

**HOW  
TO:**

**IMPROVE YOUR  
ENGLISH  
PROFICIENCY**





# 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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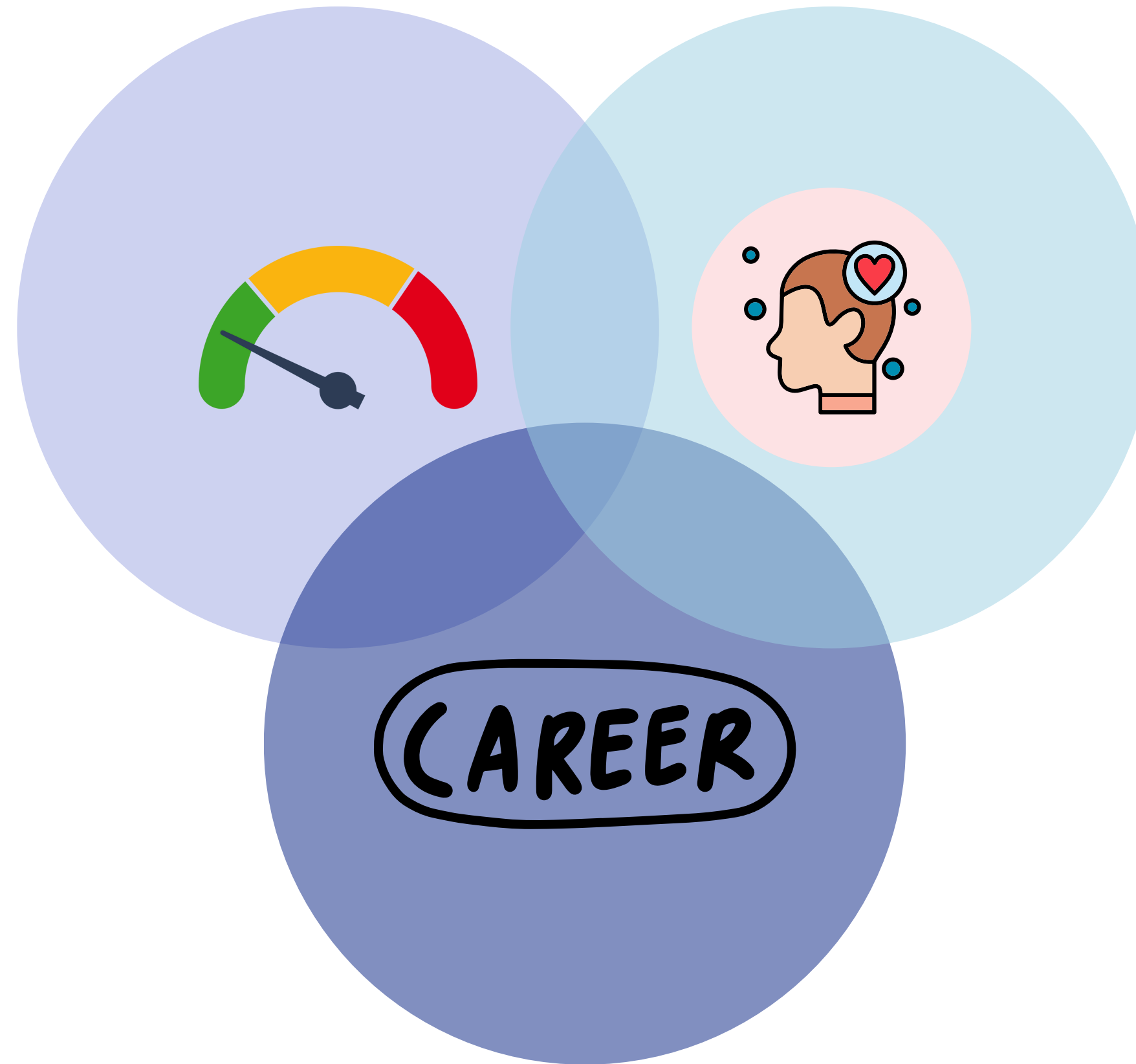




# Your Digital Ecosystem

***BREAKING***  
***NEWS***









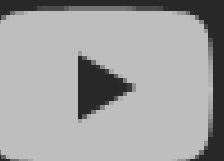




[Watch video on YouTube](#)

