Neil
Hello, I'm Neil and welcome to The English We Speak, which this week comes from a train.

Feifei
Hi I'm Feifei. That's right, we've got on a train in order to teach you a useful English expression, which has become very common - particularly in a work environment.

Neil
I love trains, Feifei – racing through the countryside, looking out of the window. Ah, it's great – you can't beat it! Oh – are you OK, Feifei? You look a bit... green.

Feifei
Well it's OK for you, Neil, but I've got the backward-facing seat. It makes me feel sick. Going forward, can you avoid booking me the backward-facing seat?

Neil
Of course! Going forward I'll get you a forward-facing seat.

Feifei
(sounding sick) 'Going forward' is another way of saying 'in the future'.

Neil
That's right. You'll hear 'going forward' used at business meetings when a person wants someone to change the way they do something in the future.

Feifei
Here are some examples.

Examples
A: Did you get the files I emailed over?
B: Yes I did, but going forward can you send hard copies in the post? We need them for our records.

Boss: I've noticed you chatting on your mobile quite a lot during the working day. Going forward, can you keep the private conversations to your lunch breaks?
A: Going forward we will only have an online version of our newspaper. The days of print are dead.

Feifei
So there you go. People speaking in an office environment use 'going forward' to mean in the future, from this point.

Neil
I quite like doing *The English We Speak* recordings from the train. Going forward, shall we record all our programmes from vehicles?

Feifei
Hmm, not sure about that. I get terrible travel sickness.

Neil
Well, going forward, I recommend you take these pills (hands bottle of pills over).

Feifei
Urgh…

Neil
Goodbye!

Feifei
Bye!