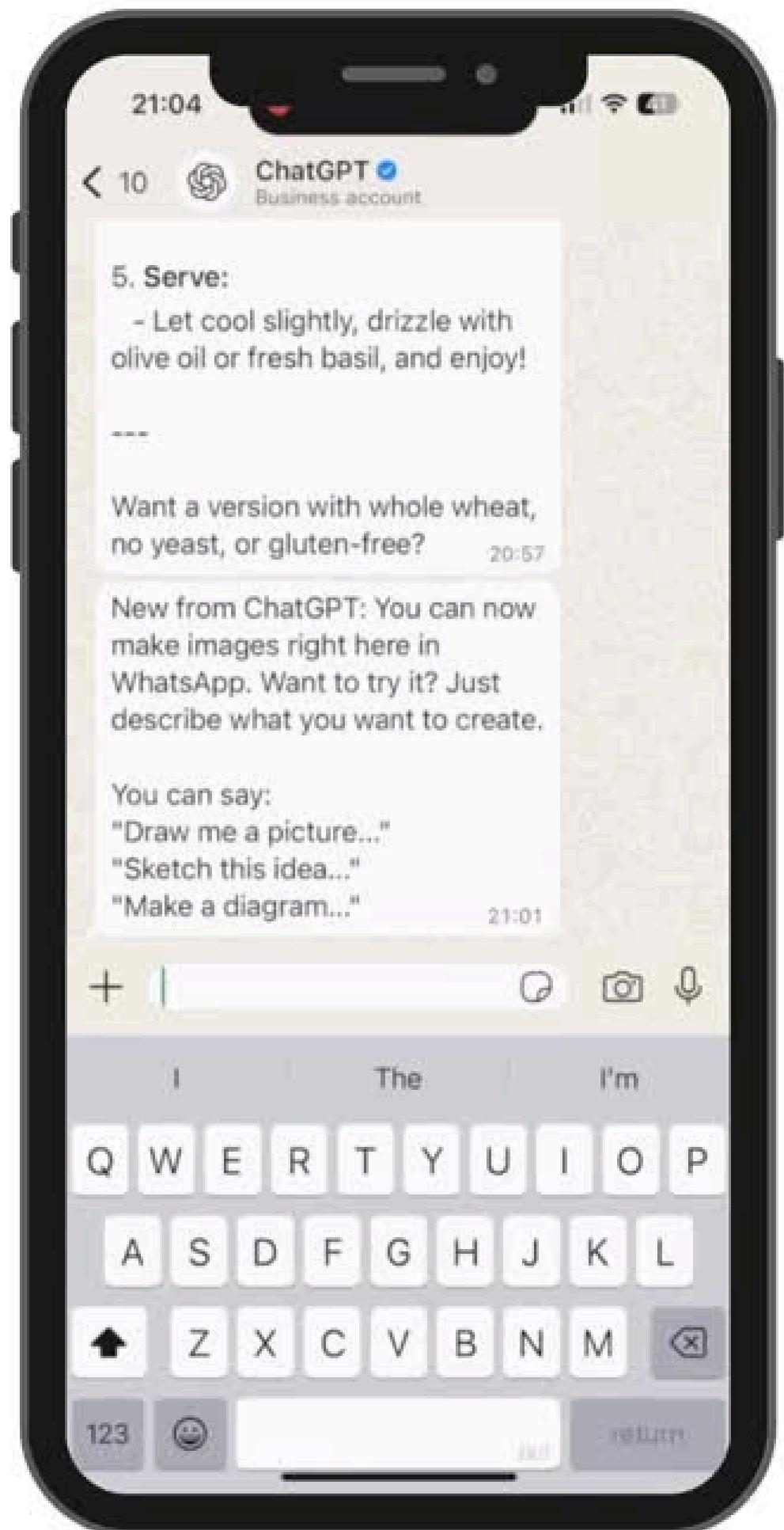
# Habit