

Hi there. It's Tim here with day four of my collection of tips and ideas for better speaking.

How did you get on with yesterday's challenge, the shadow speaking? Did you try it? It's good, right?

As a thank you for trying, and because we are over halfway through this week of tips and ideas, I am delighted to announce that today you can download my special badge to add to your collection. Yay!

Wait, what do you mean you don't have any of the others? Well, make sure you collect the whole set by checking out my other series on pronunciation and on listening. But wait, not just yet. After this video, please.

So, back to today's tip, as well as shadow speaking, you can also practise what's called 'self-talk'. Now, this may seem a little weird, but you just talk to yourself, out loud in English. You can describe what you're doing or what your plans are. For example, "I must remember to go to the shops today" or "I think I'll get a glass of water" or even "I'm going for a walk in the park. Should I wear my hat or my helmet?"

You know, normal things like that.

Also, why not try reading a few pages from a book out loud or practise telling anecdotes from your life, things you might share with friends when socialising?

Another interesting technique is to try dictating to your phone or computer. Many smart phones and computers these days will transcribe what you say. Set them to English and then talk to them and see if they write what you say. If it's different, you may need to tweak your pronunciation.

Being a good speaker, a good communicator, is not just about talking. In most

cases, if you are speaking English in a real world situation, you will probably be communicating with other people who are also speaking English.

Part of being a good speaker is being a good listener. Understanding what you are hearing makes it easier to know how to respond. So part of your learning English process should include developing your listening skills.

There are so many places you can find real English speech to listen to, from podcasts and audio books to movies and online videos. And the great thing is many of these are free, and it shouldn't be hard to find a topic that you are interested in.

For more suggestions, click on the link below this video to get to my five-day series on improving your listening. And my challenge for you today is: in day three of that series what was the listening focus? What did I want you to work on?

Right. That is all from me for today. Please join me tomorrow for the answer to my challenge and for more tips to help you become a better speaker.

Good luck and goodbye.

Right now, I'm going to practise some self-talk myself.

So, Tim, do you think it's strange that you're talking to yourself?

No, I think it shows you have self-confidence and a desire to learn, and I admire you for that.

Oh, thanks, Tim. That's really kind of you.

Oh, you're still there. Sorry, just went into my own world then.