

HOW
TO:

IMPROVE YOUR
ENGLISH
PROFICIENCY

ENGLISH U





Goal of this Webinar

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.

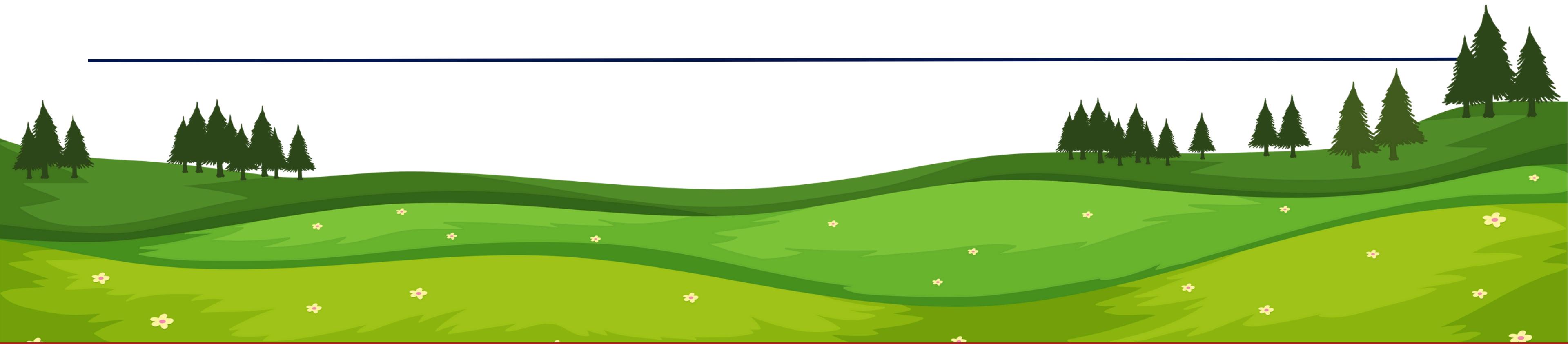
My Experience

- 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.

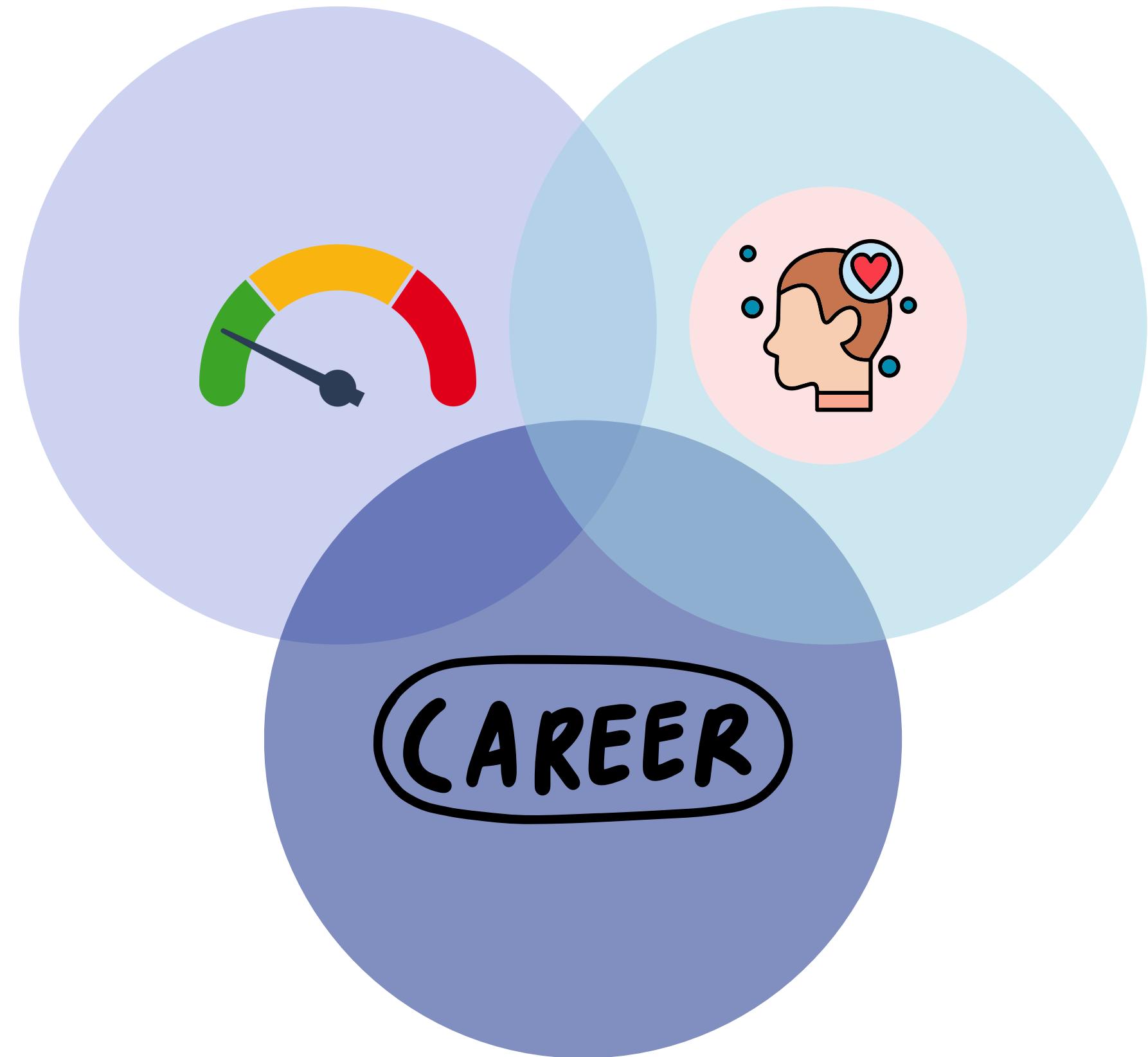
Language Immersion





Your Digital Ecosystem





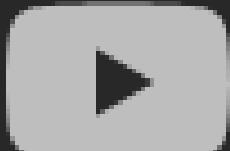




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Habit Building



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

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."

Ask someone to reset your social media password on Monday and deliver the new password on Friday.

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.

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."