Stacking





# Use of AI

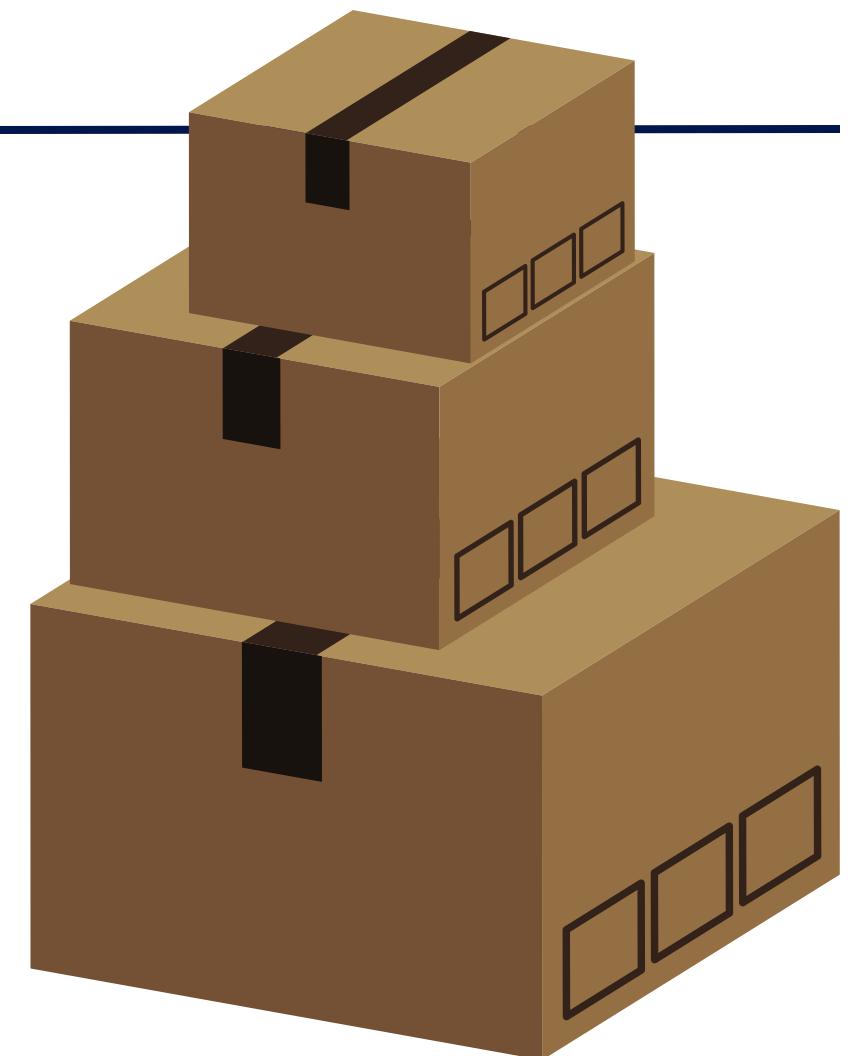