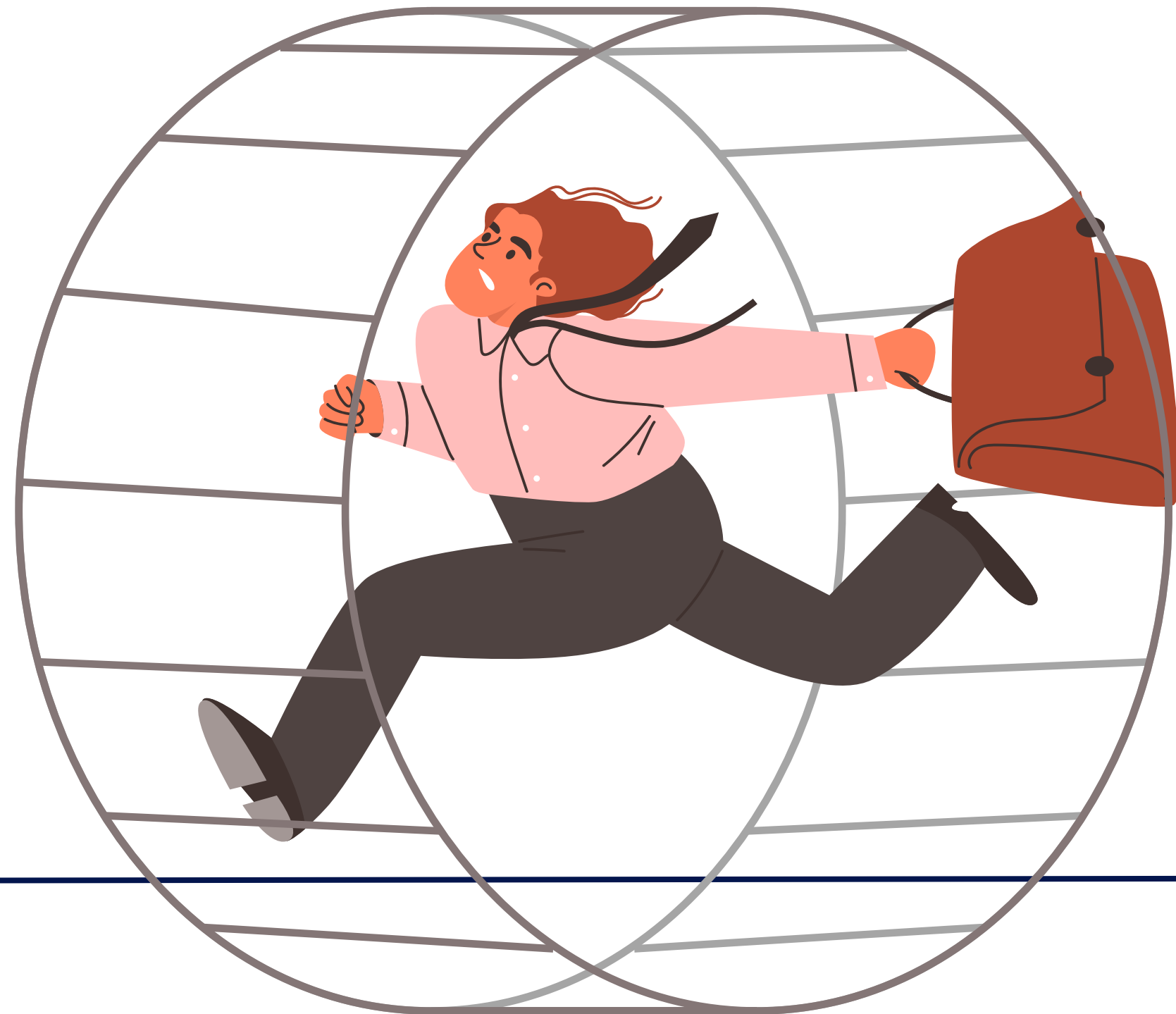
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# Habit Building

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# TK ATOMIC HABITS James Clear

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



1% BETTER every day  
**37,78%**  
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

**MAKE A LIST OF YOUR DAILY HABITS**  
"One of the greatest challenges in changing habits is maintaining awareness of what we are actually doing."

**HABIT STACKING**  
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.  
"Habits are attractive when we associate them with positive feelings."

**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 shared identity begins to reinforce your personal identity."

**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."

### 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."

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

**AUTOMATE**  
Whenever you can, automate good habits and automatically eliminate bad habits.  
Ask someone to reset your social media password on Monday and deliver the new password on Friday.

### 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."

**PERSONAL LOYALTY PROGRAM**  
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."

## HOW TO BREAK A BAD HABIT

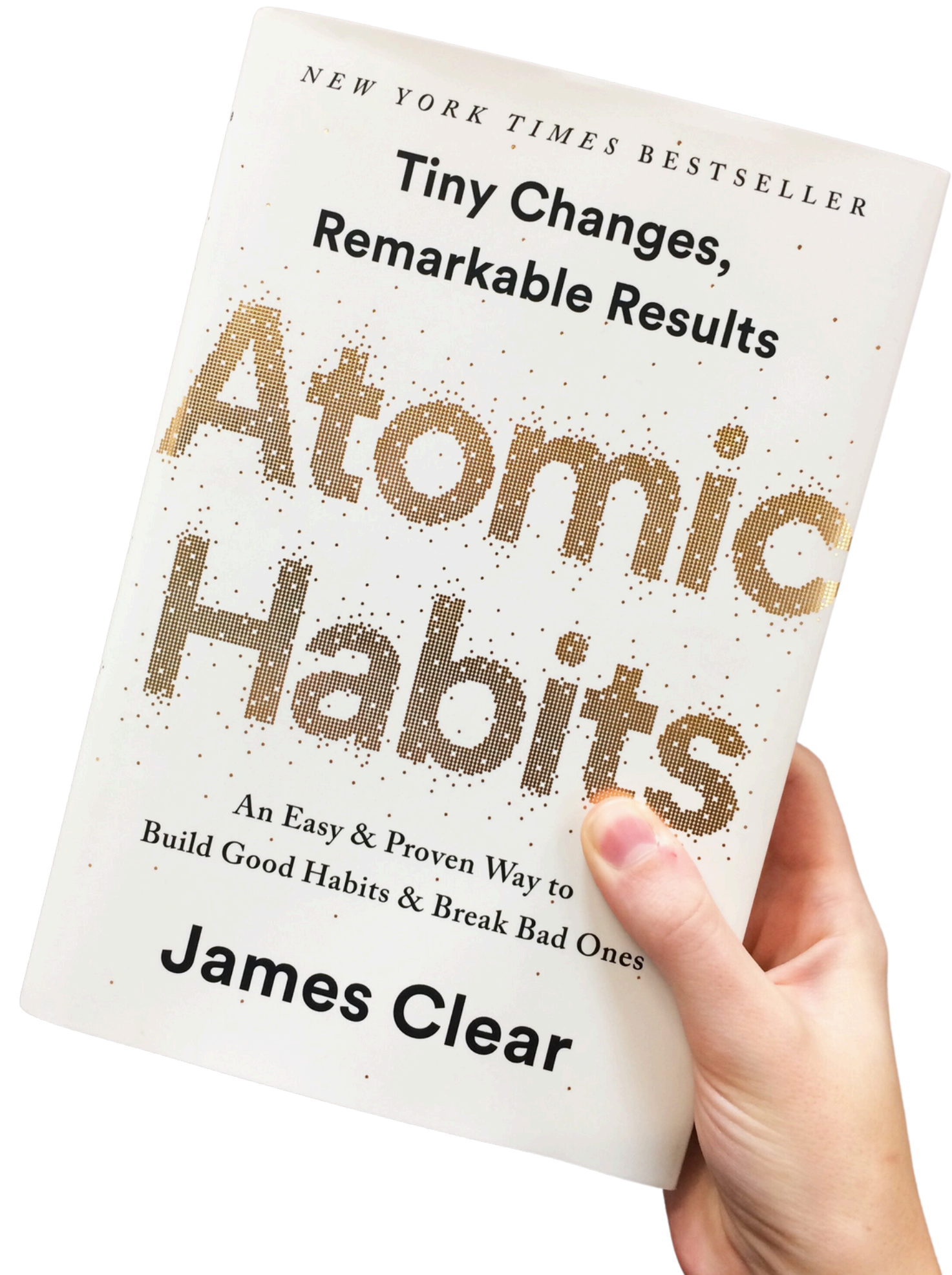
**REDUCE EXPOSURE**  
TO THE CUE THAT CAUSES A BAD HABIT  
**MAKE IT INVISIBLE**