CREATE A CONTRACT

MAKE THE COSTS OF YOUR BAD HABITS PUBLIC AND PAINFUL

MAKE IT UNSATISFYING

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

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

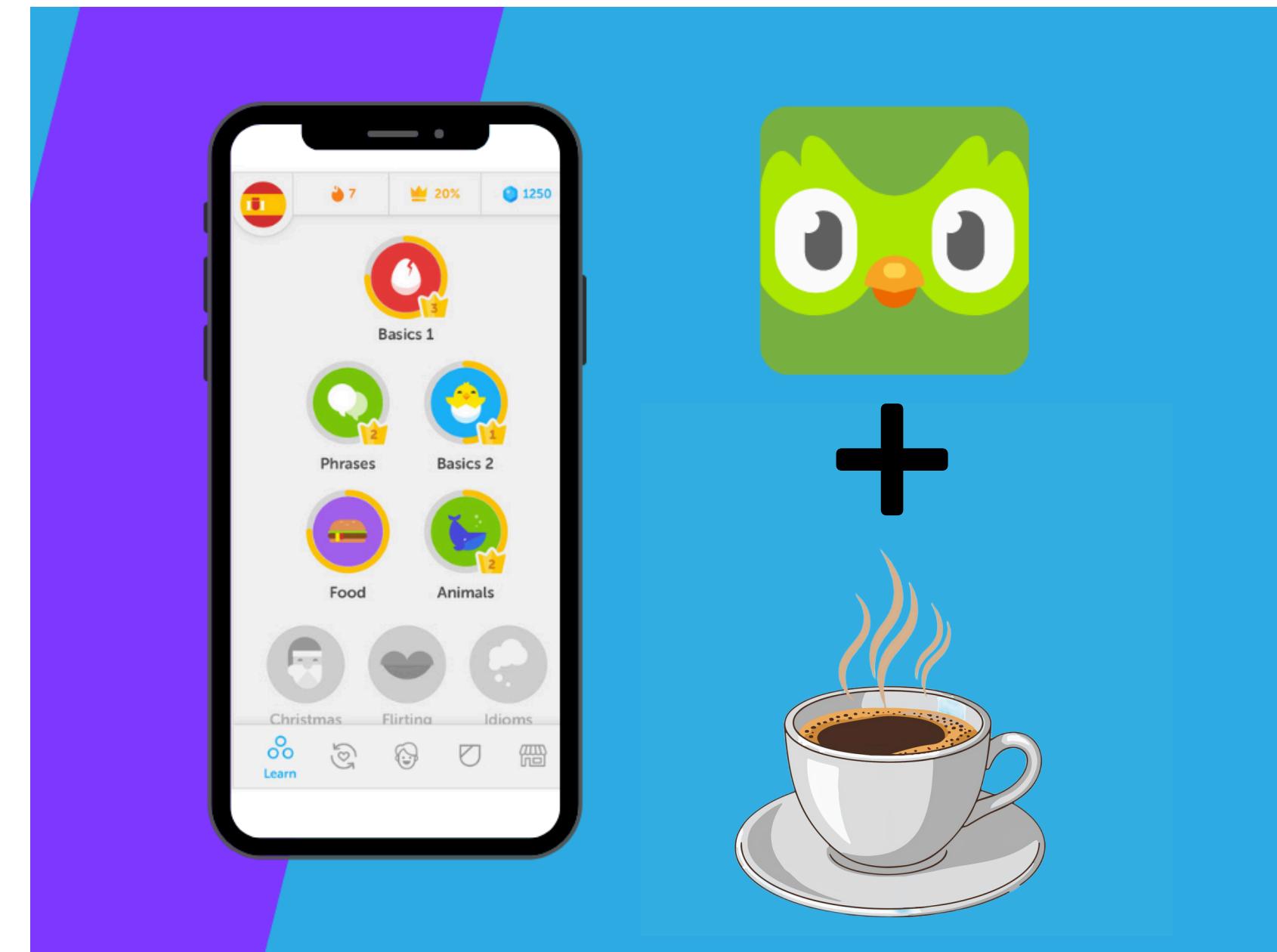
Atomic
Habits

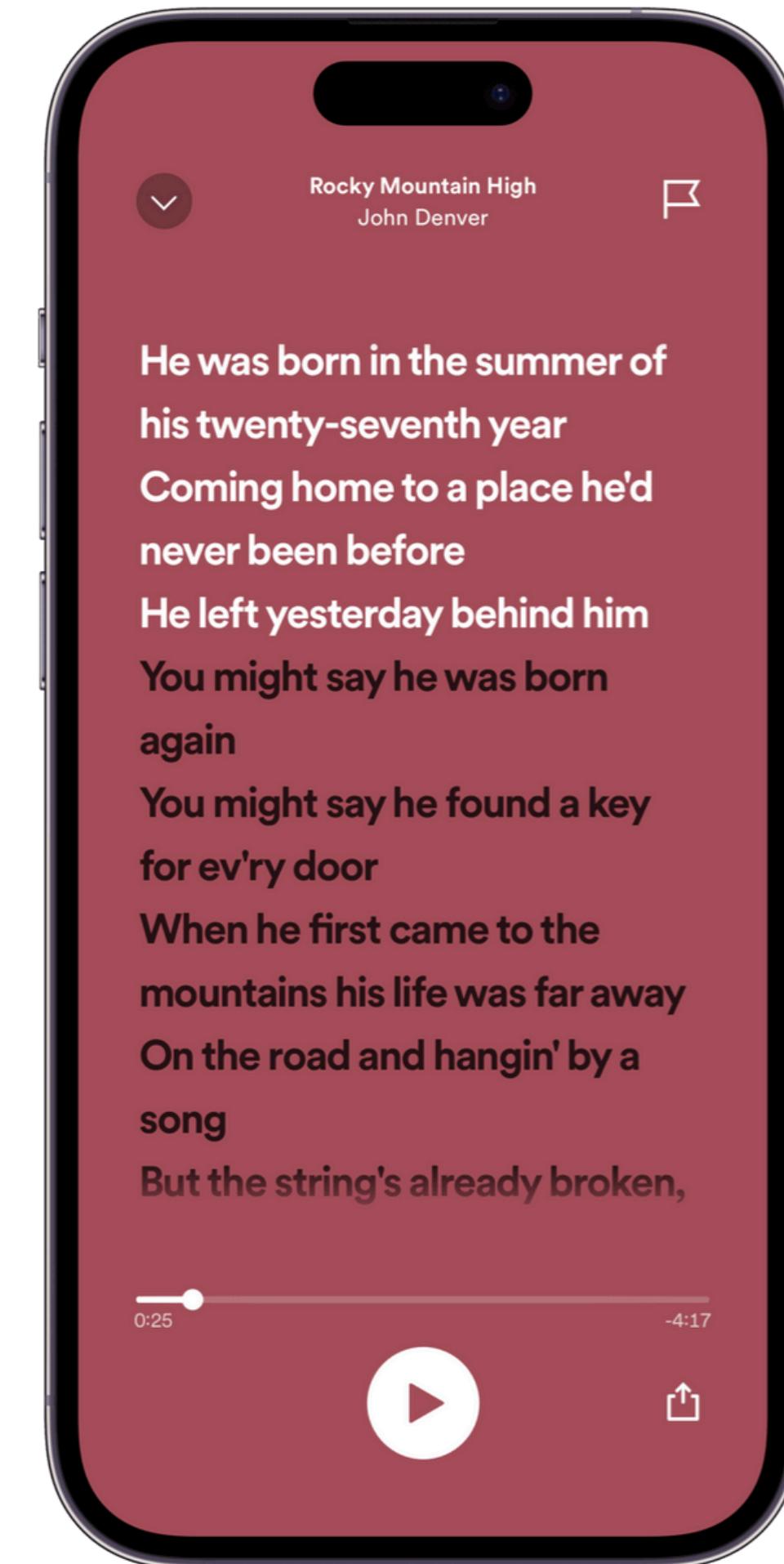
