

VOCABULARY · EPISODE 60

Control Your Nerves Public Speaking Ep2

Key words & expressions · English + Español

10 words

Your English Toolbox

1

to channel your nerves

canalizar los nervios · convertir la tensión en energía útil**DEF**

to redirect nervous energy into something productive — using the adrenaline of anxiety to improve your performance rather than letting it paralyse you

Channel your nerves is the advanced speaker's approach to anxiety — not eliminating nerves, but directing them. The same physical state that causes freezing can cause sharpness if you reframe it as excitement.

ES

Redirigir la energía nerviosa hacia algo productivo — usar la adrenalina de la ansiedad para mejorar tu actuación en lugar de dejar que te paralice.

Es el enfoque del hablante avanzado ante la ansiedad — no eliminar los nervios, sino dirigirlos.

Channel your nerves into energy — the adrenaline makes your voice clearer and your mind sharper.

Channel your nerves into energy — the adrenaline makes your voice clearer and your mind sharper. -> Canaliza los nervios en energía — la adrenalina hace que tu voz sea más clara y tu mente más aguda.

The best public speakers don't remove their nerves — they channel them into charisma.

The best public speakers don't remove their nerves — they channel them into charisma. -> Los mejores oradores públicos no eliminan sus nervios — los convierten en energía útil para generar carisma.

2

to pause for effect

hacer una pausa deliberada para crear impacto · callar a propósito para dar peso**DEF**

to deliberately stop speaking for a moment to create emphasis, allow the audience to absorb what was just said, or build suspense

The pause is one of the most underused tools in speaking — most nervous speakers fill every silence with words. A well-timed pause creates power, not weakness. It signals confidence and gives the audience space to think.

ES

Detenerse deliberadamente en el habla por un momento para crear énfasis, permitir que la audiencia absorba lo dicho o construir suspenso.

La pausa es una de las herramientas más infrutilizadas en el habla — la mayoría de los hablantes nerviosos llenan cada silencio con palabras.

Pause for effect before your key point — the silence will make the words that follow land harder.

Pause for effect before your key point — the silence will make the words that follow land harder. -> Haz una pausa deliberada para crear impacto antes de tu punto clave — el silencio hará que las palabras que siguen lleguen con más fuerza.

She learned to pause for effect and immediately sounded three times more confident than before.

She learned to pause for effect and immediately sounded three times more confident than before. -> Aprendió a callar a propósito para dar peso y de inmediato sonó tres veces más segura que antes.

3

stage fright

el miedo escénico · el nerviosismo intenso antes de actuar ante un público

DEF

the intense nervousness or fear experienced before or during performing in front of an audience

Stage fright is the theatrical word for performance anxiety. Many learners experience it in English presentations, interviews, and meetings. The good news is that stage fright peaks before you begin and then reduces once you start. The trick is to begin — and the fear subsides naturally.

ES

El nerviosismo o miedo intenso experimentado antes o durante una actuación frente a un público.

La palabra teatral para la ansiedad ante el desempeño. El miedo escénico alcanza su punto máximo antes de comenzar y luego se reduce.

Stage fright is normal before presenting in English — it almost always reduces once you begin speaking.

Stage fright is normal before presenting in English — it almost always reduces once you begin speaking. -> El miedo escénico es normal antes de presentar en inglés — casi siempre se reduce una vez que empiezas a hablar.

She had severe stage fright before her first English presentation but pushed through it and it was easier each time.

She had severe stage fright before her first English presentation but pushed through it and it was easier each time. -> Tenía un miedo escénico severo antes de su primera presentación en inglés pero lo superó y fue más fácil cada vez.

4

to steady yourself

calmarse · tranquilizarse físicamente y mentalmente antes de una situación de presión

DEF

to calm yourself down physically and mentally before or during a high-pressure situation

Steady yourself is the self-regulation instruction. Before a presentation, interview, or difficult conversation in English, steadying yourself might mean: a deep breath, a slow exhale, a moment of stillness. Physical steadying produces mental steadying — this is physiology, not performance.