**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**

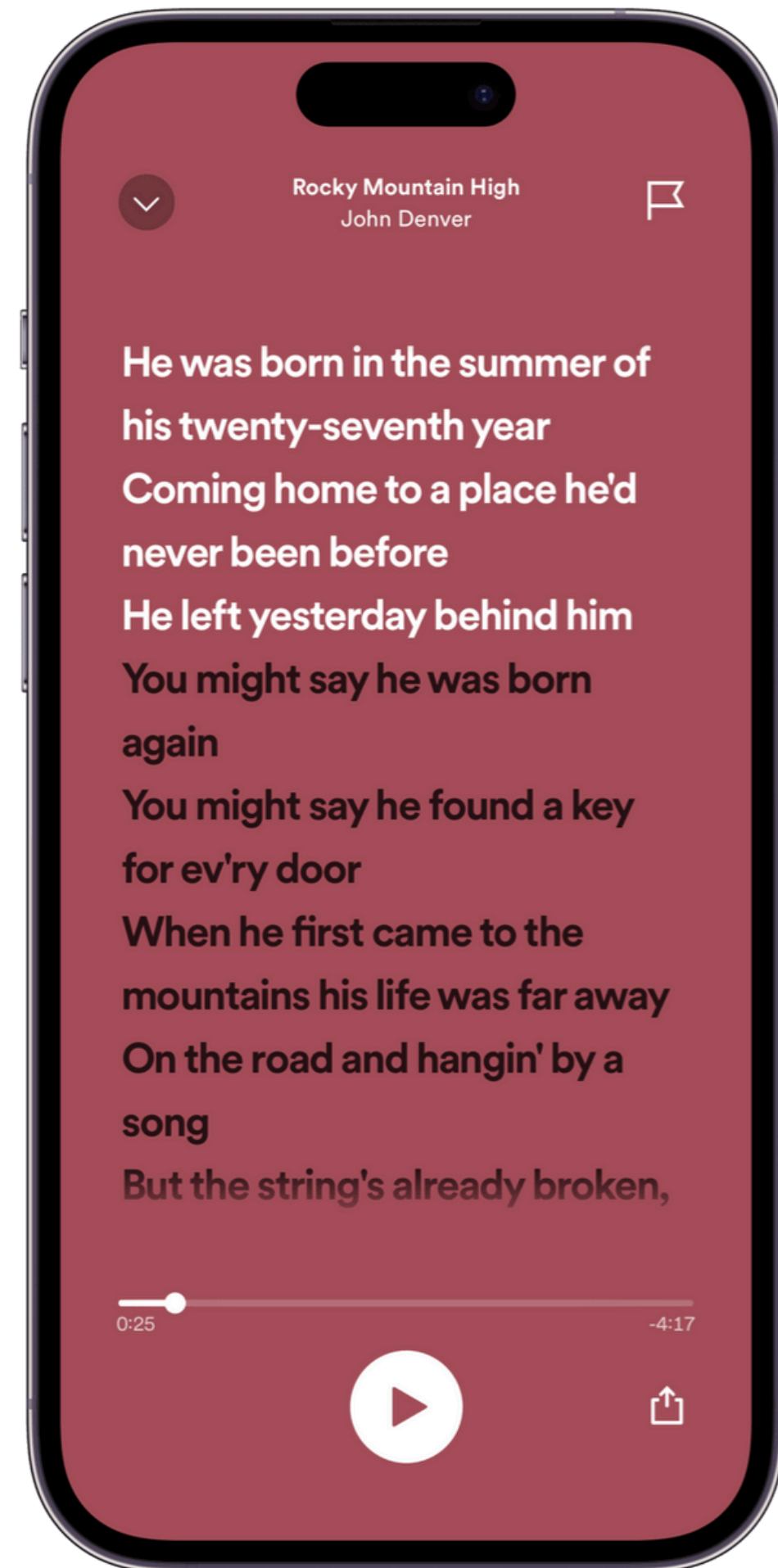
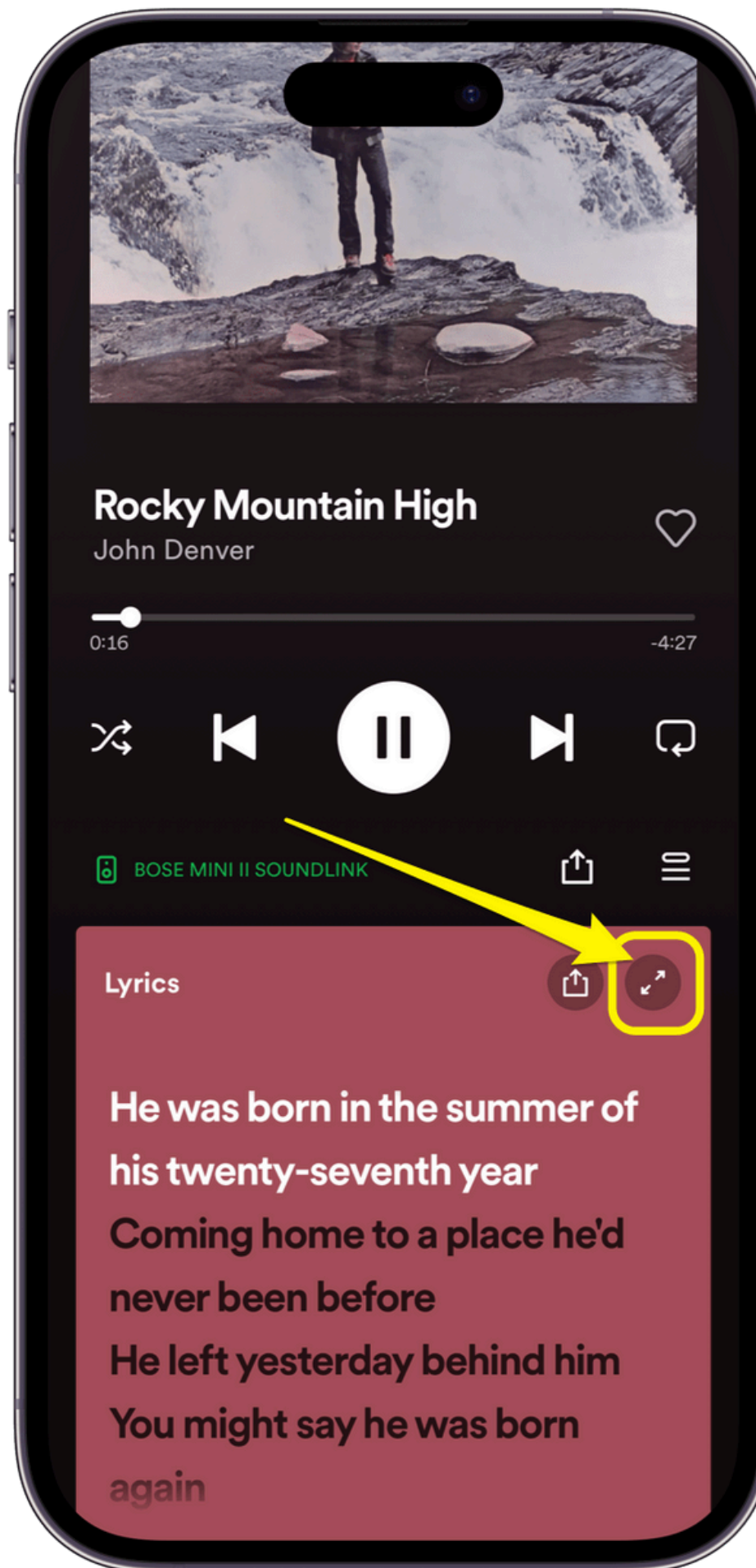
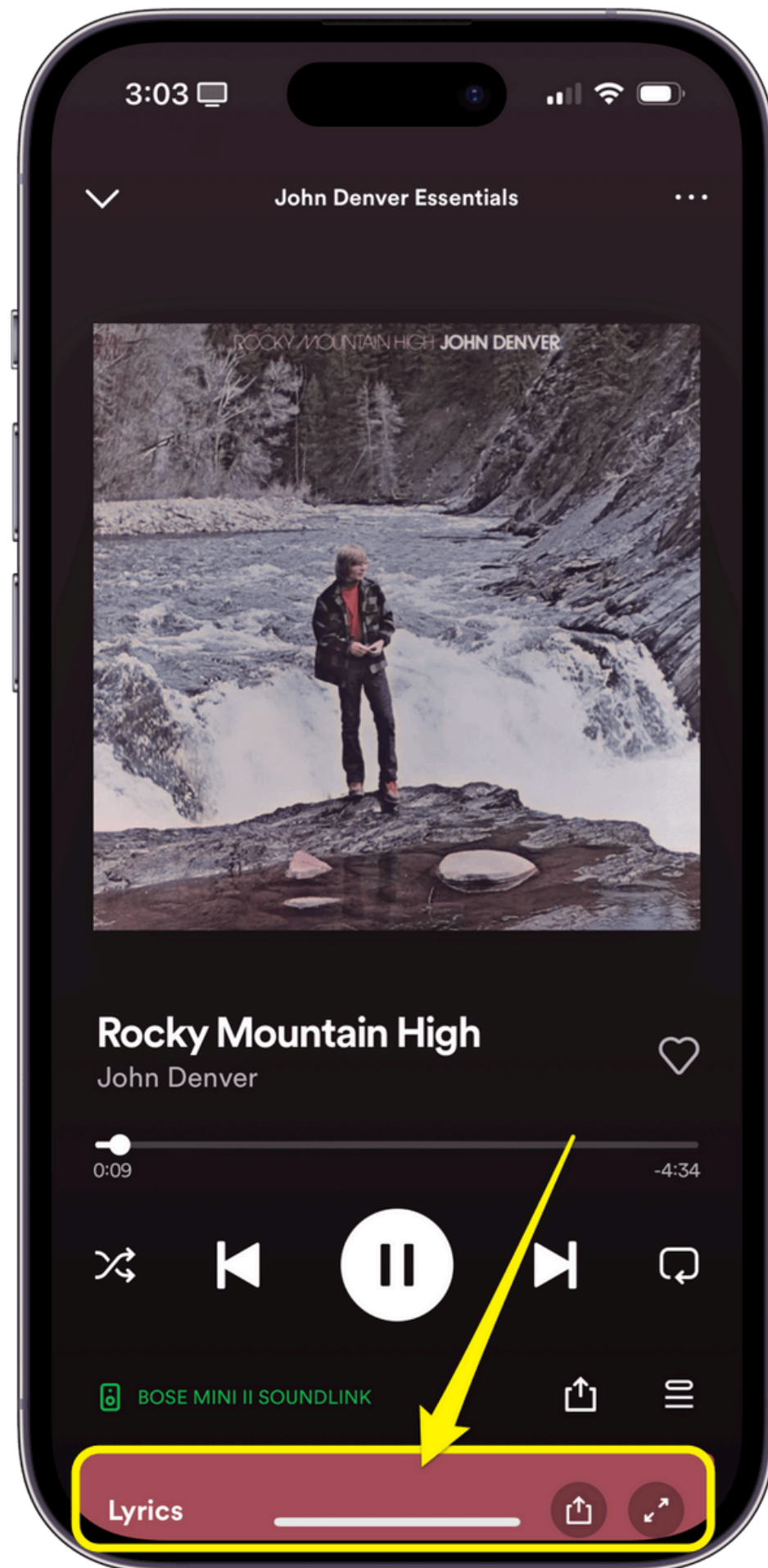
THIS IS A CONTINUOUS PROCESS. THERE IS NO FINISH LINE. SMALL HABITS DON'T ADD UP, THEY COMPOUND.  
MAKE HABITS ENJOYABLE. FALL IN LOVE WITH BOREDOM.



