Speak English with Confidence -
The Blueprint



Speak Clearly.
Speak Naturally.
Speak with Purpose.

Fluent with Scharntel
By Tilly R

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Speak English with Confidence - The Blueprint

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This guide is an introduction to building confident English-speaking skills. For more in-depth learning, practical exercises, and advanced techniques, explore the complete Fluent with Scharntel collection by Tilly R., including:

- Business English for Professionals
(Available on Systeme.io)
- The Confident Communicator
(Available on Systeme.io)
- 100 Daily English Speaking Sentences for Fluency
(Available on Systeme.io)

Thank you for downloading this free guide. If you found it helpful, please consider exploring the full collection to continue your English-speaking journey.

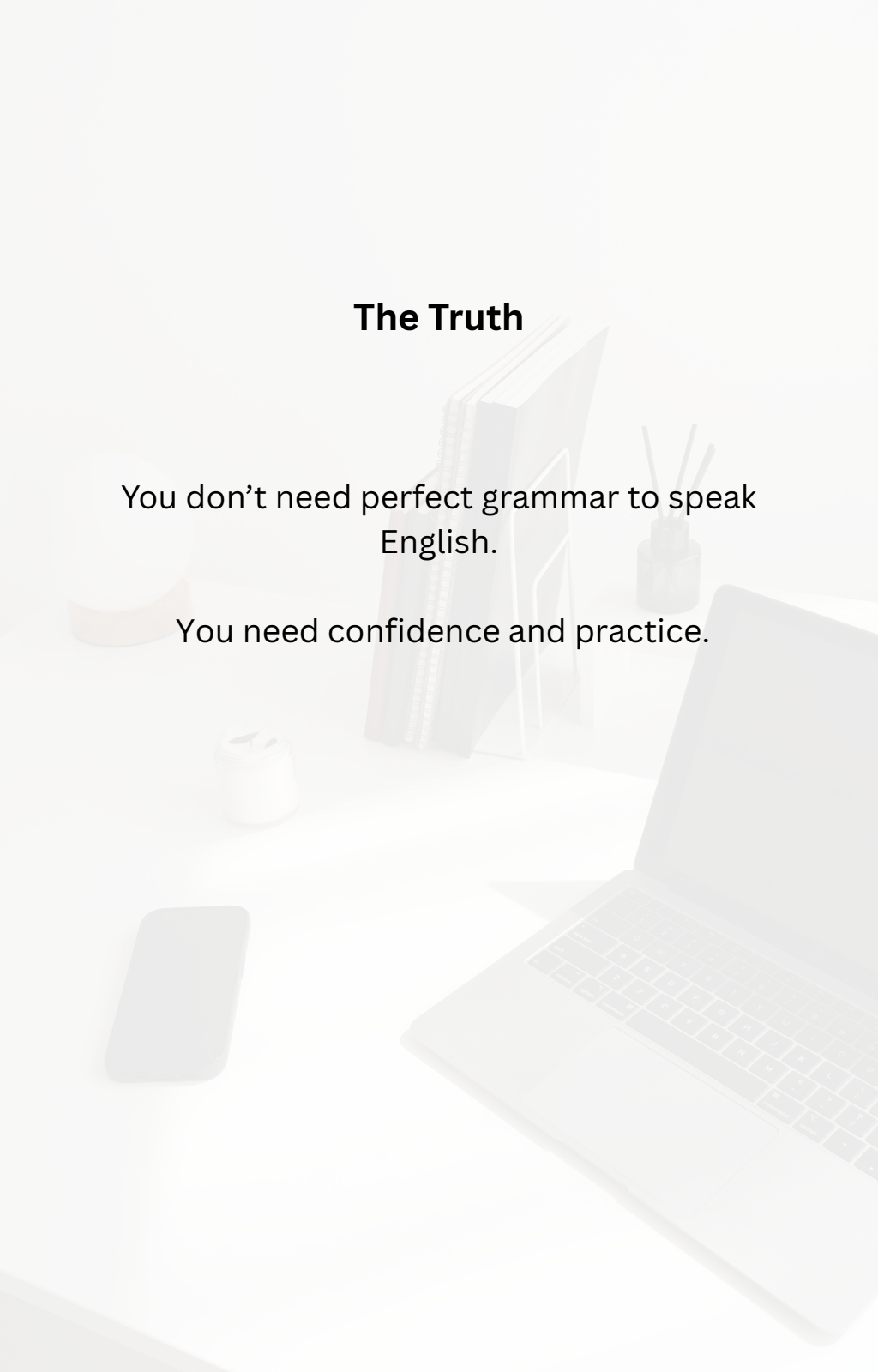
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The Truth

