

How to Stay Calm Under Pressure When Speaking English

A2–B2 Confidence Lesson — Live from the streets!

1. Why This Matters

We all feel it:

- heart beating fast
- mind goes blank
- voice gets smaller or faster

Today you learn how to stay calm enough to ****keep speaking naturally**** — even when you feel pressure.

2. The 3 Walking Tricks That Fix 90 % of Pressure

TRICK 1 — Slow Your Body = Slow Brain

- Take one deep breath + drop your shoulders
- Walk slower for 3 seconds (I'll do it with you)
- Then speak

TRICK 2 — Use “Calm Starters” (say these when you feel nervous)

- “Let me think for a second...”
- “Okay, give me a moment...”
- “Right, so...”
- “Here’s the simple version...”

TRICK 3 — Switch to Short & Slow Sentences

Instead of long perfect sentences → say:

- “Here’s the idea.”
- “This is what I mean.”

- “One thing at a time.”

3. Say These Out Loud Now (repeat after me on the walk!)

- “Let me think for a second.”

- “Okay, give me a moment.”

- “Right, so...”

- “Here’s the simple version.”

4. Today’s Tiny Challenge (do this before Monday)

Next time you feel pressure → use ONE calm starter.

Even once = huge win.

(You can even practice right now in the live chat!)

You don’t need to feel zero nerves.

You just need to stay calm enough to keep going.

And now you can ❤️