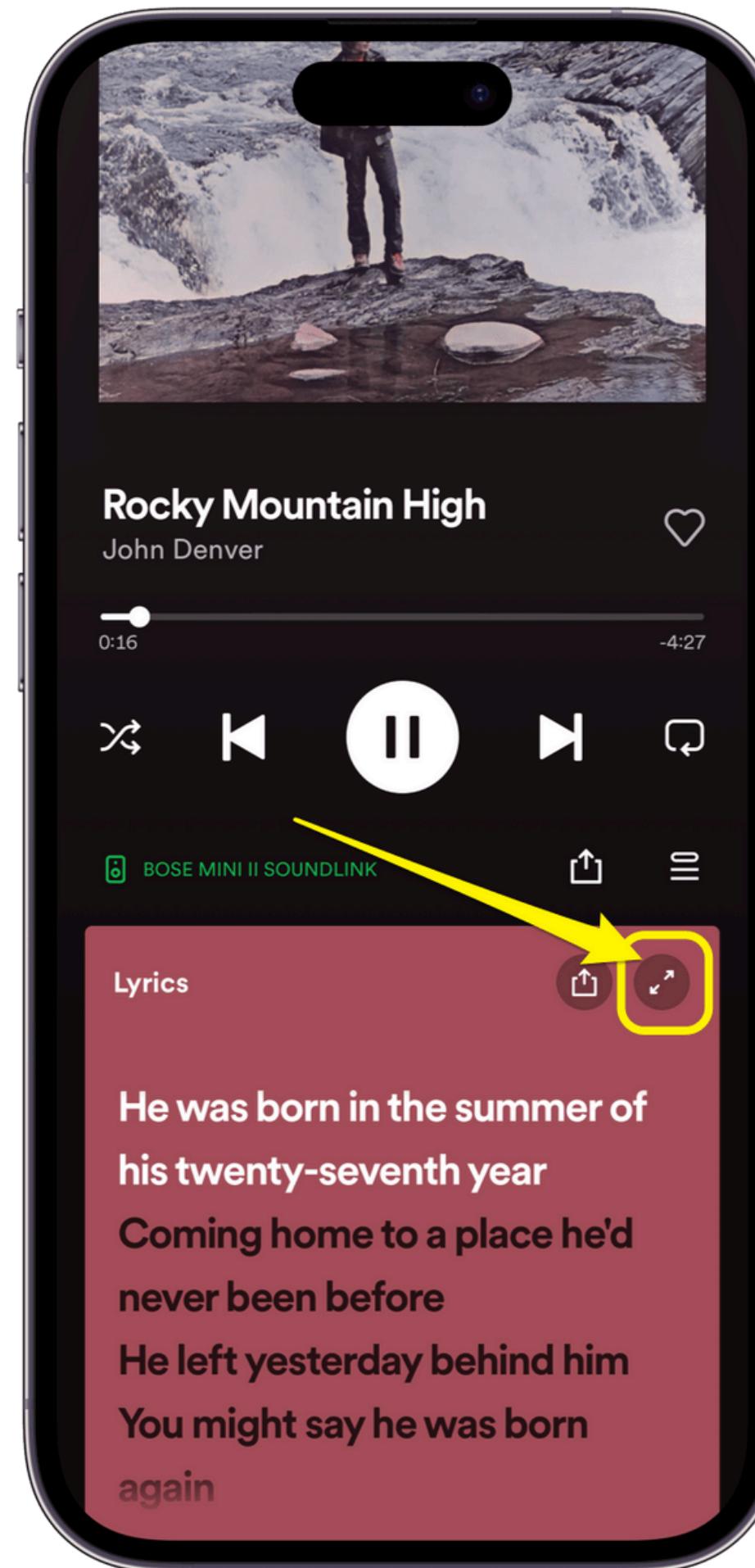
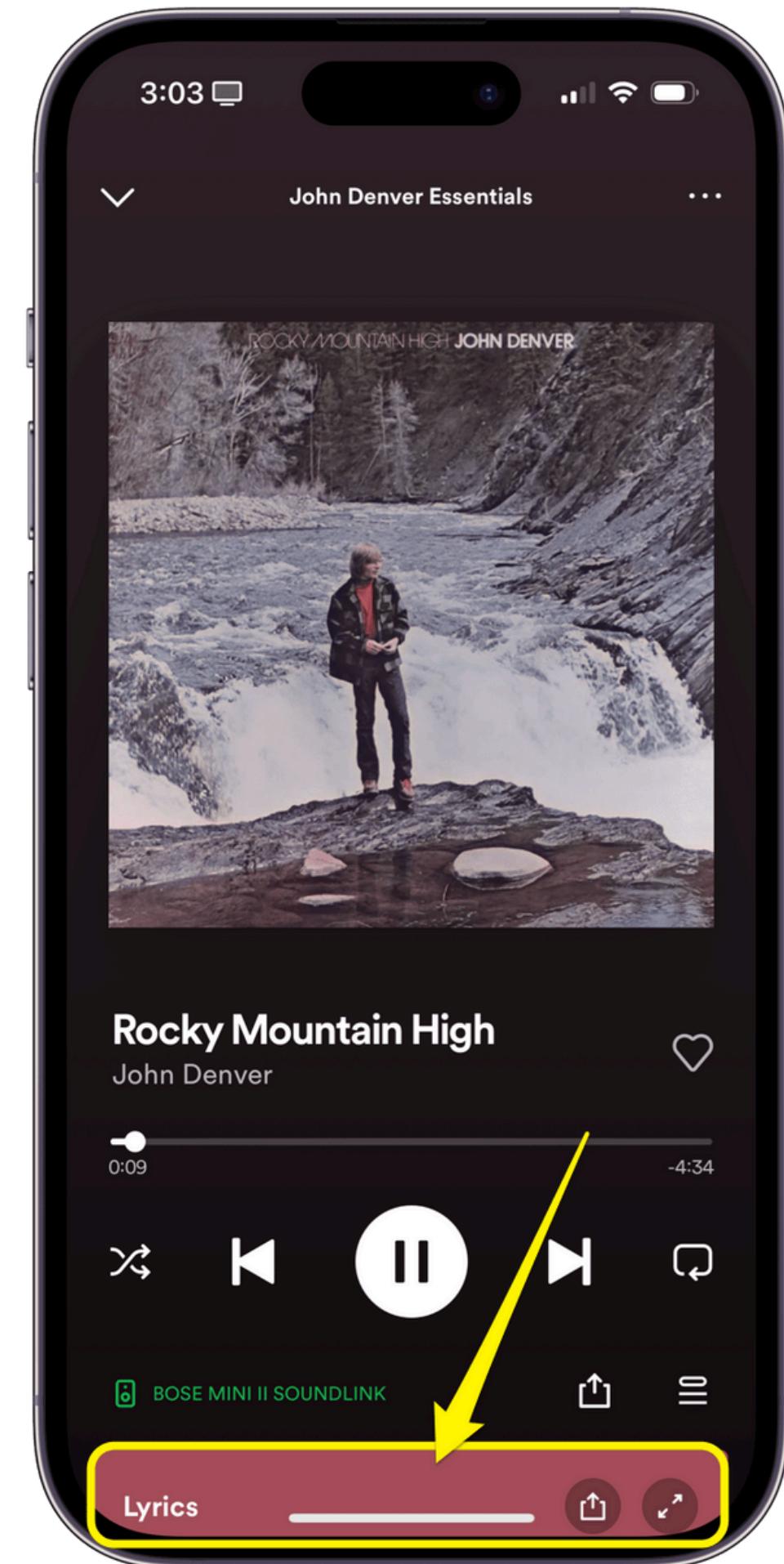
An Easy & Proven Way to
Build Good Habits & Break Bad Ones

