

THE MAIN TECHNIQUES FOR SPEAKING ENGLISH WITH CONFIDENCE

Maksym Trotsun, Nadiya Yurko,
Iryna Styfanyshyn, Ulyana Protsenko

*Lviv State University of Physical Culture
named after Ivan Boberskyj, Lviv, Ukraine*

Actuality. Confidence is an interesting thing. Some people just naturally seem to have it, even when they are not necessarily the best at something. For the rest of us, though, it is something we need to develop over time.

Confidence has a common meaning of a certainty about handling something, such as work, family, social events, or relationships [1]. It can also be described as a belief in one's self and one's ability to succeed [2]. A healthy balance between too much and too little confidence can be challenging. The best remedy for a lack of faith in one's abilities is not just blind optimism. Projecting enough confidence that is based on what is actually known may be a great personal guide.

To meet the personal and professional challenges in the age of globalization, there is an urgent need for English as a foreign language. Despite many challenges to learning a new language, none is probably more harmful than lack of confidence. Confidence necessity is perhaps the most evident in the students' speaking ability, which is commonly agreed to be the central part of a foreign language learning.

Considering the actuality of a foreign language speaking, the research is aimed to explore the possibility of improving speaking confidence. The task of the research is to distinguish the key techniques for confident English speaking.

Due to the methods of monitoring and comparative analysis of internet resources [3; 4; 5; 6], the most common means to speak English with confidence appear to be the following:

- *be positive*

When you are listening to English conversations, concentrate on the words you can understand, and try not to worry about the words you do not know yet. When someone points out your mistakes, do not take it personally – it is a chance for you to improve your English.

- *practise making mistakes*

Even though mistakes are a natural and important part of learning, it can be easy to feel embarrassed or uncomfortable when you make one. To overcome

that fear, put yourself in a situation where you know you are wrong. For example, go into a book store and ask if they sell food. It is a difficult thing to do, but finding out that people are usually polite and friendly, even when you make an obvious mistake is an important realisation to make.

- *read out loud*

In order to speak English confidently, you need to practice speaking. Whether you are reading, writing or listening, speak the material out loud and practice what you hear. By practicing speaking out loud your mouth and brain will become used to working together, and soon your English conversation will become more fluent.

- *relax*

When you speak English, take it slowly, do not rush. Talking too fast can stress you out and make you nervous. Breathe, relax, and give yourself time. This will reduce the pressure you feel, and help you speak more clearly and confidently.

- *breathe deeply*

Making sure you have enough oxygen in your blood is vital to feeling confident and speaking a language well. Take a deep breath before you speak to give yourself time to think and help yourself feel more confident.

- *slow down*

Most of the best public speakers in English speak slowly. Speaking slower makes you sound more confident and trustworthy, and will also have an impact on how you feel. As well as making you feel more confident, it gives you a bit of time to think about what you are going to say next.

- *visualise success*

This is a trick used by many top athletes. Before you speak English, imagine yourself speaking clearly and fluently. By visualising the most positive outcome of the situation, you will feel confident and know what you are aiming for.

- *congratulate yourself*

Make sure to celebrate your strengths. Make a list of the things you can already do well in English and keep it to date. When you look down the list of all the things you are already great at, it will make you feel more confident.

Conclusions. As with every difficult task, the key to speaking English with confidence is to practice, practice and practice some more. It is important to realize that the best way to learn to speak English fluently is getting plenty of daily practice, which means you cannot be afraid. It is natural to feel nervous about talking in English while you are learning the language, but do not be scared. Everybody makes mistakes when talking a foreign language, even the

native speakers. You have to accept the fact of making mistakes and be consistent in your language journey!

References

1. Confidence. Wikipedia, the free encyclopedia [Electronic resource]. – Access mode: <https://en.wikipedia.org/wiki/Confidence>
2. Confidence. Psychology Today [Electronic resource]. – Access mode: <https://www.psychologytoday.com/us/basics/confidence>
3. How to Speak English with Confidence. British Council [Electronic resource]. – Access mode: <https://www.britishcouncilfoundation.id/en/english/articles/speaking-with-confidence>
4. How to speak confidently in English. EF English Live [Electronic resource]. – Access mode: <https://englishlive.ef.com/blog/language-lab/speak-confidently-english/>
5. 5 tips to learn to speak English with confidence. Expatica [Electronic resource]. – Access mode: <https://www.expatica.com/nl/education/language-learning/5-tips-to-learn-to-speak-english-with-confidence-1001305/>
6. 5 Techniques to Achieve Public Speaking Perfection in English. FluentU [Electronic resource]. – Access mode: <https://www.fluentu.com/blog/english/english-public-speaking/>