ES

Calmarse física y mentalmente antes o durante una situación de alta presión.

La instrucción de autorregulación. Calmarse puede significar: una respiración profunda, una exhalación lenta, un momento de quietud.

Take a moment to steady yourself before a difficult English conversation — breathe, slow down, begin.

Take a moment to steady yourself before a difficult English conversation — breathe, slow down, begin. -> Tómame un momento para calmarte antes de una conversación difícil en inglés — respira, baja el ritmo, comienza.

She steadied herself before the interview with three deep breaths and noticed that her voice was calmer as a result.

She steadied herself before the interview with three deep breaths and noticed that her voice was calmer as a result. -> Se calmó antes de la entrevista con tres respiraciones profundas y notó que su voz era más tranquila como resultado.

5 to make eye contact

establecer contacto visual · mirar directamente a los ojos de quien hablas

DEF

to look directly at the eyes of the person or people you are speaking to — signalling confidence and engagement

Make eye contact is a cultural and communicative act. In most English-speaking contexts, eye contact signals confidence, honesty, and interest. Avoiding it can signal nervousness, discomfort, or dishonesty — even if that is not the intention. For non-native speakers, maintaining eye contact while thinking in a second language is a genuine skill.

ES

Mirar directamente a los ojos de la persona o personas con las que estás hablando — señalando confianza y compromiso.

Un acto cultural y comunicativo. El contacto visual señala confianza, honestidad e interés en la mayoría de los contextos angloparlantes.

Make eye contact when you speak English — it signals confidence even when you do not feel it.

Make eye contact when you speak English — it signals confidence even when you do not feel it. -> Establece contacto visual cuando hablas inglés — señala confianza incluso cuando no la sientes.

She practised making eye contact in mirror exercises and found it made her appear far more confident.

She practised making eye contact in mirror exercises and found it made her appear far more confident. -> Practicó establecer contacto visual en ejercicios frente al espejo y descubrió que la hacía parecer mucho más segura.

6 to keep your composure

mantener la compostura · permanecer calmado por fuera incluso cuando se siente ansioso por dentro

DEF

to remain calm and controlled on the outside even when you feel anxious or uncertain on the inside

Keep your composure is the performance skill of appearing calm. You may feel nervous, but if you keep your composure — slow down, lower your voice, breathe deliberately — your audience perceives confidence. Composure is the outer performance of inner management.

ES

Permanecer calmado y controlado por fuera incluso cuando te sientes ansioso o inseguro por dentro.

La habilidad de desempeño de parecer calmado. La compostura es la actuación exterior de la gestión interior.

Keep your composure even when you make a mistake — your reaction to the mistake matters more than the mistake.

Keep your composure even when you make a mistake — your reaction to the mistake matters more than the mistake. -> Mantén la compostura incluso cuando cometes un error — tu reacción al error importa más que el error en sí.

She lost her place in the presentation but kept her composure, paused, and continued without anyone noticing.

She lost her place in the presentation but kept her composure, paused, and continued without anyone noticing. -> Perdió su lugar en la presentación pero mantuvo la compostura, hizo una pausa y continuó sin que nadie se diera cuenta.

to own the room

7

dominar la sala · comandar la atención y proyectar confianza de forma que todos te presten atención

DEF

to command attention and project confidence so effectively that others naturally focus on you

Own the room is the public speaking aspiration. It describes the moment when a speaker has so much presence that all attention naturally falls to them. For English learners presenting or speaking in meetings, this is an achievable goal — it is not about language level, but body language, pace, and eye contact.

ES

Comandar la atención y proyectar confianza tan efectivamente que los demás naturalmente se centren en ti.

La aspiración de la oratoria. No se trata del nivel de idioma, sino del lenguaje corporal, el ritmo y el contacto visual.

You do not need perfect English to own the room — you need confidence, pace, and eye contact.