James Clear

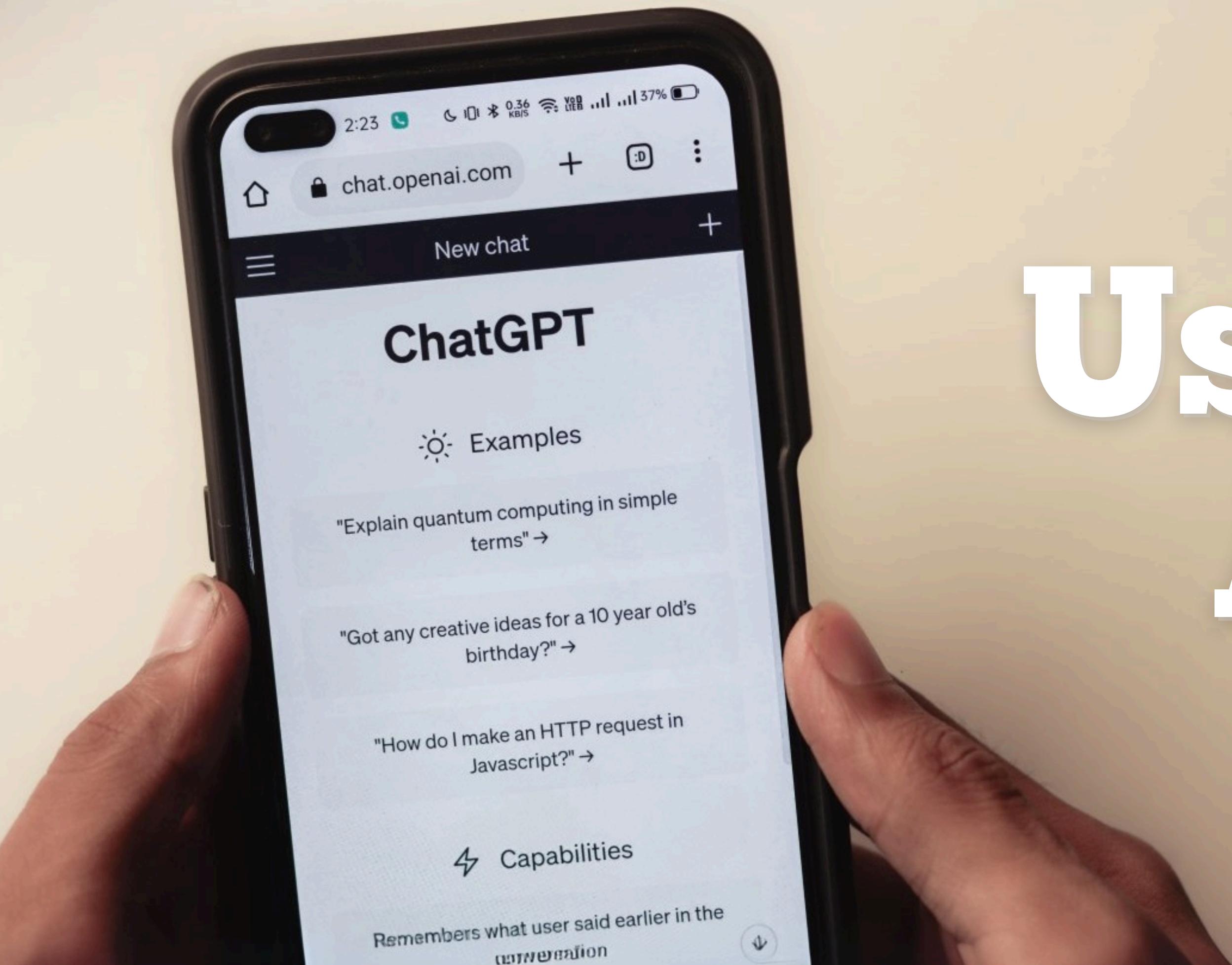


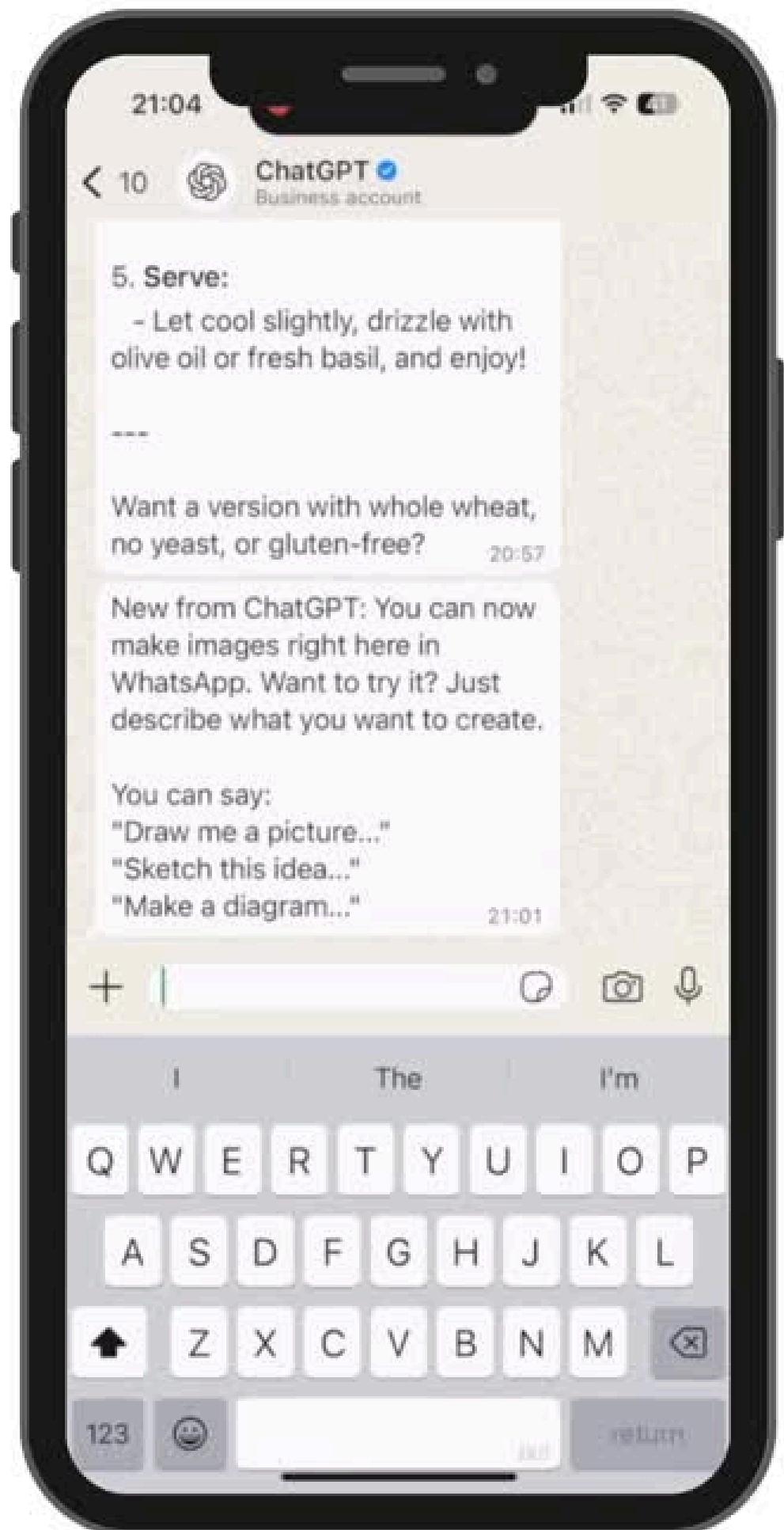
