

7 Simple Steps To English Fluency



For B1-C2 English learners.

By Amy Smith for



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For Pink Flamingo English Online



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Who Am I?

Hello!

Thank you for choosing my guide to English fluency, I hope you find it helpful!

Here is some information about me:

My nationality is British. I was born in The Midlands but later moved to the north of England, where I completed my education. My teaching career started in 2012 after completing my CELTA at the British Council in Kraków, Poland. I spent the following seven years living in various locations in Poland whilst working for well-known schools, across all levels. I have experience with a vast number of students ranging from age three to adult, both in school and online, the majority of which have been Polish.

Over the eleven years that I have been teaching, I have worked with groups of between three and twenty students, and also individually with students on a one-to-one basis.

In 2021 I set up my own online teaching business specialising in helping B1-C2 learners develop their English communication skills through specialised coaching and fluency courses. In addition to creating fluency courses, I have also written various eBooks focusing on developing advanced vocabulary.

I have recently set up a community-based online membership programme for international mothers living in the UK, that need to learn English for everyday life. However, parallel to this, I continue to help English learners of all levels reach their goals in English, through online classes.



7 Tips For English Fluency

Point Of View:

You are way past beginner level, and have achieved loads in your English journey so far, but you still don't feel able to communicate confidently.

You get stuck, feel tongue-tied and still feel like you don't understand native speakers.

You are looking for some practical advice!

Well here it is!

This manual aims to give you a step by step guide of workable tips to help develop your English fluency, as well as a detailed explanation of why they are important and how you can implement them.

At the end there is even a template to help make your own, effective study plan.

Lets get started!



Tip 1

Have as much contact with "real" English as possible.

How does this help?

By "real" English, I mean the type of things you would experience in an English speaking country.

For example, the radio, news reports or fast conversation. This will help with your understanding of authentic English, and make you less likely to panic if you find yourself in a fast-paced situation.

Practical steps:

- Listen to English radio in the background while you are doing other things.
- Watch English TV with English subtitles so that you become familiar with connected speech.
- Find a podcast on a topic that you are interested in. This would be better if it wasn't specifically for English learners, because the speed may be more authentic.



Tip 2

Study idioms
and phrasal
verbs.

How does this help?

Phrasal verbs and idioms are really often used by native and advanced English speakers.

So the more confident you are with them, the more likely you are to not only understand people more, but also sound more advanced yourself!

This will massively help your confidence. 😊

Practical steps:



Learn 5 new phrasal verbs or idiomatic expressions every couple of days.

To help remember them:

- Make your own, relatable sentences.
- If you don't have the opportunity to speak to other English speakers, say your own dialogue out loud!
- Whenever you have the opportunity, use the new vocabulary in real conversations.



Tip 3



Record yourself
speaking in
English.

How does this help?

Just the thought of this might terrify you! But it actually has a lot of benefits.

Firstly, you might be able to hear mistakes that you had previously missed, and you may be more likely to notice pronunciation errors. You can also use it as a way to monitor your progress, by recording the same thing over a series of time.

And if nothing else, the whole activity will make you feel more brave, and definitely more confident to speak!



Top Tip

Follow the transcript of a TED Talk, and record yourself reading some of it.

Then, listen to the original video and compare, especially focusing on pronunciation, intonation and sentence stress.



Tip 4



Learn
vocabulary
from different
areas.

How does this help?

When learning English, it's really easy to focus only on the topics that you are interested in.

This is definitely a logical approach to start with, because it is always easier to learn something when you are actually interested in it. However, as you become more advanced, it is necessary to expand this vocabulary.

When you are able to speak about many different topics, you feel more prepared for spontaneous conversation, and as a result, will approach all situations with more confidence.

Practical Steps:

- Read articles on topics you would not usually follow and make vocabulary lists based on new words.
- Find a series on Netflix based on a topic that you do not usually choose (e.g medicine, politics, nature). Even those series that are not based on fact, still contain useful vocabulary.



Tip 5



Set realistic goals.

How does this help?

First of all, it is worth highlighting what I mean by "realistic goal". When learning English, it is very easy to just have the goal of "become fluent".

Where this is a good goal overall, it is firstly likely to take a long time, and secondly could be quite difficult to measure. This can result in you feeling like you are not making progress, which will ultimately have an impact on your confidence.

A much more practical approach would be to set small goals that act as little steps to your main goal. This way you can see the progress of your fluency.

Some examples of realistic goals for fluency:

- Learn, and be able to confidently use, 8 new phrasal verbs every week for a month.
- Have a conversation/discussion about a topic you have never spoken about before in English.
- Learn to read a paragraph with the correct intonation, and record your progress.



Tip 6

**Practise
pronunciation.**

How does this help?

A lot of language learners are self-conscious about their accent when there is really no need to be. You should be proud of your accent because it shows that you speak more than one language.

That said, it is important not to make pronunciation mistakes that may cause misunderstanding. These types of mistakes could have a negative impact on your fluency because not only could it cause others to misunderstand you, but also impact your confidence when speaking.

Tips to improve your pronunciation

- Watch EnglishTV with English subtitles. This helps to first identify the correct pronunciation.
- Research common pronunciation mistakes for speakers of your native language, and focus on practicing those sounds.
- Try some English tongue twisters.
- Use a mirror to watch how your mouth moves (and practise how it should move) with certain sounds.



Tip 7

**Speak as often
as you can.**

How does this help?

This one is probably quite obvious in how it helps. Of course the more you practise speaking , the more confident you will become.

Practice will help in many ways, from increasing your confidence, removing any mental blocks that you might have and making you more familiar with English, to helping you get used to how your voice sounds in English and giving you the opportunity to use all of the new words that you have learned.

Ways to practise speaking:

- Speak to yourself! Or more specifically practise sample dialogues or new vocabulary in a context aloud.
- Use only English with any English speaking friends or family you have.
- Sing along to English songs.
- Change the language of any tools such as Alexa or Siri that you might use, into English.
- Always send voice notes rather than a written message when you have the opportunity to do so in English.
- Start conversation lessons with an English teacher who will help correct your mistakes and give feedback.





MY WEEKLY FLUENCY PLAN

Sample

MONDAY

- ☐ Learn 5 new phrasal verbs and create your own sentences with them.
- ☐
- ☐

TUESDAY

- ☐ Read an article on a new topic, and write down 5 new words.
- ☐
- ☐

WEDNESDAY

- ☐ Have a sample dialogue with yourself using the phrasal verbs from Monday.
- ☐
- ☐

THURSDAY

- ☐ Record yourself reading yesterday's dialogue.
- ☐ Listen back and practise the correct intonation.
- ☐

FRIDAY

- ☐ Listen to your favourite English podcast.
- ☐
- ☐ Relax with an English series on Netflix. (Don't forget the English subtitles!)
- ☐

SATURDAY

- ☐ Listen to an English radio station. Be sure to sing along!
- ☐
- ☐ Learn a new English tongue twister!
- ☐

NOTES



my WEEKLY FLUENCY PLAN

monday

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tuesday

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wednesday

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thursday

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friday

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saturday

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notes

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