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The **Podcast** That Will Help
You **Speak** English Fluently.

With No Grammar and No Textbooks!

Episode #209

**The Benefits of
learning English**

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Are there any **benefits to learning English as an adult**? There are many. Let's take a look at some in this episode.

Hi, I am Georgiana, your English teacher and founder of [SpeakEnglishPodcast.com](https://speakenglishpodcast.com). Speaking English is way easier than you think. You just need to use the right materials and techniques.

Today I am going to talk about the **benefits of learning English as an adult**. And the truth is that there are many, and some of them are surprising.

And with a mini-story, you will practice your spoken English. I'll ask you lots of questions that you'll have to answer right away. It's like having a conversation with another person in English.

Before we get started, go to my website [SpeakEnglishPodcast.com](https://speakenglishpodcast.com) to get the transcript. It's free!

Ok. Let's start!

#1 It is an excellent exercise for our brain.

Many times we go to the gym to tone our muscles. We also try to lose weight to be ready for the beach in summer. We don't always succeed, but that's another story. :)

In the same way, learning a new language is like sending our brain to the gym. We stimulate it with all sorts of new sounds, words we didn't know, grammar, expressions, and other elements.

This mental exercise is very healthy, as **we help our brain to stay active**. Many experts recommend learning a language when we are older to maintain our cognitive ability. It helps us to improve our memory and concentration.

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Imagine the number of words you end up learning—all of them new. And then, you have to learn how to use them according to context, sentence order, etc. All this new information accumulates in an orderly fashion in our brain and is ready to be used. This process improves our ability to remember all kinds of things.

Moreover, we learn to concentrate better. For example, when you listen to this episode, your concentration level is higher than when you listen to an episode in your mother tongue. So, it's a great thing!

#2 You learn a new culture and a new way of thinking.

Every language is necessarily linked to culture. This implies customs, ways of understanding life, traditions, habits, values, and history. I find discovering a new culture fascinating. It serves to learn something new and contrast and reevaluate the culture in your own country. In addition, you learn to look at things from a new perspective. This can help you to be more original and creative in your daily life.

#3 Improve your self-esteem.

Yes, learning a new language as an adult and conversing with native speakers is an excellent boost to your self-esteem. You feel better because you have achieved something that many people think is impossible.

I remember my first conversations in Spanish. I made mistakes, and my vocabulary was limited, but what a joy to talk to people from other countries! That's always a good feeling.

#4 Make more friends.

Can you imagine making friends from other countries and cultures while speaking their own language? This is a compelling reason to

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study a language. Human relationships are vital, and they help you consolidate what you have learned. So, I suggest you practice your English with people from English-speaking countries. Remember that now, with the internet, you can use any video call app to communicate with anyone in the world.

#5 Get a better job.

Finally, learning a second language allows you to improve your resume and your chances of finding a good job. In an increasingly globalized world, knowing at least a second language is crucial.

Knowing a new language is positive, as you come across as someone dynamic and capable of learning as an adult.

Ok, that's it for now, but before we continue...

I have something important to tell you. I want you to **learn English 3 times faster**, and that's why I created a [video course](#). Go to SpeakEnglishPodcast.com and get my [video course](#) for FREE!



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Ok, let's continue with a mini-story.

Mini-Story

(practice your speaking)

A mini-story is very simple but really powerful. I ask easy questions on purpose so that you can simulate a conversation. It's like talking with another person in English.

Let's start!

▶ **Learning English is an excellent exercise for our brain.**

What is excellent?

Learning English.

Is learning English excellent for our body?

No. No. Not for our body. For our brain. It is an excellent exercise for our brain.

What is an excellent exercise?

Learning English. Learning English is very beneficial for what we have inside our heads.

▶ **It helps us improve our memory and concentration.**

Does it help us to worsen our memory?

No. No. Not worsen. It helps us improve our memory.

Does it help us improve our concentration?

Are you talking to me?

Yes, you! You are distracted. I repeat the question:

Does it help us to improve our concentration?

Yes, it helps us improve our concentration and memory.

Who does it help to improve - them or us?

Us. It helps us to improve.

▶ **You learn a new culture and a new way of thinking.**

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Do you learn a new culture?

Yes. You learn a new culture.

What does the culture you learn look like?

New. The culture you learn is new. Also, you learn a different way of thinking.

Do you learn to think in the same way?

No. Not the same way. You learn a new way of thinking.

▶ **Learning a new language helps us to improve our self-esteem.**

Does it help us to cry every time we learn a new language?

No. No. That only happens when we peel onions. Learning a new language helps us improve our self-esteem. We feel better about ourselves.

What is our improvement?

Our self-esteem. It improves our self-esteem.

▶ **It allows us to make more friends.**

Does it allow us to win the lottery?

No. No. It allows us to make more friends.

What can we make? Enemies?

No, not enemies. Friends. Learning a new language allows us to make more friends.

▶ **And, the ultimate benefit is that we can get a better job.**

Is that the ultimate benefit?

Yes, the ultimate benefit is the last benefit.

Can we get a job just like the one we have?

No. No. We can get a better job.

What can we get?

A better job. We can get a better job.

Perfect! It's the end of this mini-story. And as you can see, through questions and answers,

you can practice and improve your speech just like in a **real conversation**.

It is one of the techniques that I use in my [premium courses](#). I recommend you to take a look at: SpeakEnglishPodcast.com/courses



Ok, we have reached the end of this episode. Remember to listen to it several times. It will help with your English. See you soon! Bye! Bye!



Georgiana

Founder of
SpeakEnglishPodcast.com

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