Habit Stacking





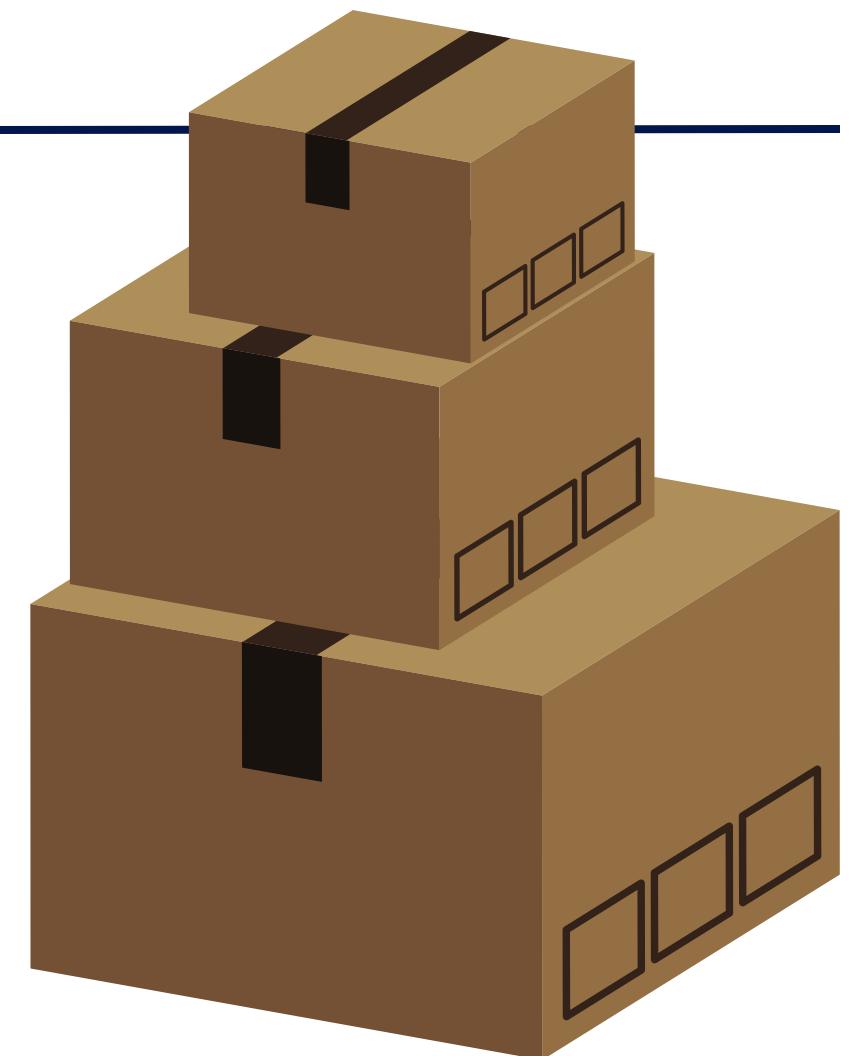
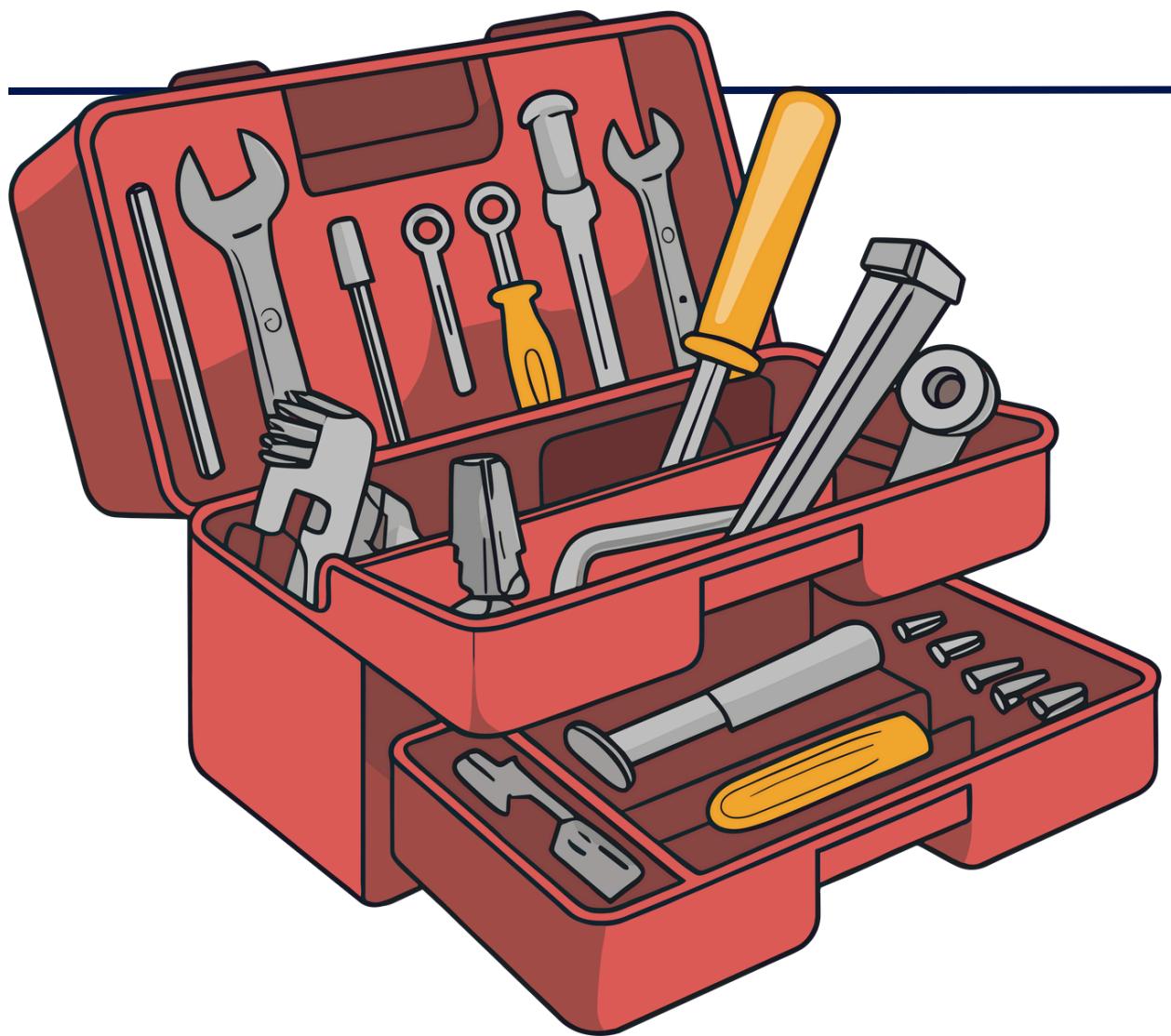
Use of AI