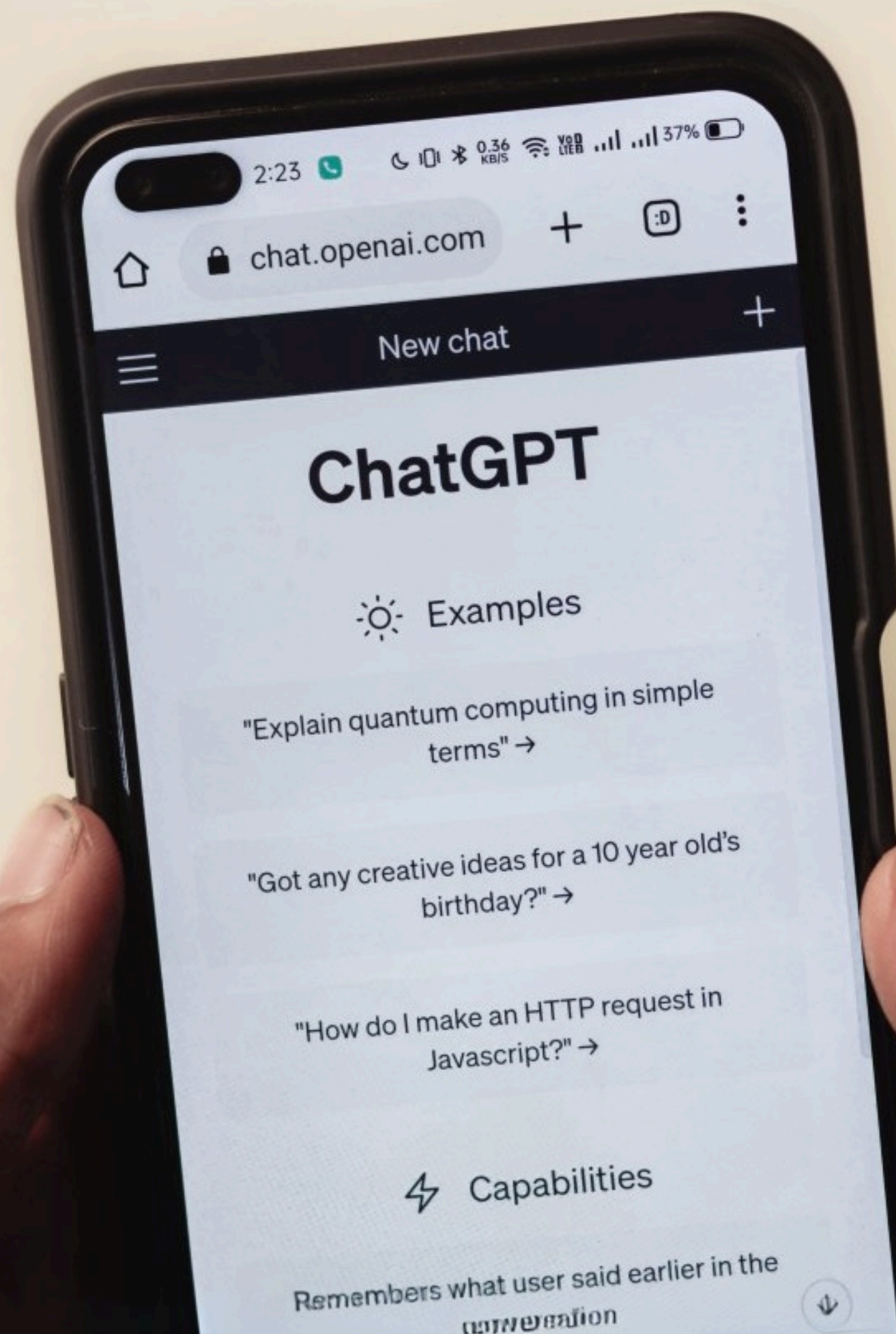


# Habit Stacking



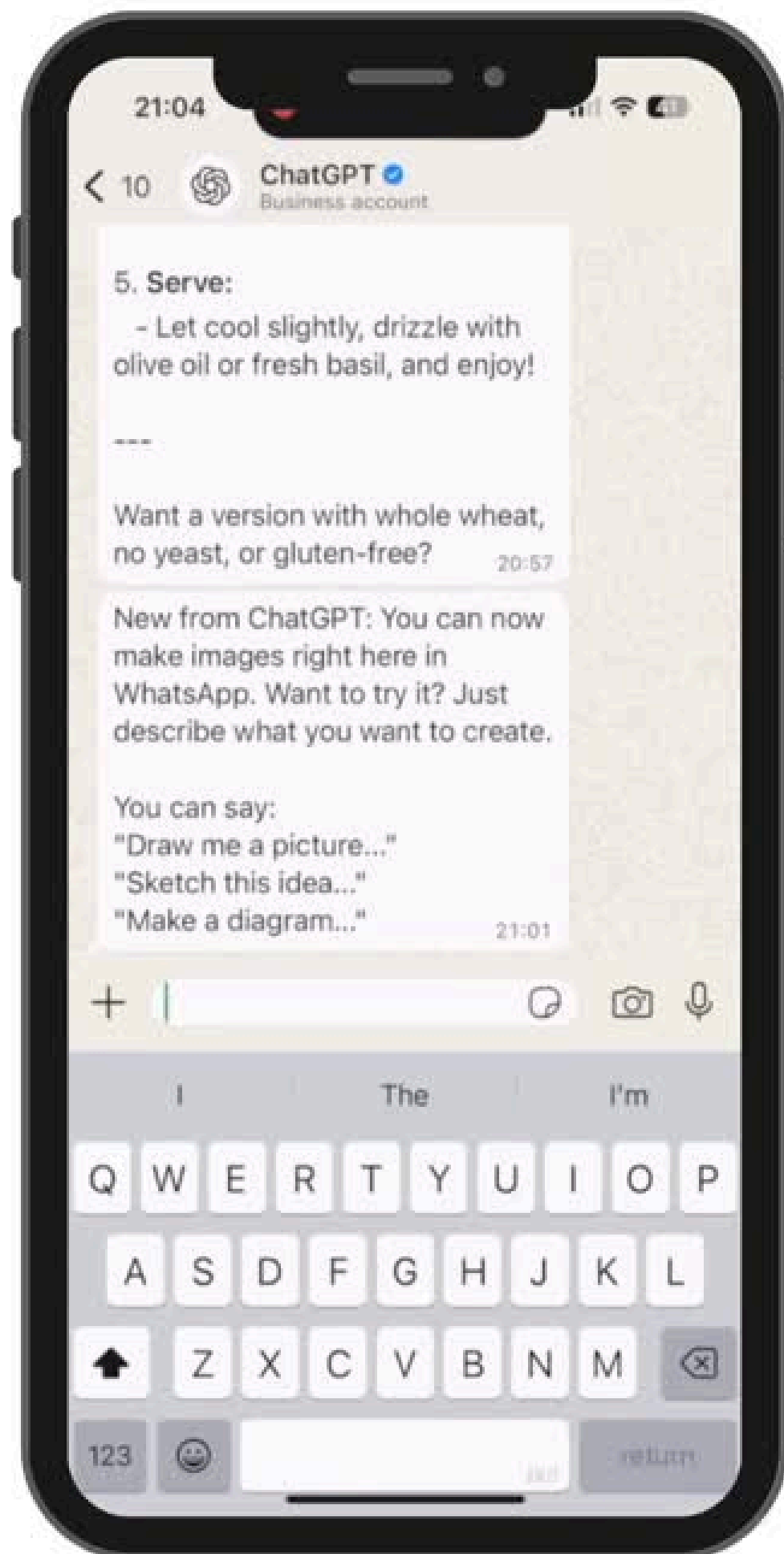