You don’t need perfect grammar to speak English.

You need confidence and practice.



Why Most People Never Become Fluent

Most people don't struggle with English because they lack intelligence—they struggle because they're afraid of making mistakes.

They wait until their grammar is perfect.They translate every sentence in their head.They worry about being judged.

The truth is, fluency doesn't come from knowing more English. It comes from using the English you already know.

The people who become fluent aren't always the ones with the biggest vocabulary. They're the ones who practise consistently, speak confidently, and aren't afraid to make mistakes.

Remember: Progress is better than perfection.

The Confidence Formula

Confidence isn't something you're born with—it's something you build.

Use this simple formula every time you practise English:

Learn → Practise → Speak → Repeat

📖 **Learn**- Learn one new word, phrase, or pronunciation tip.

🗣️ **Practise-** Say it out loud several times until it feels natural.

💬 **Speak-** Use it in a real conversation whenever you can.

🔄 **Repeat-** The more you practise, the more confident you become.

Remember: Confidence doesn't come before speaking. Confidence comes because you keep speaking.

👆*This is a preview from The Confident Communicator, where you'll discover practical confidence-building techniques, speaking exercises, and strategies to help you communicate with clarity and confidence.*

5 Daily Habits of Fluent Speakers

Fluent English speakers build small, consistent habits that improve their communication every day.

1. Speak Every Day
Even five minutes of speaking practice is better than none.

2. Think in English
Try to think in simple English instead of translating from your first language.

3. Read Aloud
Reading aloud improves your pronunciation, fluency, and confidence.

4. Listen Actively
Listen to native speakers and pay attention to their pronunciation, rhythm, and intonation.

5. Don't Fear Mistakes
Every mistake is an opportunity to learn. The more you speak, the more you improve.
Small daily habits lead to big improvements. Start today and stay consistent.

Want to build lasting confidence? The Confident Communicator includes practical exercises, speaking challenges, and proven strategies to help you become a more confident English speaker.

The 5-Minute Speaking Routine

You don't need hours to improve your English. Just 5 focused minutes every day can make a real difference.

🕐 **Minute 1** – ReadRead a short paragraph or a few sentences aloud.

🕑 **Minute 2** – PronouncePractise one difficult sound or repeat a few challenging words.

🕒 **Minute 3** – SpeakTalk about your day, your plans, or anything around you.

🕓 **Minute 4** – ListenListen to a short English video, podcast, or conversation and copy the speaker's pronunciation.

🕔 **Minute 5** – ReflectLearn one new word or phrase and use it in your own sentence.

Remember: Consistency beats intensity. Five minutes every day is far more effective than one hour once a week.

Conversation Practice

One of the fastest ways to improve your English is to practise real conversations. Read the dialogue aloud, then swap roles and read it again.

A: Hello! How are you today?

B: I'm doing well, thank you. How about you?

A: I'm great, thanks. What did you do today?

B: I went to work, and now I'm relaxing at home. What about you?

A: I spent some time studying English. I'm trying to improve my speaking.

B: That's great! The more you practise, the more confident you'll become.

💡 **Challenge**: Read the conversation aloud three times. Then create a new conversation.

