

How to Introduce Yourself Professionally

A short, honest answer is always enough.

WHAT THIS LESSON IS ABOUT

- Not a rehearsed speech about yourself.
- Not impressive vocabulary.
- Just one short structure: one fact, one feeling, then stop.

You do not need to impress anyone. You only need to share **one thing, calmly**.

THE REAL PROBLEM

"Tell me about yourself" feels bigger than it is. When someone asks, you immediately think: what do they want to know? How much should I say? Does my life sound interesting enough in English?

So you freeze. Or you try to say everything at once and it comes out in a rush. Or you say something very short, feel embarrassed, and go quiet.

A short, honest answer is always enough. The question is never as big as it feels.

KEY IDEA

One fact. One feeling. Then stop.

Talking about yourself is not a performance.

You are sharing one thing calmly, not trying to impress.

A two-sentence answer is **complete**.

THE TWO-SENTENCE STRUCTURE

One fact about yourself. One feeling or opinion about it. Then stop.

x I work in a school and I have been there for five years and I also help with some extra activities and I like it most of the time.

v I work in a school. I enjoy it most days.

Why: The second version gives the other person something to respond to, without overwhelming them.

More examples:

- "I am from a small town. It is quiet, which I like."
- "I have been learning English for about a year. It is challenging but interesting."
- "I am still figuring out what I want to do. But I am getting there."

The last one is always available if you are not sure what to say. It is honest and it is human.

TODAY'S SMALL ACTION

Answer one question about yourself today. Keep it to two sentences.

Say it out loud, to someone or just to yourself. **That counts.**

Want more practice? The members edition has more questions, full example introductions, and a self-check exercise.