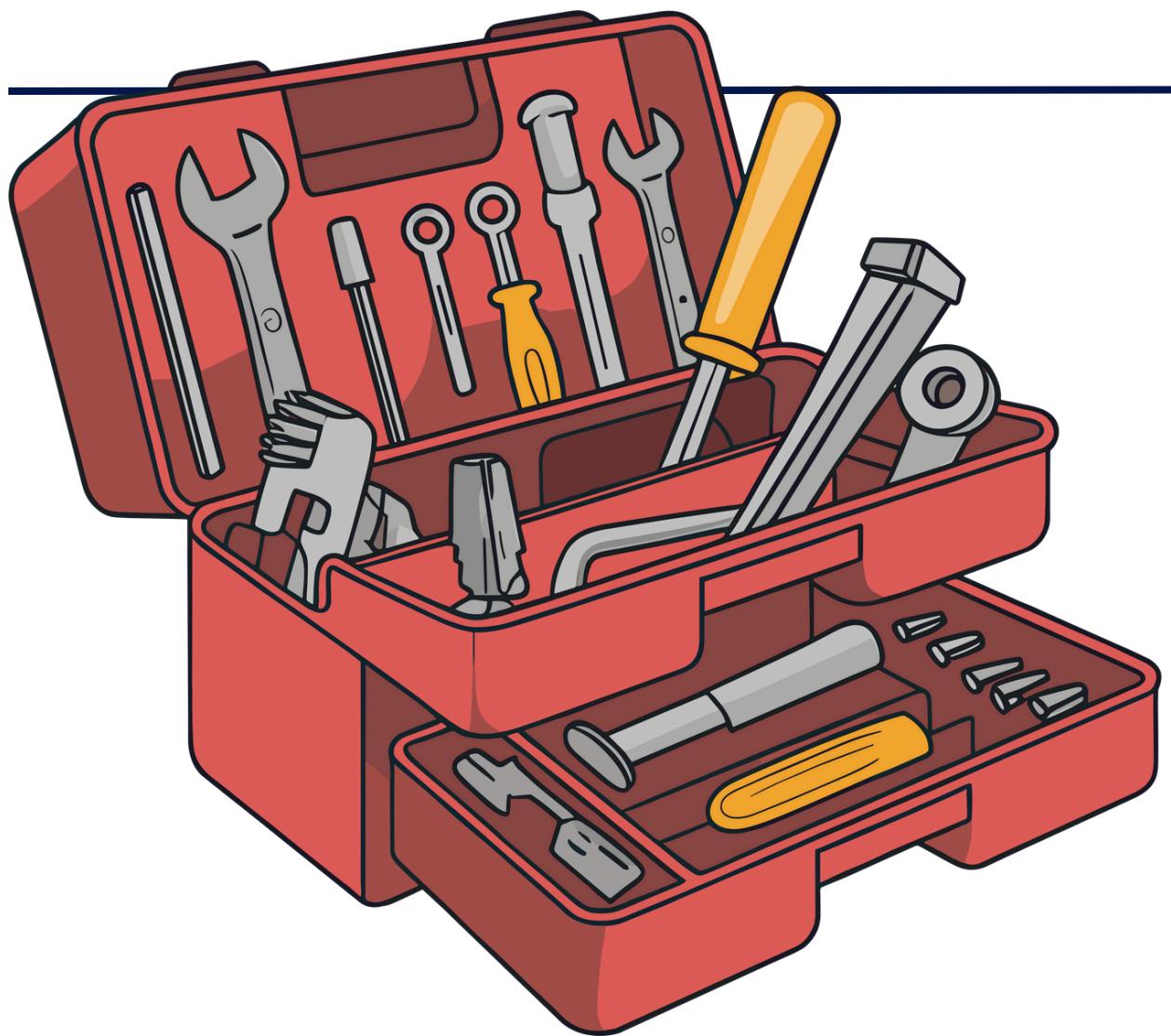