Want more real-life conversations? 100 Daily English Speaking Sentences for Fluency includes practical dialogues and everyday expressions to help you speak English naturally and confidently.

TH Sound

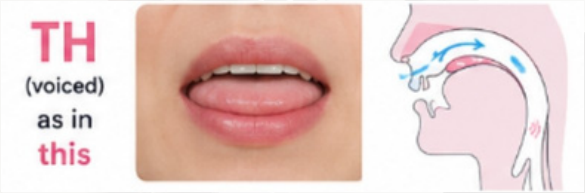
The TH sound is one of the most challenging sounds for English learners. The key is to **place the tip of your tongue gently between your upper and lower teeth and blow air out softly.**

👄 **Mouth Position-** Keep your lips relaxed and your teeth slightly apart.

👅 **Tongue Placement-** Place the tip of your tongue lightly between your teeth. Don't bite your tongue—just let it touch your teeth gently.

Practise These Words

Think
Thank
Three
Thursday
Thumb



Practise This Sentence

"Three friends said thank you on Thursday."

💡 Tip: Speak slowly first. Focus on making a clear TH sound before increasing your speed.

R Sound

The English R sound can be difficult because **the tongue should not touch the roof of your mouth. Instead, keep it slightly pulled back to create a smooth, clear sound.**

👄 **Mouth Position-** Relax your lips and slightly round them.

👅 **Tongue Placement-** Pull your tongue back slightly without touching the roof of your mouth or your teeth.

Practise These Words

Red
Right
River
Around
Remember



Practise This Sentence

"Robert ran around the river before returning home."

💡 Tip: Avoid rolling the R sound. Keep it soft and smooth.

L Sound

The English L sound is made by **placing the tip of your tongue just behind your upper front teeth. The air should flow freely around the sides of your tongue.**

👄 **Mouth Position-** Keep your lips relaxed and your mouth slightly open.

👅 **Tongue Placement-** Place the tip of your tongue gently behind your upper front teeth. Don't press too hard.

Practise These Words

Light
Love
Learn
Language
Lucky



Practise This Sentence

"Lucy loves learning the English language."

💡 Tip: Make the L sound clear and light. Avoid replacing it with an R sound.

V & W Sounds

The V and W sounds are often confused by English learners, but they are made very differently.

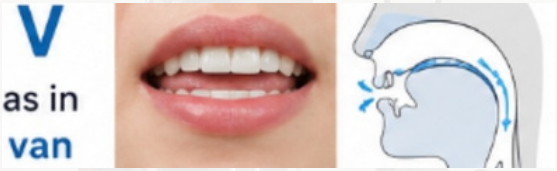
V Sound

👄 **Mouth Position-** Gently place your top teeth on your bottom lip.

👅 **Tongue Placement-** Keep your tongue relaxed behind your teeth.

Practise These Words

Very
Voice
Visit



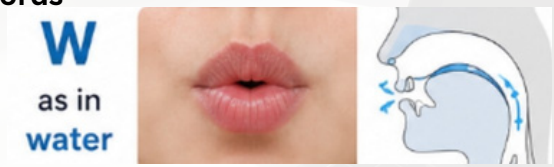
W Sound

👄 **Mouth Position-** Round your lips into a small circle, as if you're about to whistle.

👅 **Tongue Placement-** Keep your tongue relaxed and do not let it touch your teeth.

Practise These Words

Water
Window
Welcome



Practise This Sentence

"Victor welcomed Wendy with a warm wave."

💡 **Tip: Remember the difference:**

V = Teeth touch your bottom lip.

W = Lips round together. Your teeth do not touch your lip.

S & SH Sound

The S and SH sounds are similar, but your mouth position changes slightly.

S Sound

👄 **Mouth Position-** Keep your lips relaxed and your teeth close together.

👅 **Tongue Placement-** Place the tip of your tongue just behind your upper front teeth without touching them.