You do not need perfect English to own the room — you need confidence, pace, and eye contact. -> No necesitas inglés perfecto para dominar la sala — necesitas confianza, ritmo y contacto visual.

She walked in nervous but ended up owning the room through her calm delivery and clear eye contact.

She walked in nervous but ended up owning the room through her calm delivery and clear eye contact. -> Entró nerviosa pero terminó dominando la sala a través de su entrega tranquila y contacto visual claro.

delivery

8

la entrega · la manera en que presentas o comunicas contenido — ritmo, tono, volumen, claridad

DEF

the manner in which you present or communicate content — including pace, tone, volume, clarity, and pausing

Delivery is what separates a good message from a great presentation. You can have excellent content in English but poor delivery makes it unmemorable. Conversely, average content with excellent delivery is far more impactful. For English learners, delivery is often the missing piece.

ES

La manera en que presentas o comunicas contenido — incluyendo ritmo, tono, volumen, claridad y pausas.

Lo que separa un buen mensaje de una gran presentación. Puedes tener contenido excelente en inglés pero una mala entrega lo hace olvidable.

Work on your delivery as much as your content — how you say something in English matters as much as what you say.

Work on your delivery as much as your content — how you say something in English matters as much as what you say. -> Trabaja en tu entrega tanto como en tu contenido — cómo dices algo en inglés importa tanto como lo que dices.

Her content was excellent but her delivery needed work — she spoke too fast and paused in the wrong places.

Her content was excellent but her delivery needed work — she spoke too fast and paused in the wrong places. -> Su contenido era excelente pero su entrega necesitaba trabajo — hablaba demasiado rápido y hacía pausas en los lugares equivocados.

to slow down deliberately

9

bajar el ritmo deliberadamente · elegir hablar más despacio como técnica intencionada

DEF

to choose to speak more slowly as a purposeful technique — to give weight to your words and help your listener follow

Slow down deliberately is one of the most powerful public speaking techniques, and it is counterintuitive. When nervous, most people speed up. But deliberately slowing down signals confidence, gives you thinking time, and makes every word carry more weight. It is not about being slow — it is about being intentional.

ES

Elegir hablar más despacio como técnica intencionada — para dar peso a tus palabras y ayudar a tu oyente a seguirte.

Una de las técnicas de oratoria más poderosas y contraintuitivas. Bajar el ritmo señala confianza, no duda.

When you feel nervous speaking English, slow down deliberately — it signals confidence, not hesitation.

When you feel nervous speaking English, slow down deliberately — it signals confidence, not hesitation. -> Cuando te sientas nervioso hablando inglés, baja el ritmo deliberadamente — señala confianza, no duda.

She trained herself to slow down deliberately before key points and noticed her audience paid closer attention.

She trained herself to slow down deliberately before key points and noticed her audience paid closer attention. -> Se entrenó para bajar el ritmo deliberadamente antes de los puntos clave y notó que su audiencia prestaba más atención.

10

to win over an audience

ganarse al público · conseguir el interés, confianza y aprobación de los oyentes

DEF

to gain the interest, trust, and approval of the people listening to you

Win over an audience is the public speaking aspiration. It does not require perfection — it requires authenticity, clarity, and connection. English learners often believe their accent or grammar prevents them from winning over an audience. In practice, audiences respond to sincerity and preparation, not linguistic perfection.

ES

Ganar el interés, confianza y aprobación de las personas que te escuchan.

La aspiración de la oratoria. No requiere perfección — requiere autenticidad, claridad y conexión.

You can win over any English-speaking audience with preparation, eye contact, and genuine enthusiasm.

You can win over any English-speaking audience with preparation, eye contact, and genuine enthusiasm. -> Puedes ganarte a cualquier público angloparlante con preparación, contacto visual y entusiasmo genuino.

She won over the audience in the first two minutes by telling a personal story that made everyone laugh.

She won over the audience in the first two minutes by telling a personal story that made everyone laugh. -> Se ganó al público en los primeros dos minutos contando una historia personal que hizo reír a todos.