

TRANSCRIPT · EPISODE 62

# Calm English 100 Powerful Sentences Stage

Full episode script · English

165 lines

Your English Toolbox

Welcome to Your English Toolbox, your slow English podcast where we train your ears step-by-step.

I am Martin, and I am Peter.

Today, we tackle the fear of public speaking by practicing 100 essential sentences.

You will learn to own the stage and transform your nerves into a professional presence.

This episode is your training ground to become a calm and effective communicator.

By listening until the end, you will master the art of starting a speech, learn how to connect complex ideas and build the confidence to speak in any situation.

Before we continue with our practice, let us explain exactly how this exercise works.

We are using a technique called shadowing, which is a powerful way to train your brain.

Think of a shadow following a person on a sunny day.

The shadow does not wait for the person to stop moving.

It follows along at the same time.

In this exercise, you do not need to wait

for the speaker to finish the whole sentence before you repeat it.

You and the voice are speaking together almost at the exact same time.

By doing this, you are not just learning words.

You are capturing the natural rhythm and music of English.

This method helps your mouth and your ears work together as a team to improve your fluency.

Follow the sound and stay right behind the voice.

My message is more important than my fear.

I have

something valuable to share with this room.

Every great speaker started exactly where I am now.

I am not here to be perfect.

I am here to be helpful.

I trust my voice and the preparation I have done.

The audience wants me to succeed and learn from me.

My nerves are just energy that I can use for my talk.

I am a capable and confident communicator.

Speaking is a skill that I am mastering step by step.

Today

is a great opportunity to connect with people.

That was the first block of sentences to build your mindset.

Take a moment to feel that confidence before we move to the next part.

Part 3 Becoming calm just before starting.

I breathe in deeply and let go of all my tension.

My feet are firm and grounded on the floor.

I am present in this moment and I am safe.

I choose to speak with a slow and steady rhythm.

There is no rush to begin my first sentence.

I smile because I am ready to start this journey.

My mind is clear and my body is relaxed.

I focus only on the person right in front of me.

I accept this challenge with a calm heart.

This is my time to shine and I am ready.

Well done.

You are now centered and focused.

Remember that your breath is your best friend when you are on stage.

Part 4

Greetings and opening sentences.

Good morning everyone and thank you for joining me today.

It is a true honor to be standing here with you.

I would like to start by telling you a short story.

Thank you for that very kind and warm introduction.

Have you ever felt like you were in the wrong place?

Today I want to talk about a topic that affects us all.

Let me begin with a question that changed my life.

I am

delighted to see so many people interested in this.

We are here today to explore new ways of working together.

Before we dive in, let us look at the big picture.

My goal for this presentation is very simple.

I want to share three ideas that can improve your daily routine.

Thank you all for taking the time to be here.

Imagine for a moment that anything is possible.

First, I will go over the history of our project.

Then

we will discuss the challenges we face today.

Finally, I will present a vision for our future.

Please feel free to hold your questions until the end.

I am excited to share my research with you this morning.

Let us get started with our first main point.

You have successfully opened your speech with these 20 phrases.

A strong start is the foundation of a great presentation.

Quick reminder.

I want to take a short moment to remind you of

the benefits of our Patreon community.

If you enjoy this method, the Patreon page offers full transcriptions and study guides for every episode.

You can also download vocabulary lists, workbooks and summary infographic images to help you learn.

We provide vocabulary cheat sheets and more materials are coming in the future.

Please check the link in the episode description to support our work, ideas and paragraphs.

Now that we have seen the problem, let us look at the solution.

This

brings me to the next important part of my talk.

In addition to what I just said, we must consider the cost.

However, there is another perspective we should explore.

Consequently, the team decided to take a different path.

Moving on, I would like to show you some data.

Furthermore, this strategy has worked in many other cities.

On the other hand, some people believe we should wait.

That is why it is so important to act right now, to

illustrate this point.

Let me give you an example.

As a result of these changes, productivity increased.

Similarly, we can apply this logic to our personal lives.

This leads us directly to our third and final point.

I would like to emphasize how crucial this step is.

Despite these difficulties, we remained focused on the goal.

Let us take a look at how this works in practice.

This is closely related to the theme we discussed earlier.

In other words,

we need to simplify our communication.

Following this, we started to see a real improvement.

To put it simply, we are changing the way we think.

Transitions are like bridges for your audience.

You are helping them follow your journey across these 20 sentences at six, keeping the flow and using examples.

For instance, think about the last time you were happy.

Let me show you what I mean with this specific case.

Consider the impact of this choice on

our environment.

Take the example of a small business in a local town.

Reframing that, we are looking for sustainable growth.

Essentially, we are trying to build a better community.

To give you a better idea, look at this chart here.

I want to highlight the role of technology in this process.

It is like a puzzle where every piece matters.

Think of this as a marathon, rather than a sprint.

To clarify, I am not suggesting we stop our efforts.

We can see this pattern repeating in different sectors.

Just as a musician practices, we must train our minds.

Let us dive deeper into why this example is relevant.

This situation is very similar to what we saw last year.

Actually, there is a very simple reason for this result.

Observe how the colors change depending on the light.

To put it another way, we are investing in ourselves.

Suppose you had all the resources you needed today.

This

perfectly illustrates the point I made earlier.

Using examples makes your speech memorable and clear.

You have just mastered 20 ways to bring your ideas to life.

Art 7, Recap and Final Conclusion To summarize, we have covered three main strategies today.

Before I finish, let us recap the most important points.

Conclusion The future is in our own hands.

I want to leave you with one final thought tonight.

Thank you very much for your time and your attention.

I would be happy to answer any questions you may have.

To wrap up, I would like to thank the organizers.

It has been a pleasure sharing these ideas with you.

I hope you found this presentation useful and inspiring.

Thank you again, and I wish you all a wonderful day.

You have reached the end of the formal speech.

These 10 sentences provide a professional and polished exit.

Part 8, Final Motivational Boost You have the power to inspire everyone in this room.

Your voice is a unique gift that the world needs to hear every time you speak.

You are becoming a better leader.

Preparation is the foundation of your future success.

Believe in your message, and the audience will believe too.

You are more than ready for your next presentation.

Trust the process, and keep practicing your English every day.

Fear is only a sign that you are doing something important.

Your confidence grows every time you

step on that stage and make a positive impact with your words.

That completes our 100 sentences.

For public speaking, you should feel proud of the work you have done today.

Part 9, Closing If you enjoyed this episode, please write a small comment before you go.

Your comments show the platforms that our community is real, active, and growing.

This support is crucial for us to continue creating new episodes every week.

Tell us which public speaking phrase helped you the most today.

Do you want to be part of our slow English community?

We need your comments because your voice is more important than ours.

Your voice and comments will show us the right path.

Thank you for listening.