Practise These Words

See
Sit
Smile



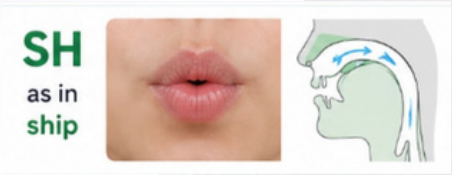
SH Sound

👄 **Mouth Position-** Round your lips slightly, as if you're gently blowing air.

👅 **Tongue Placement-** Pull your tongue back a little to create a soft SH sound.

Practise These Words

She
Shop
Share



Practise This Sentence

"She sells shiny shoes at the shop."

💡 Tip:

S = A sharp, hissing sound.

SH = A softer sound made with rounded lips.

F & P Sounds

The F and P sounds may look similar, but they are produced in different ways.

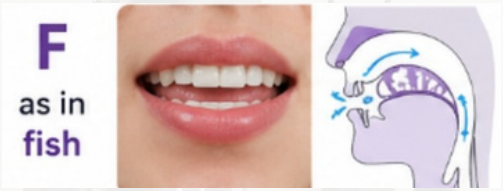
F Sound

👄 **Mouth Position-** Place your top teeth gently on your bottom lip.

👅 **Tongue Placement-** Keep your tongue relaxed and away from your teeth.

Practise These Words

Fish
Family
Friend



P Sound

👄 **Mouth Position-** Press your lips together, then release a small burst of air.

👅 **Tongue Placement-** Keep your tongue relaxed inside your mouth.

Practise These Words

Pen
People
Paper



Practise This Sentence

"Peter found five fresh flowers for his friend."

💡 Tip:

F = Top teeth touch your bottom lip.

P = Both lips press together, then pop open with a puff of air.

Word Stress

Word stress means saying one syllable louder and more clearly than the others. Using the correct stress helps people understand you more easily.

Listen for the Stressed Syllable

TA-ble
com-PU-ter
be-GIN
im-POR-tant
pre-sen-TA-tion

Practise These Sentences

"The meeting will begin at nine."

"I use my computer every day."

💡 Tip: Don't give every syllable the same emphasis. Stress the correct syllable to sound more natural and easier to understand.

Sentence Stress

In English, not every word is stressed. We naturally emphasise the important words and say the smaller words more quickly. This helps your speech sound smooth and natural.

Listen to the Stressed Words

"I WANT to LEARN English."

"She WORKS in a HOSpital."

"We're MEETing at TEN o'clock."

Practise These Sentences

"I LOVE speaking English every DAY."

"He STARTED his NEW job LAST week."

💡 Tip: Focus on stressing nouns, main verbs, adjectives, and important information words. Words like the, a, to, of, and are usually spoken more softly.

Intonation

Intonation is the rise and fall of your voice when you speak. It helps you express meaning, emotion, and confidence.

Use a Rising Voice ↗
Ask yes/no questions.
"Are you ready? ↗"
"Do you speak English? ↗"

Use a Falling Voice ↘
Finish statements and WH-questions.
"I'm ready. ↘"
"Where do you live? ↘"

Practise
Read each sentence aloud and pay attention to the direction of your voice.

"Is this your first lesson? ↗"
"What time does the meeting start? ↘"
"I'm excited to improve my English. ↘"

💡 Tip: Good intonation makes your English sound more natural, confident, and easier to understand.

Business English: Telephone Calls

Answering the phone professionally creates a positive first impression. Speak clearly, be polite, and use a friendly tone.

Useful Phrases

Answering the Call
"Good morning. This is Scharntel speaking. How may I help you?"
"Thank you for calling."

If You Didn't Hear Clearly
"Could you please repeat that?"
"Could you speak a little more slowly, please?"

Ending the Call

"Thank you for your call."
"Have a wonderful day."

Practise
A: Good morning. This is ABC Company. How may I help you?

B: Good morning. I'd like to speak to Mr Smith, please.

A: Certainly. Please hold while I transfer your call.