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הפרט  
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בוואטסאפ

# Practical Tools

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# Contextual Learning

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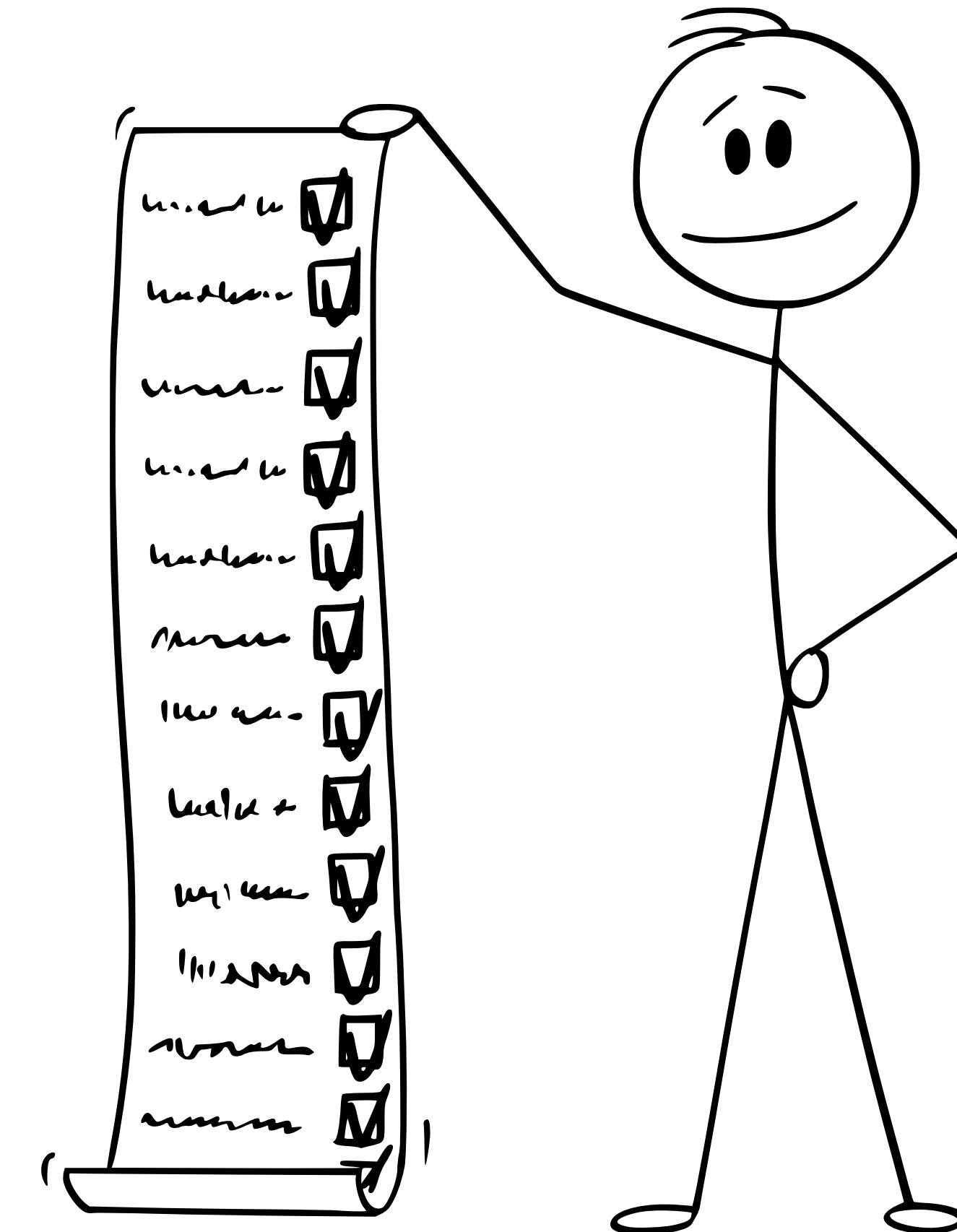
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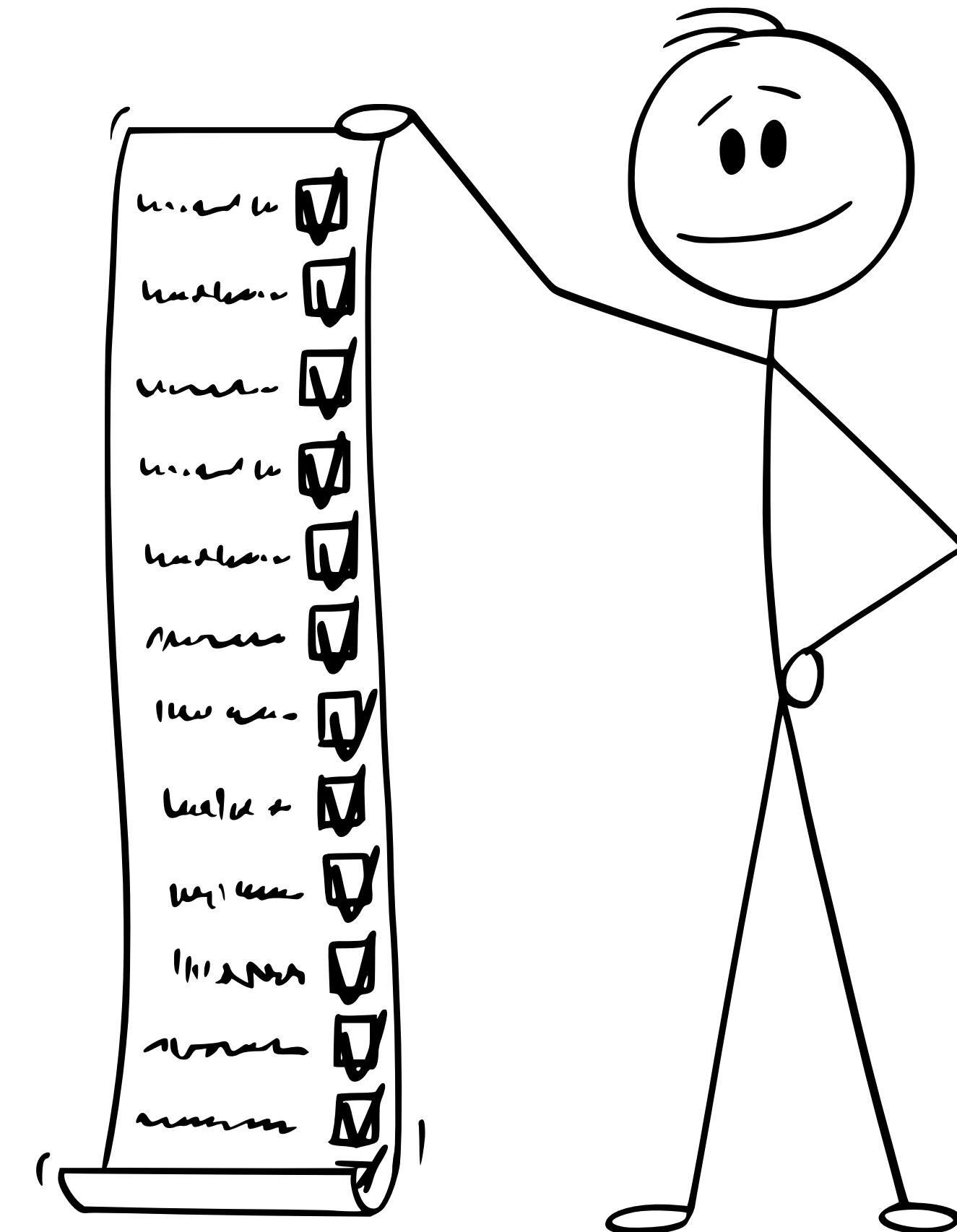
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# Futile