# Use of AI



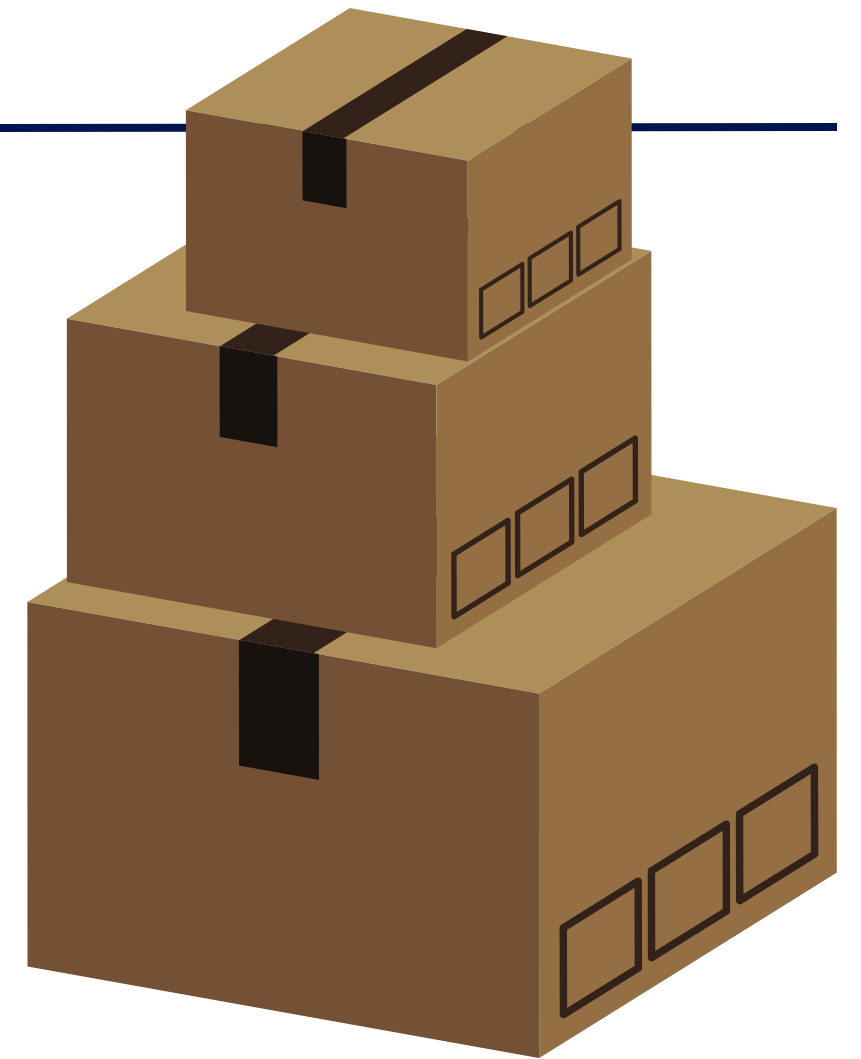
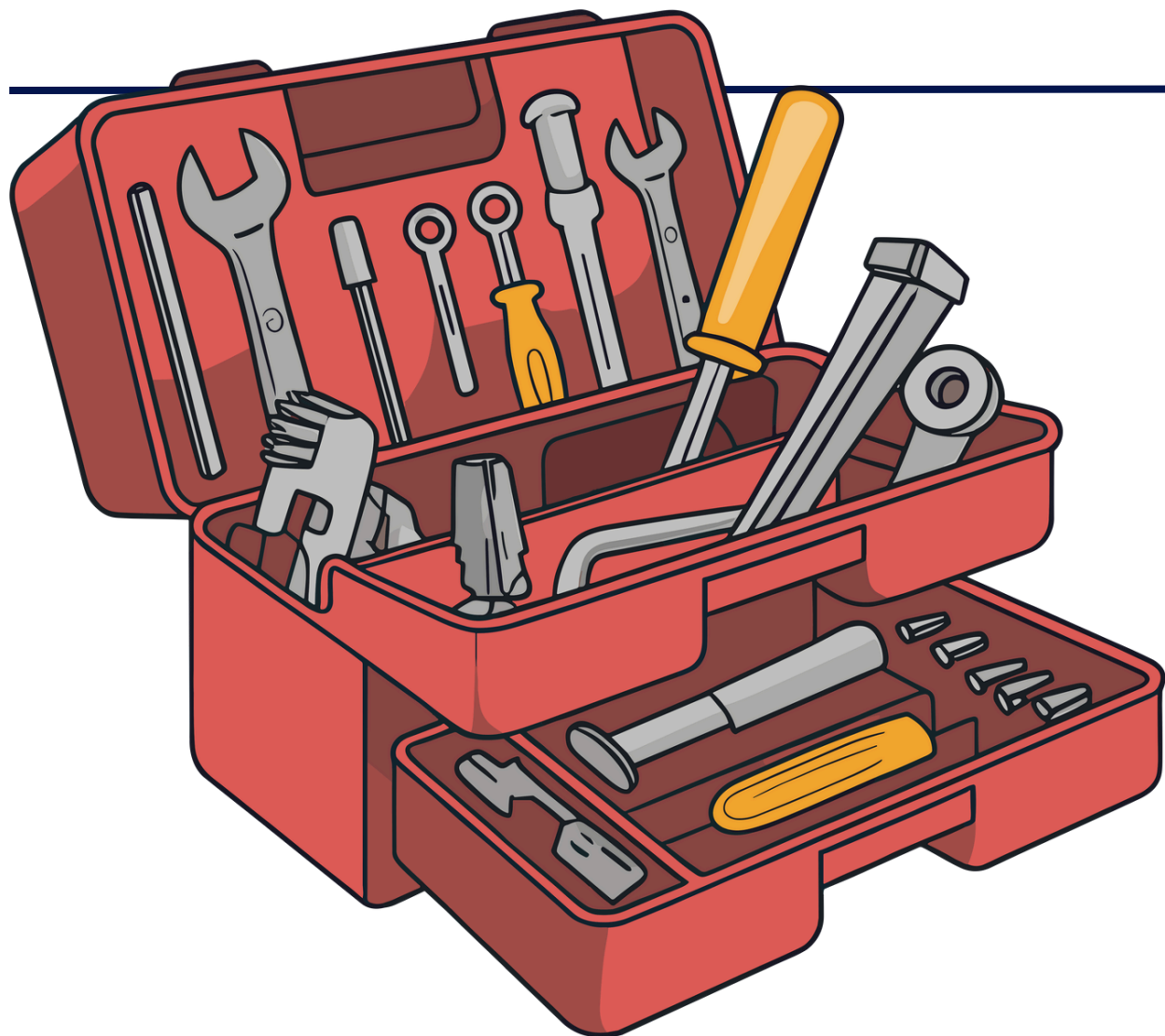