המורה
הפרט
שלר
בוואטסאפ

Practical Tools



Contextual Learning

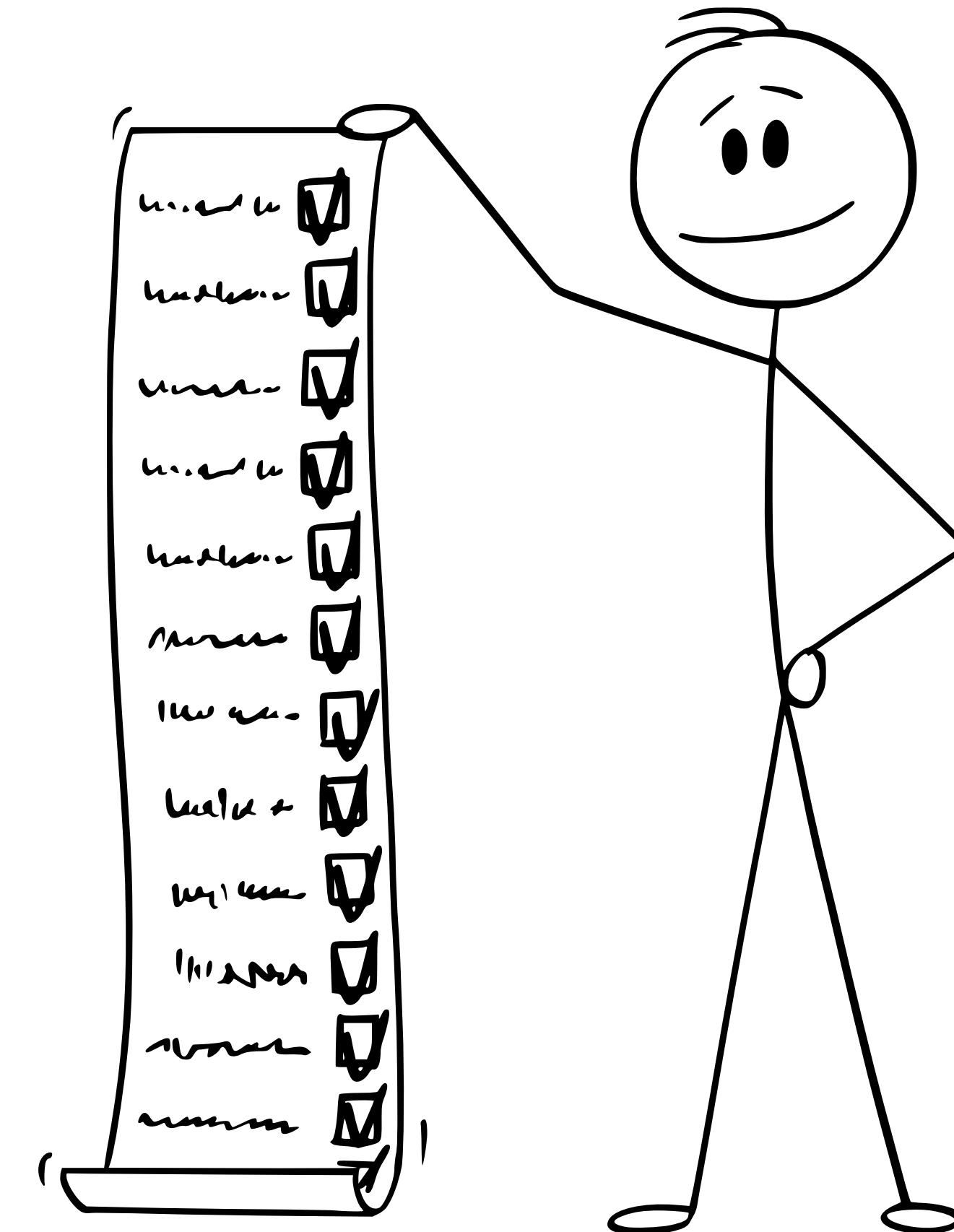
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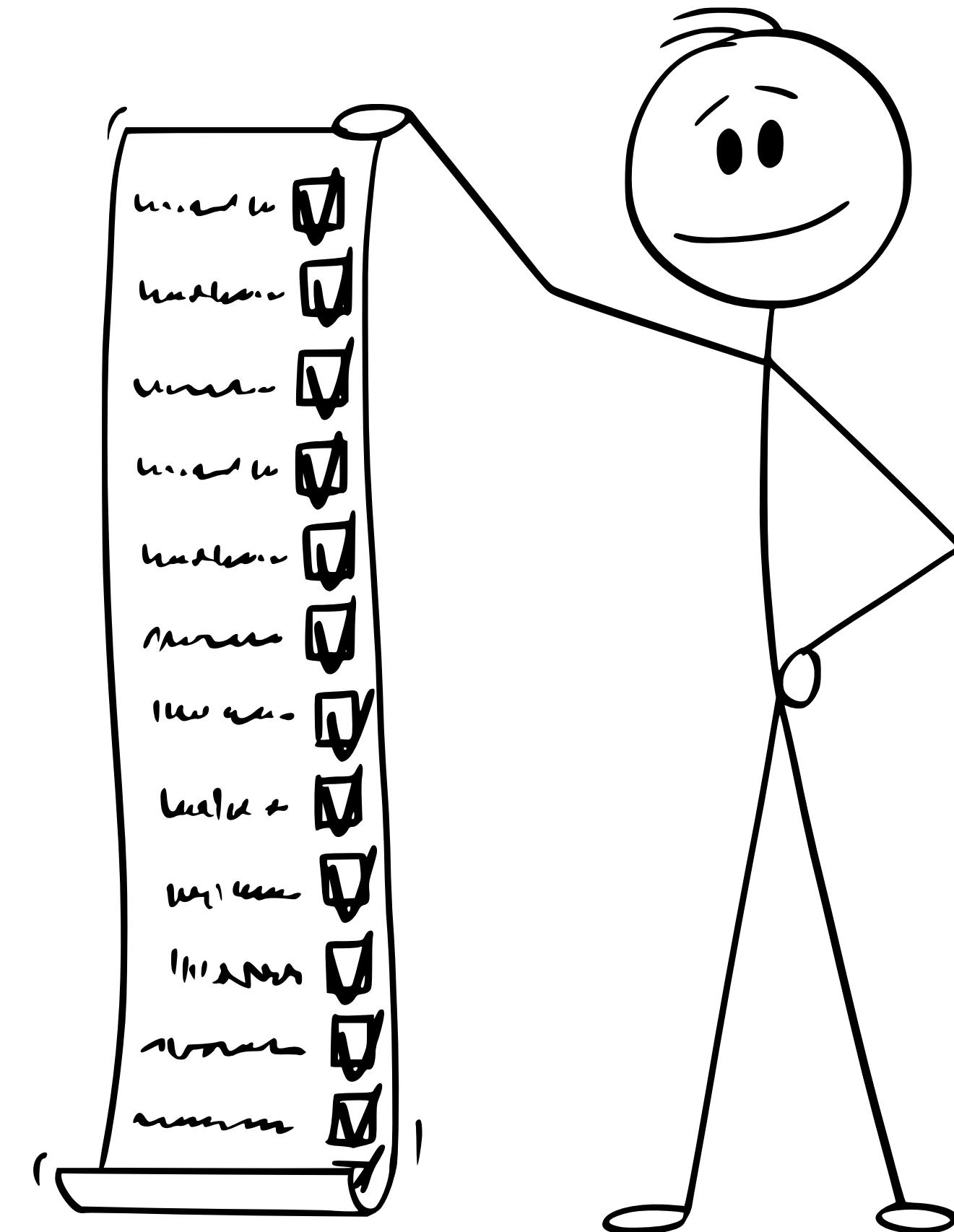
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Futile



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. [🔗](#)