It's a **futile** effort to  
try and run away from  
your own shadow.



It's a **futile** effort to try  
and fit a square peg in  
a round hole.

# Regurgitate



What is the hebrew translation of the word regurgitate?

The Hebrew translation for the verb "to regurgitate" is **העלת גרה** (**he'elah gerah**), as found on sites like [חוגי](#). This phrase literally means "to raise cud" or "to bring up cud," referring to the process of bringing partially digested food back into the mouth to chew it again. [🔗](#)



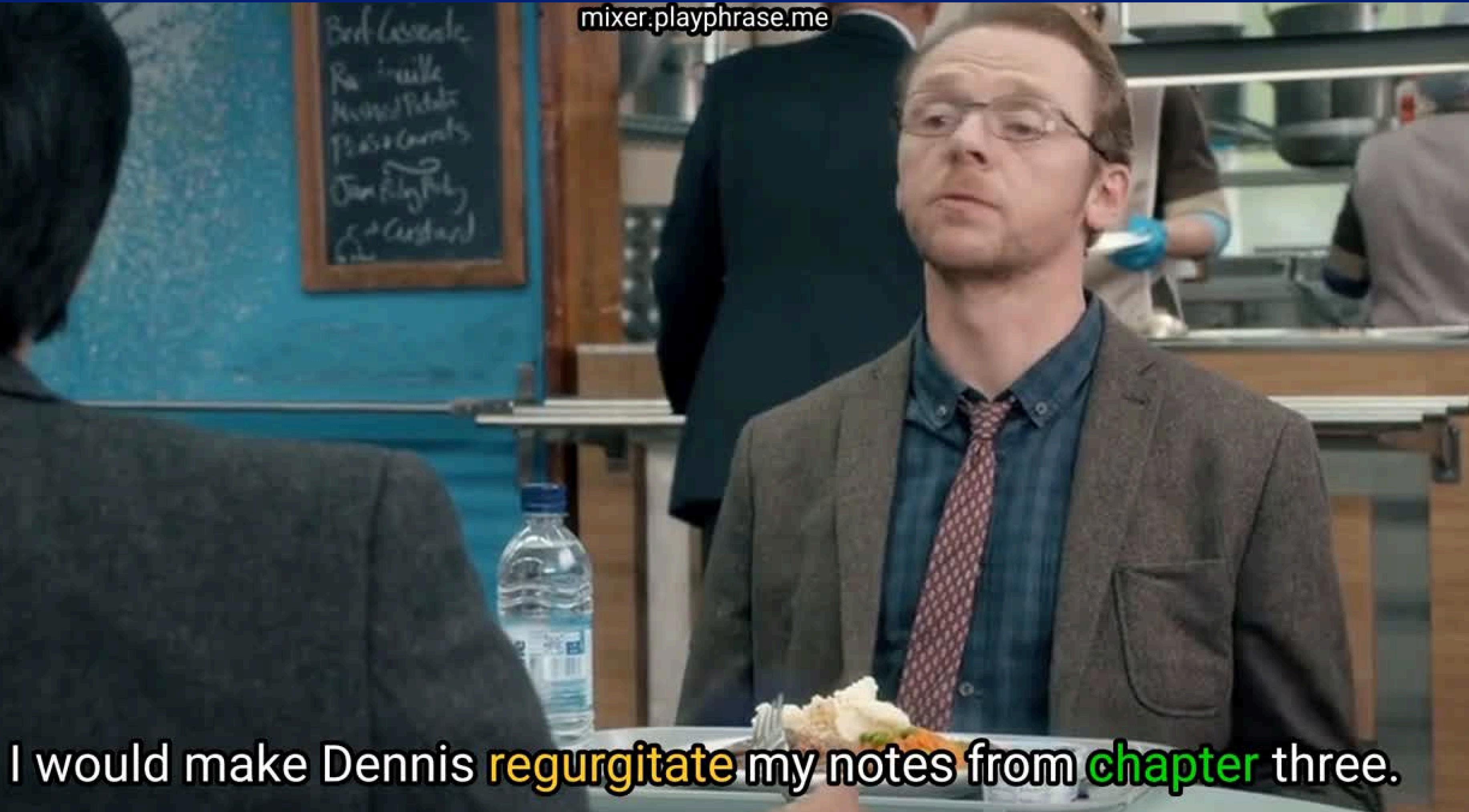


They just **regurgitate** everything they see on  
**TV** or hear on the radio or watch on the web.



A man with a mustache and a woman are in a bar. The man is in the foreground, looking towards the camera with a serious expression. The woman is behind him, partially obscured. The background is dark and out of focus.

Why do you want to **regurgitate** this  
Hollywood crap for the zillionth **time**?



I would make Dennis **regurgitate** my notes from **chapter** three.

# Regurgitate

**Literal:** vomit, throw up, spit up

**Figurative:** repeat, echo, parrot





**Pose for the camera**

**DID YOU KNOW?**  
**Wolves rarely pose a threat to people.**



Contrary to popular belief, wolves pose very little danger to people, especially in North America. They typically fear people and avoid them.

Over the past 120 years, there have been only two cases where wild wolves reportedly killed a person in North America.

In the decades since wolves were reintroduced to the American West, not one wolf from this recovering population has attacked a person.

**Pose a threat**





On Wednesdays, we wear pink.

Open Google

Type: Pronounce + word

Listen to pronunciation → **kuh · nuhn · druhm** 🔊

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