המורה  
הפרטי  
שלך

בוואטספ

# Practical Tools

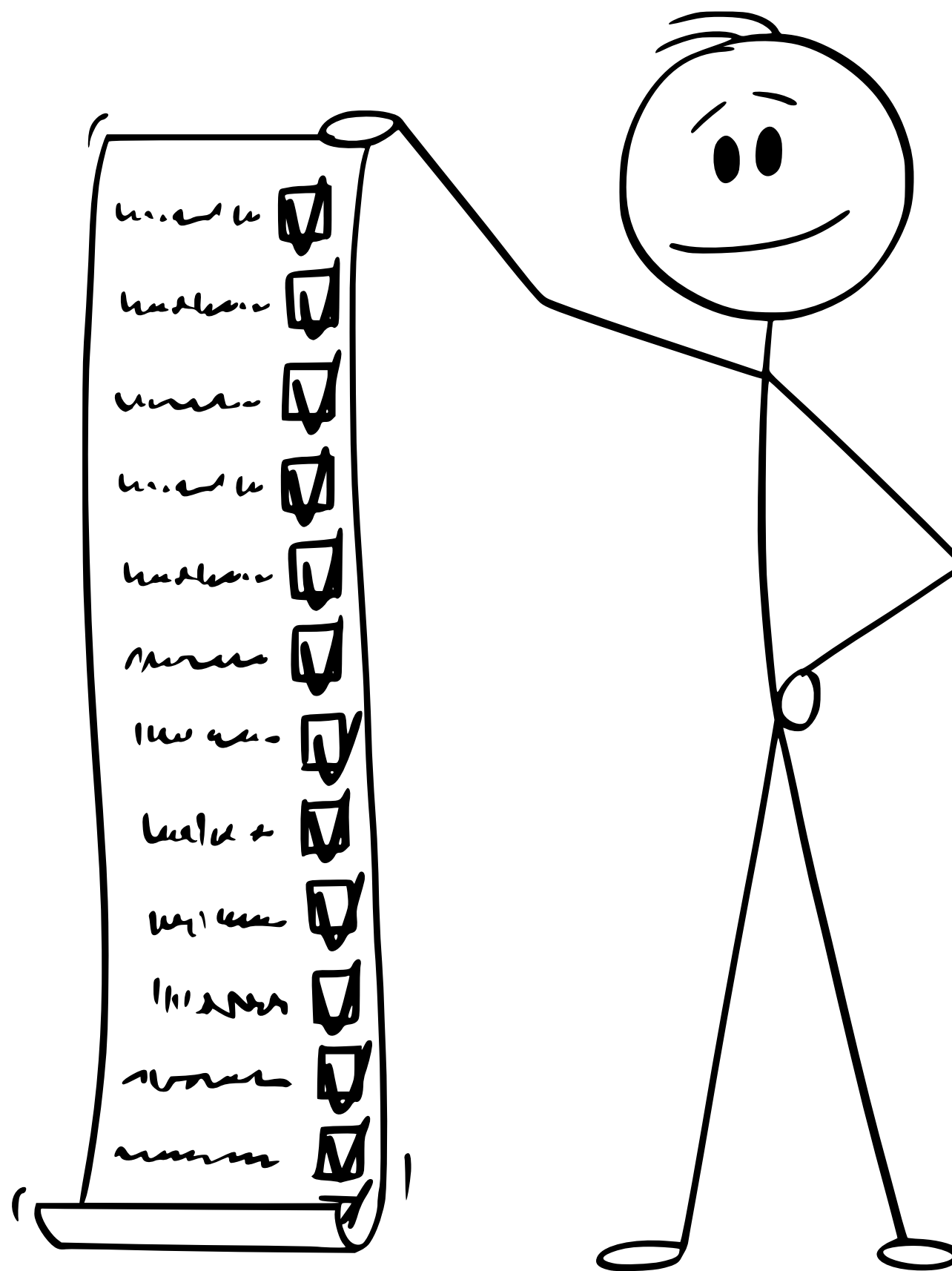
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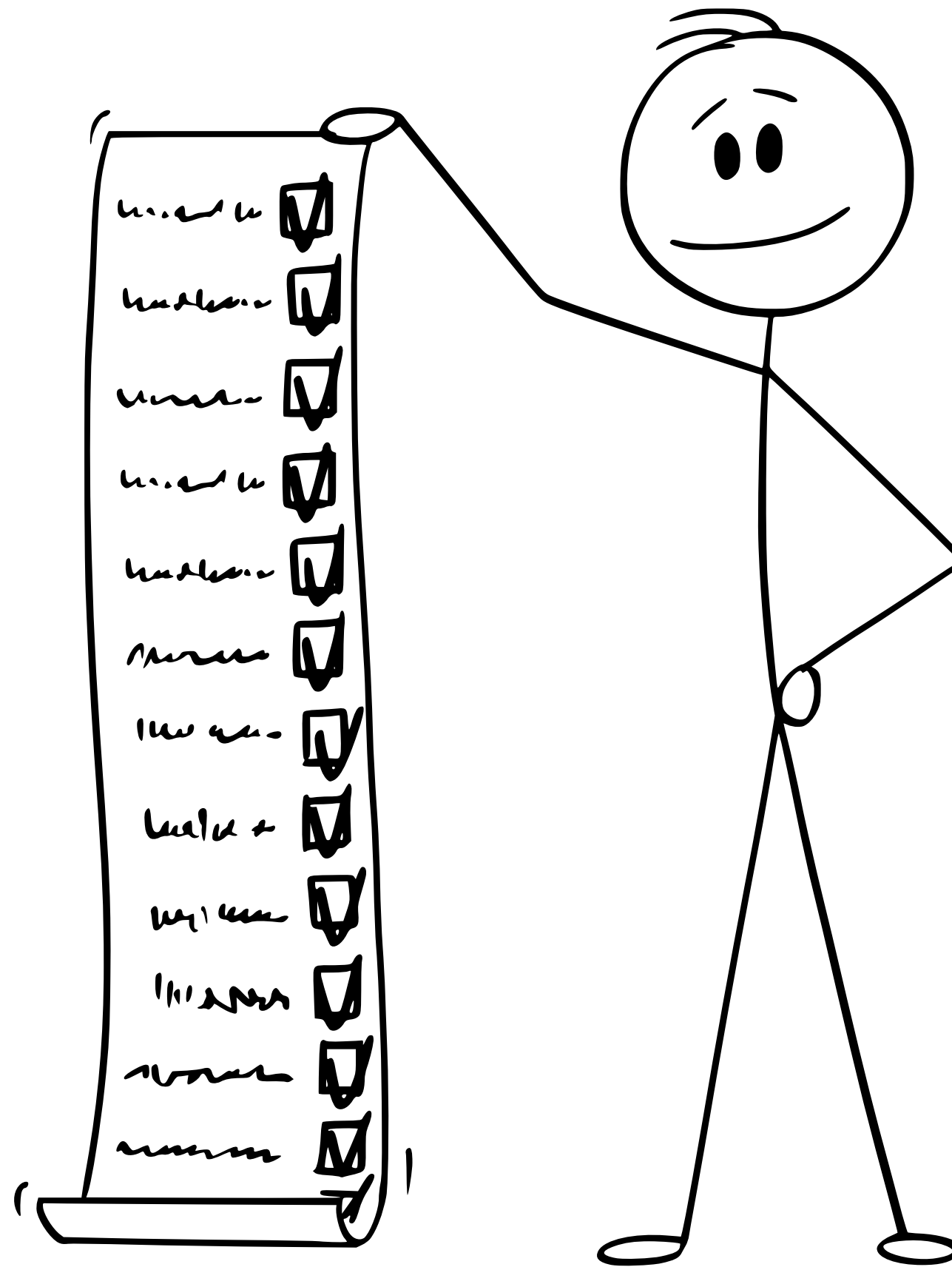


# Contextual Learning

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1. קאסא
2. לאחס
3. נויכ ס/אלאס
4. פססא
5. נאסב עאבנאל
6. חאב
7. מאפפא











**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? AI Mode

The Hebrew translation for the verb "to regurgitate" is **העלה גרה** (**he'elah gerah**), as found on sites like [מורפיקס](#). 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.

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



Banana Ice Cream with  
Chocolatey Bananas & Walnuts







**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







A young woman with long, straight blonde hair is smiling and looking slightly to her right. She has a bright, happy expression. In the background, a man with dark hair is visible but out of focus, looking down. The scene appears to be indoors with warm lighting.

On Wednesdays, we wear pink.

Open Google



Pronounce conundrum



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About 1,310,000 results (0.53 seconds)

Choose English variation

Type: Pronounce + word

Conundrum

talaera.com

American pronunciation

Listen to pronunciation

Sounds like

kuh · nuhn · druhm



Slow

Practice

Practice

**Stay in Touch!**