💡 Tip: Smile when you speak on the phone. Even though the other person can't see you, they'll often hear the warmth and confidence in your voice.

This is just a small preview from Business English for Professionals, where you'll learn professional telephone etiquette, emails, meetings, presentations, interviews, workplace communication, and much more.

Small Talk

Small talk is a short, friendly conversation that helps you build relationships before discussing business. It's a valuable skill in the workplace and in everyday life.

Useful Questions

- "How has your day been?"
- "How was your weekend?"
- "Have you been busy lately?"
- "How's everything going?"

Example Conversation

A: Good morning! How are you today?
B: I'm doing well, thank you. How about you?
A: I'm great, thanks. Did you have a good weekend?
B: Yes, I did. I spent time with my family. What about you?
A: I relaxed and caught up on some reading.

💡 Tip: Keep small talk positive, friendly, and brief. Ask questions, listen carefully, and show genuine interest in the other person.

This is just a small preview from Business English for Professionals, where you'll learn professional communication skills for meetings, interviews, networking, presentations, workplace conversations, and much more.

Job Interview Tip

A successful interview isn't about using difficult English—it's about communicating clearly, confidently, and professionally.

Before the Interview

- Research the company.
- Practise answering common interview questions.
- Speak slowly and clearly.
- Maintain good eye contact and smile.
- A Strong Response

Question: "Tell me about yourself."

Answer:"Hello, my name is Sarah. I have three years of customer service experience and enjoy helping people. I'm hardworking, reliable, and always eager to learn new skills. I'm excited about the opportunity to join your team."

💡 Tip: Don't try to memorise long answers. Instead, understand the main points you want to communicate and speak naturally.

This is just a small preview from Business English for Professionals, where you'll learn how to answer common interview questions, communicate professionally, and make a confident first impression.

10 Powerful Words

Expanding your vocabulary helps you sound more confident and professional.

Reliable
Someone you can depend on.

Confident
Sure of yourself and your abilities.

Efficient
Working well without wasting time or effort.

Professional
Showing skill, respect, and good behaviour.

Flexible
Able to adapt to different situations.

Opportunity
A chance to do something.

Improve
To become better.

Achieve
To successfully reach a goal.

Communicate
To share information or ideas with others.

Successful
Having achieved your goals.

Practise
Choose three of the words above and use each one in your own sentence.

💡 Tip: Don't just memorise new words—use them in conversations. The more you use them, the easier they become to remember.

This is just a small preview from Business English for Professionals, which includes hundreds of useful business words, professional expressions, and practical workplace vocabulary.

5 Common English Idioms

Idioms are expressions whose meanings are different from the individual words. Learning them will help you sound more natural in English conversations.

1. Break the ice
To start a conversation or make people feel comfortable.

2. Hit the nail on the head
To be exactly right.

3. Once in a blue moon
Very rarely.

4. Piece of cake
Something that is very easy to do.

5. On the same page
To understand or agree with each other.

Practise
Choose one idiom and use it in a sentence or short conversation.

💡 Tip: Use idioms naturally. A few well-placed idioms make your English sound more fluent and conversational.

This is just a small preview from Business English for Professionals, where you'll discover many more idioms, phrasal verbs, workplace expressions, and practical English used by confident professionals.

5 Common Phrasal Verbs

Phrasal verbs are very common in everyday English. Learning them will help you sound more natural and fluent.

Phrasal Verb.	**Meaning**
Wake up	To stop sleeping.
Look for	To try to find something.
Turn on	To start a machine or device.
Find out	To discover or learn something.
Give up	To stop trying or quit.

Practise

Choose two phrasal verbs and use each one in your own sentence.

💡 Tip: Phrasal verbs are used in everyday conversations. The more you practise them, the more natural your English will sound.

This is just a small preview from Business English for Professionals, where you'll discover many more phrasal verbs, idioms, workplace expressions, and practical English for real-life communication

Think in English

One of the biggest barriers to fluency is translating every sentence in your head. Instead, train yourself to think in English using simple words and phrases.