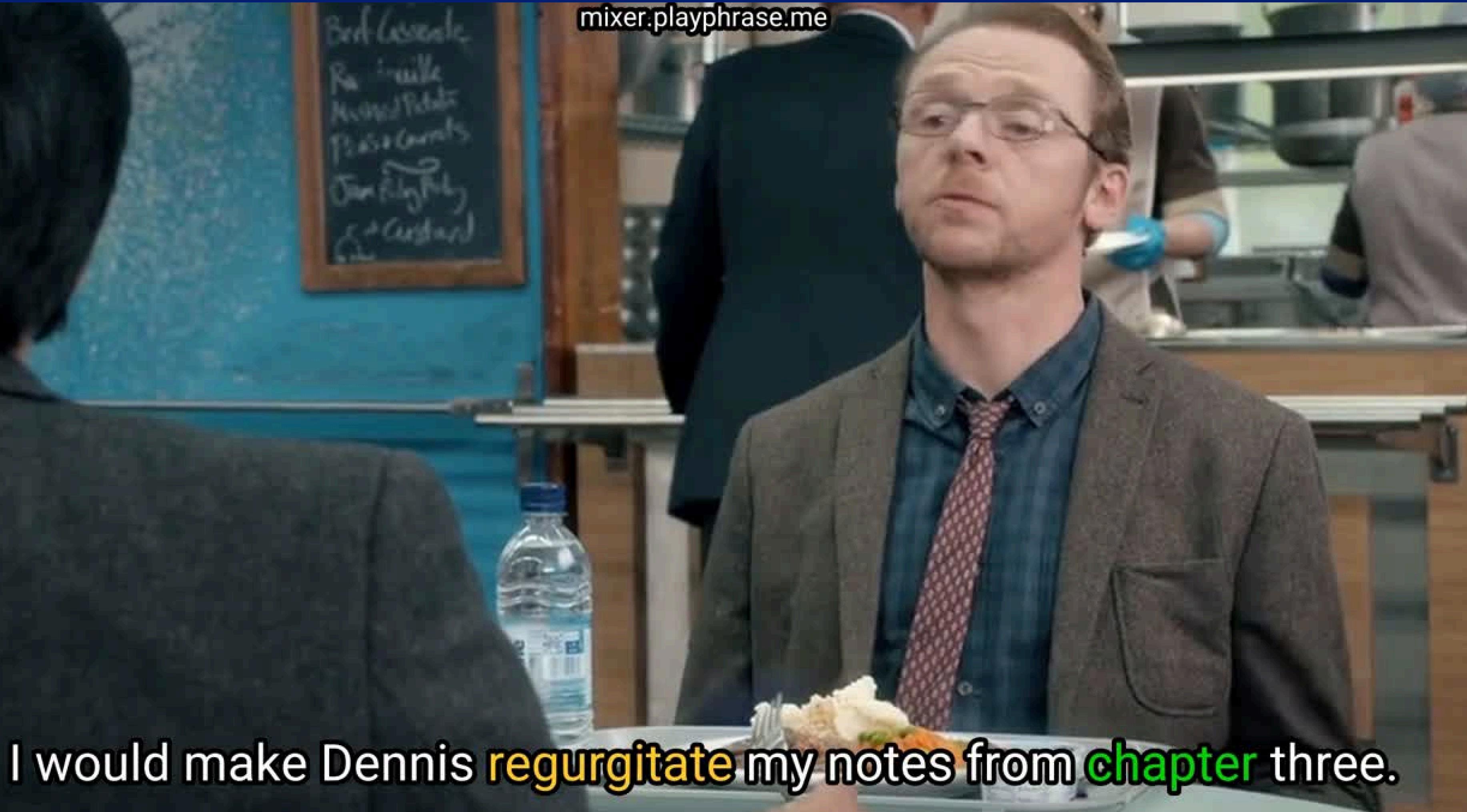




They just **regurgitate** everything they see on
TV or hear on the radio or watch on the web.

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**?



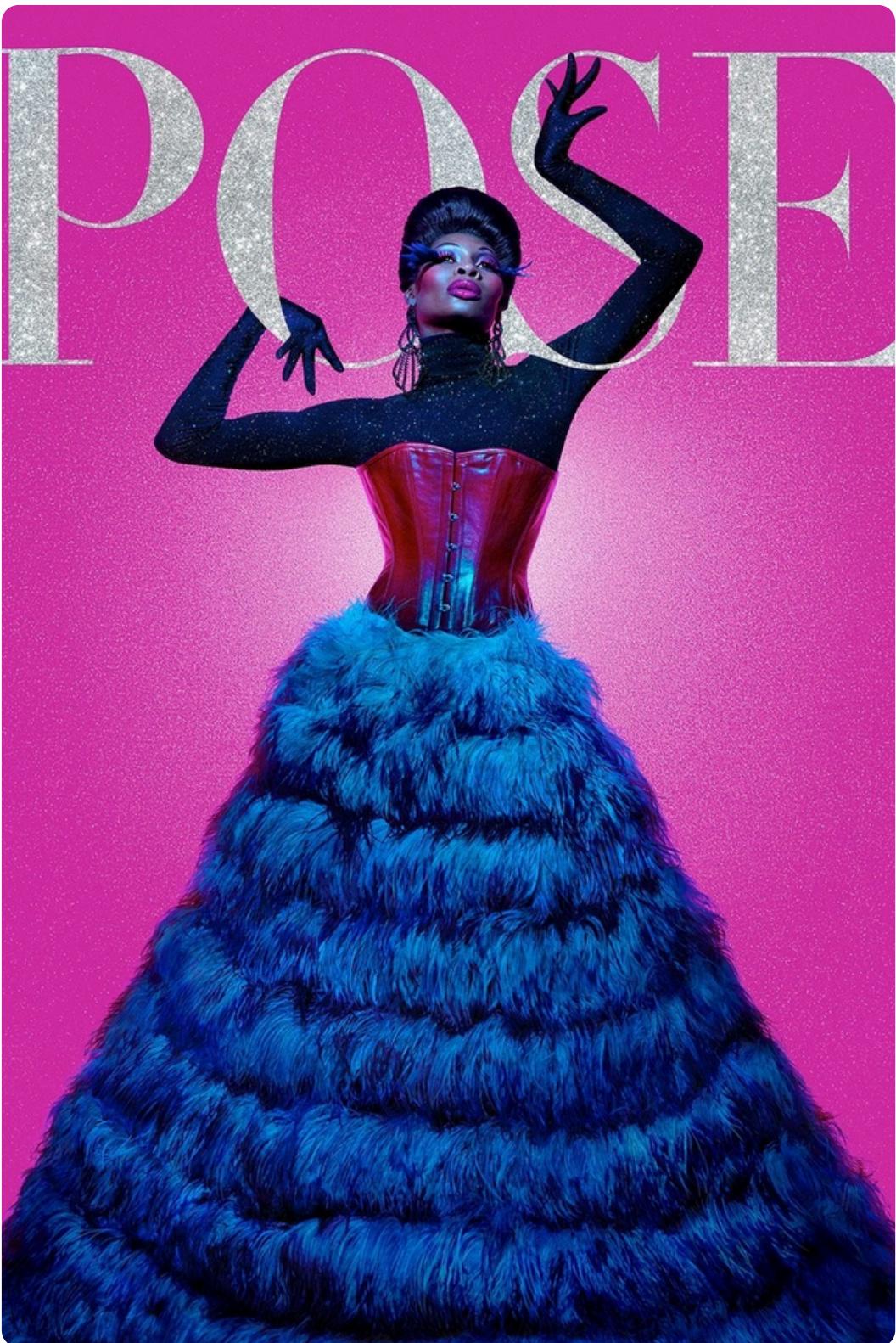
I would make Dennis **regurgitate** my notes from **chapter** three.

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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