

## EPISODE 001

# How This Podcast Helps You Speak English Fluently

Full transcript · speaking practice · vocabulary review

Hi, everybody! I'm Georgiana, and welcome to the Speak English Now Podcast. I've been teaching English online since 2011, with one main goal: helping you speak fluently—with no grammar and no textbooks.

Maybe you can already understand some English. You can read. You can listen to podcasts. Maybe you can even watch videos in English.

But **speaking** is **different**.

Sometimes you know the word, but you can't remember it quickly enough. And sometimes you translate everything in your head before you speak.

If this happens to you, this podcast is for you.

My goal isn't to teach you complicated grammar rules. I want to give you lots of understandable English and help you practice using it.

That's an important part of my method. You listen. You understand. You respond. And you repeat.

With enough repetition, common words and sentence patterns become more familiar. And little by little, your English can become more automatic.

That means you don't have to think about every single word before you speak.

I'll use mostly easy English. And that's intentional.

If the English is too difficult, you spend all your energy trying to understand it. But if you understand most of what I say, you can relax.

I'll also introduce some words and expressions that may be a little more challenging. You don't need to stop every few seconds to look them up.

You'll find a vocabulary list with the transcript. And I'll try to use the important vocabulary more than once so you can learn it naturally.

Many episodes also include a Mini-Story. A Mini-Story gives you guided speaking practice.

I give you a little information. Then I ask you some very easy questions. After that, I give you the correct answer so you can compare.

Don't worry about giving a perfect answer. A short answer is fine. The important thing is to respond quickly. And if possible, answer out loud.

The questions may seem extremely easy sometimes. That's intentional too. This is not a test.

We're training your English so that your responses become faster and more automatic.

You can learn a lot with this podcast. But the podcast and my premium courses are different.

Podcast episodes cover many independent topics. My complete programs are structured.

You follow the lessons in order, and you get much more repetition and much more guided practice.

So if you enjoy the podcast but you want to work more seriously on your speaking and fluency, visit:

[SpeakEnglishPodcast.com/courses](https://SpeakEnglishPodcast.com/courses)

You can also visit [SpeakEnglishPodcast.com/podcast](https://SpeakEnglishPodcast.com/podcast) to get the transcript for every episode. It's free!

And if you love the podcast, please share it with someone who's learning English.

Okay. Since this is our first episode, I want you to experience a very short Mini-Story right now.

## Mini-Story

### Speaking Practice

Answer each question out loud. Then listen to the answer and respond quickly. Don't worry about mistakes.



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*Remember: I'll ask you a question. You'll have about six seconds to respond. Then I'll give you the correct answer.*

Let's start!

*Anna understood a lot of English.*

**Did Anna understand a lot of English?**

Yes. Anna understood a lot of English.

**Did Anna understand Japanese?**

No. We're talking about English. Anna understood a lot of English.

**Who understood a lot of English?**

Anna. Anna understood a lot of English.

*Anna had a lot of exposure to English.*

**Did Anna have a lot of exposure to English?**

Yes. She had a lot of exposure to English.

**Did she listen to English regularly?**

Yes. She listened to English regularly, so she had a lot of exposure to English.

*But Anna had a problem. When someone asked her a question, she needed too much time to respond.*

**Was Anna very fast at responding?**

No. Anna wasn't very fast at responding.

**What did she need? More time or less time?**

More time. She needed too much time to respond.

*So Anna started doing guided speaking practice.*

**Did Anna start doing guided speaking practice?**

Yes. She started doing guided speaking practice.

**Did she only study grammar rules?**

No. She didn't only study grammar rules. She practiced responding to questions.

*Anna practiced consistently.*

**Did she practice once every six months?**

No! She practiced consistently.

**Was consistent practice effective for Anna?**

Yes. It was effective. Little by little, Anna made progress.

*Her responses became more automatic, and she became more confident.*

**Did her English become more automatic?**

Yes. Her English became more automatic.

**Did Anna become less confident?**

No. She became more confident.

Excellent!

And that's a small example of how the Mini-Story works.

I hope you enjoyed this first episode of the Speak English Now podcast.

Remember: you don't need to understand or speak perfect English. Keep listening, keep practicing, and give yourself plenty of repetition.

To get the transcript for this episode, visit: [SpeakEnglishPodcast.com/podcast](https://SpeakEnglishPodcast.com/podcast).

Thanks for listening, and I'll see you in the next episode!

Bye-bye!

## Continue your speaking practice

# Mini-Story

## Speaking Practice

Answer each question out loud. Then listen to the answer and respond quickly. Don't worry about mistakes.



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## Vocabulary from This Episode

|                                                                         |                                                                       |
|-------------------------------------------------------------------------|-----------------------------------------------------------------------|
| 01 <b>fluently</b> — smoothly and easily, without long pauses.          | 02 <b>confidence</b> — belief in your ability to do something well.   |
| 03 <b>respond</b> — to answer or react to someone or something.         | 04 <b>method</b> — a particular way of doing or learning something.   |
| 05 <b>repetition</b> — doing, hearing, or saying something again.       | 06 <b>pattern</b> — a common or repeated way words are organized.     |
| 07 <b>automatic</b> — happening quickly without conscious thought.      | 08 <b>intentional</b> — done deliberately or on purpose.              |
| 09 <b>exposure</b> — contact with English through listening or reading. | 10 <b>guided</b> — supported by instructions, questions, or examples. |
| 11 <b>structured</b> — organized in a clear and logical order.          | 12 <b>consistent</b> — done regularly over a period of time.          |



## Georgiana

Founder of Speak English Now Podcast

[SpeakEnglishPodcast.com](#)