Try This
Instead of thinking:

❌ "How do I say this in English?"

Think:
✅ "What English words do I already know?"

Daily Practice

- Name the objects around you in English.
- Describe what you're doing as you do it.
- Think about your plans for the day in simple English.
- Ask yourself simple questions and answer them in English.

Challenge
Look around the room and describe five things you can see using only English.

💡 Tip: Don't worry about using perfect English. The goal is to think faster—not perfectly.

This is just a small preview from The Confident Communicator, where you'll learn practical techniques to think in English, speak more naturally, and build lasting confidence.

Common Mistakes

Everyone makes mistakes when learning English. The important thing is to learn from them and keep speaking.

Instead of...	Say...
"She go to work."	"She goes to work."
"He don't like coffe	"He doesn't like coffee."
"I'm agree."	"I agree."
"Can you explain me	"Can you explain it to me?"
"I have 25 year	"I am 25 years old."

Practise

Read each correct sentence aloud three times. Then create one of your own using the same pattern.

💡 Tip: Mistakes are part of learning. Correct them, practise them, and keep speaking with confidence.

This is just a small preview from The Confident Communicator, where you'll learn how to overcome common speaking mistakes, build confidence, and communicate more naturally.

7-Day Confidence Challenge

Build your confidence one day at a time. Complete one challenge each day and tick it off when you're done.

□ Day 1: Introduce yourself in English.

□ Day 2: Read a paragraph aloud for 5 minutes.

□ Day 3: Learn and use 5 new English words.

□ Day 4: Complete a 30-second speaking challenge.

□ Day 5: Practise one difficult English sound.

□ Day 6: Have a short conversation in English with someone or use an AI language partner.

□ Day 7: Record yourself speaking for one minute and listen to your progress.

Congratulations!
If you've completed all seven days, you've already taken an important step towards becoming a more confident English speaker.

💡 Tip: Confidence isn't built in a single day—it's built through consistent daily practice. Keep going!

Ready for the next step? Explore the Fluent with Scharntel collection for more speaking practice, pronunciation training, and professional English resources to continue your journey.

The Fluent with Scharntel Collection

Continue your journey with these best-selling resources from Fluent with Scharntel.



The Confident Communicator
Build confidence, overcome the fear of speaking, and communicate clearly in everyday situations.



The Fluent Reader - TOEIC Preparation booklet
A practical introduction to TOEIC Reading designed to help you understand the test, practise key question types, and build stronger reading skills.



Business English for Professionals
Develop the communication skills you need for the workplace, including emails, meetings, telephone calls, interviews, presentations, networking, and more.



100 Daily English Speaking Sentences for Fluency
Continue practising with the 100 Daily English Speaking Sentences for Fluency audiobook, which provides guided listening and repetition practice to help you speak more naturally and confidently.

Tap any cover to purchase, or visit the Fluent with Scharntel store to browse the complete collection and find the perfect resource for your English-speaking journey.

Book a Lesson

Ready to practise with a real teacher?

Book your lesson and experience personalised English coaching in a relaxed, supportive environment.

During Your Lesson, You'll:
✅ Practise real English conversation.

✅ Receive personalised feedback on your pronunciation and fluency.

✅ Identify your strengths and areas for improvement.

✅ Get practical tips to help you become a more confident English speaker.

Ready to Start?
🌐 Book your lesson today by visiting the Fluent with Scharntel website.

Your journey to confident English starts with one conversation.

Thank You

Thank you for downloading The English Confidence Blueprint.

I hope this guide has given you the confidence to take the next step in your English-speaking journey.

Remember, fluency isn't about being perfect—it's about speaking consistently, learning from your mistakes, and believing in your ability to improve.

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Keep Learning. Keep Growing. Keep Speaking.
Speak Clearly. Speak Naturally. Speak with Purpose.

Fluent with Scharntel
By Tilly R.



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