

Confidence Quickstart

Part 1: Introduction

Hi, there. Julian here, and welcome to **Confidence Quick Start: Overcoming the Three Fears of Great English Speaking.**

What is this course, this mini course?

What are you going to learn?

The idea behind this course is quite simple. If you are not confident when you speak English, you want to sound good. It doesn't matter if you're very advanced level, and you speak very fluently and very perfectly.

If you're not confident, it will show, and your speaking will fail to have the impact and the quality that you want it to have. However, in the same way, even a pretty a low-level person, maybe a high-beginner or intermediate level person who makes a lot of mistakes, is not that fluent, but is very confident when they are speaking will make a really great impression. A much, much better impression.

To give you an example of this, I actually have a private student. She's a high school student. Yeah. She's a very high-level for a high school student, but the Japanese high school students tend to be ... Had a fairly low level, anyway. She's what? A high-beginner, low-intermediate at best. She makes a lot of mistakes. She's not very fluent. However, she is a very, very confident person. She projects confidence when she speaks. When she speaks in English, you don't notice the mistakes she makes. You don't notice that she isn't that high of a level because what she says has impact. It leaves a very positive impression.

Now, she isn't naturally a very confident person. Some of us are lucky we are naturally confident people. Others, probably most of us, me included are not naturally confident people, and that's fine. I struggled with confidence for

a long time. I am quite a shy person. Again, I struggled with that for a long time. Not now, though. Mainly, because of overcoming three key fears as it were, and those are what I'm going to teach in this course.

This course has two parts, this introductory video, and then a longer video where I'm going to go over these three points in detail. This course is not designed to be comprehensive. Rather, this is designed to be an 80-20 approach to speaking English confidently. If you are familiar with the Pareto Principle, that states that 80% of the results will always come from 20%, just 20% to the effort. My idea here, my goal here is to get you 80% of the result for just 20% of the time and effort. The way we're going to do that is by eliminating these three key fears.

What are these three key fears? The first is the fear of rejection. The second ... The first is the fear of failure. The second is the fear of rejection, and the third is the fear of embarrassment. These three fears are fundamental to confidence or to a lack of confidence. They are connected with any kind of fear that you might have about speaking English or really any kind of situation where you feel less than confident. If you can overcome these three fears, you will make a massive change disproportionate to the amount of effort that you put in. Again, we're going for 80% of the result and just 20% of the effort here. It will have a huge impact on the way that you speak and the way that you use English.

How do we overcome these three fears? It's quite simple, really. The fastest way to overcome them is to notice them, and to notice them, we have to be aware of them. By being aware, becoming aware of what these key fears are, and that's what I'm going to be covering in Part 2, exactly what they are. By being aware of them, you will start to notice them in yourself, in your own life when you're speaking English or whatever the situation might be. Because although we're really talking about speaking English or using English here because I'm an English teacher, you're an English learner, so obviously, we're going to be talking about learning English.

Actually, these things are fundamental. This is a fundamental thing, and it will have an effect on all areas of your life, not just your English. By being

aware and understanding what these three fears are, you will start to notice them in yourself, in your life whatever the situation. When you start to notice them, you can start to take action to overcome them, but you can't take action to overcome them until you notice them, and you can't notice them until you're aware of them. That is the goal of that course, to get you aware of them. Then, the end of Part 2, I'm going to finish up with an action plan, so you can get on and get over these fears as quickly and as effectively as possible.

What is fear? Fear has a very clear evolutionary function for human beings. If you go back at a long, long, long, long, long, long, long way back to the time of our ancient, ancient, ancient, ancient ancestors to the time when we were wearing animal skins and living in caves, danger was a very, very real thing. We could be killed by bears, saber-toothed tigers, trembled by mammoths. The dangers were uncountable. Fear serve to protect us. Fear would help us to pump us full of adrenaline. Of course, this still happens now. It will pump us full of adrenaline, and it would give us that edge we needed to either fight or to run for our lives.

Without that fear, the human race wouldn't have lasted long. We would have been wiped out in no time at all. As the time changed and we moved through the ages and to this modern world, those dangers became less and less. There are still dangers in this world, of course. You got to be careful of people with guns and knives. There are dangers now that didn't exist a long time ago. Getting hit by a car, for example. On the whole, we are not in as much physical danger as we used to be.

Throughout our evolution, we at some point, we developed ego, pride. At that same time, we began to confuse out of this fear of physical danger with the fear of attacks on our ego, on our pride. At that time, that is also the time when we started to really care about what people think of us about our reputation, of our pride. We began to fear attacks on our pride and on our reputation. That is how we ended up with this fear of these three things. This fear of failure, this fear of rejection, and this fear of embarrassment.

They are very unfair because when you become embarrassed, it affects us physically, and it affects our performance. You start to get nervous. You start to get edgy. Your heart starts to beat faster. Your breathing more become shallow. You start to sweat. Your mind goes blank, almost white. You can't think straight. Our performance goes down, and our performance going down enhances the fear. It makes things worse with getting to a worse and worse state. It's like a downhill spiral. We feel fear, so we can't perform well. We can't perform well, so we feel more fear, and it goes down, and down, and down, and down, and down. It just gets worse, and worse, and worse until we just completely breakdown and things fail to work.

The solution is quite simple, and this is important. The solution is simply learning to let go. It's simply learning to not care of what people think. That solution is very, very simple, but applying it to our lives, putting it into practice, yeah, that's not so simple. Again, it all starts with awareness. Awareness and noticing. When you become aware of these fears that we have and of why they are not really things to fear, and we start to notice them in ourselves, and we start to overcome them, then we have the opposite of this spiral. We start the spiral up.

We feel good, so we become more confident. We become more confident, so we start to perform better. Because we perform better, we become even more confident. The more confident we get, the better we perform, and it just goes up, and up, and up, and up. It's the exact opposite of the problem we had before.

That is about it for the introduction, the first part of this course. In the next part, we're going to take a very detailed look at these three fears. I'm going to give you some examples, some stories from my life, so that you can see these fears in action. Hopefully, you can learn from the mistakes that I made and from these stories from my life, and see how dumb does the things that I did really were and why it's a mistake to think like that. Without further ado, let's finish Part 1 and get on to Part 2.