

**BRIGHTSIDE**  
ENGLISH

# **SPEAK CONFIDENTLY**

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**INSTANT  
FLUENCY AND  
COMMUNICATION  
MASTERY**

**Vol-1**

This book is dedicated  
to everyone who spent  
time to improve  
themselves during 2020

# 10 THINGS YOU'LL LEARN FROM THIS BOOK

- To be able to speak confidently.
- To talk without stuttering.
- To actually use the vocabulary you learn.
- Fast comprehension.
- To enhance your pronunciation.
- To listen actively.
- Voice modulation.
- Casual and formal writing.
- Abbreviations used in English.
- Important exercises needed to keep improving your English.

TABLE OF  
**CONTENTS**

INTRODUCTION

PART ONE-**SPEAKING**

PART TWO-**LISTENING**

PART THREE-**READING**

PART FOUR-**WRITING**

CONCLUSION

BONUS TIP

# INTRODUCTION

Some month, 2017

**I** visited a very popular donut cafe in my city along with a few of my friends. They recommended the place to me. As I took a bite from the jam filled donut, I shouted out loud “this is the best donut I’ve ever had”. Immediately a barista came over to me and thanked me and went on to talk about the café, its history, its popularity etc., he was just trying to promote the place. Which was understandable, but he didn’t talk to my friends, barely even acknowledging them. And I could see that they felt bad, as they had never been treated with such importance previously. This happened other times too, in restaurants, hotels, and everywhere else I went and spoke in English, people would treat me more nicely or more superior than others. This was weird..

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*I had been studying abroad before moving to India in 2016, and this was an issue that bothered me a lot, because others were treated lower than me just because of my ability to speak English.*

*But as a 16-year-old who didn't have the money or resources to start a revolution I decided that I would start teaching English. And so I did. I started teaching 2 neighbors of mine who didn't pay me anything. 2 students became 3, 3 became 4 and I decided that if I was going to do this, I would have to invest knowledge into myself so that I can be worth learning from. And so I did.*

*Two months after I got a position in a very popular freelancing company where I grew to have over 5000+ classes taken, for over 800 students from every corner of the world. Teaching them and understanding their needs was crucial in my growth to become a communication consultant.*


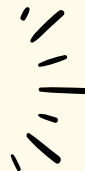
*But what happened to those 4 kids I used to teach before all this?*

I decided to ask a friend of mind to teach them, through google meet and the classes went amazing. Word spread out of our classes and 4 students became 8 and 8 became 16, and I started to hire more teachers and today it has become India's most fastest growing English learning institution. With over 250,000 followers on social media in just 2 months, and 1200 happy students and ₹5,00,000 monthly revenue Brightside English has proudly become one step closer to me achieving my dream where everyone is able to communicate freely without facing discrimination.

Every feedback, every mistake, from every student that I've consulted to pass interviews, crack the IELTS/TOEFL tests, pass job interviews, and **SPEAK MORE CONFIDENTLY**, have aided me to help create this book for everyone who is looking for a quick and easy way to become more confident in speaking English. I priced this book as low as the website allowed me too and I want to thank you (the reader) from the bottom of my heart, for allowing me to help you improve.

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**Remember** if you want to consume information and use it practically, you have to revise it again and again, so remember to visit this book once a month to read it again. **If** you are reading this then you are already better than 90% of others who hesitate to start. And you will understand, the further on you read this book the more value you will find.

 **This book delivers**   
Lets get into it.



Part one

# SPEAKING

*I was trusted with giving a speech on the graduation day of my high school. On one of the most important days of my life, I forgot to bring the paper that had my speech written on it. I had no backup, no notes on my phone. Nothing. I got on stage, took a deep breath and remembering what I practiced a few days ago, gave a speech to the school. Everyone loved it. That same skill helped me to close deals, make more money than I need, and build a business. And that is why the first topic we are going to cover in this book is SPEAKING. We shall cover the following topics followed with exercises for each.*

<b>SPEAKING CONFIDENTLY</b>	<b>FLUENCY</b>
<b>SENTENCE FRAMING</b>	<b>VOCABULARY</b>

Most people are already confident, they just don't have enough practice to know that. When it comes to speaking English confidently there are two things that you cannot replace - **practice and practice**

If you don't do any exercise for the rest of your life but speak in English for just 1 hour a day, within 2 months you will understand that you can speak English comfortably and confidently as well. That is the power of practicing speaking with your friends, or even yourself.

Another tip is to **overcome the fear of making mistakes**. mistakes are a part of learning and the more mistakes you make in practice the less mistakes you make in real life.


Breathe and calm yourself down when you do make a mistake, as it resets your flow and you can start over. Easy

Remember to also know what you would like to say first before you speak. This is something people often forget.

*Remember that you need to speak slower than you think. If you speak fast then your brain has to work twice as fast to think about the next thing to say, and inevitably your brain chokes and you stutter, uh..um..*

*But when you speak slow, your brain is much more relaxed and able to think more creatively.*

Try this right now, TALK ABOUT THE TOPIC- **“WHY POLLUTION WILL KEEP GETTING WORSE”** First answer it normally and then try to talk about it slower. Still getting stuck? Then talk even slower. Don't worry we can pick up the pace soon, for now get comfortable speaking continuously, as it increases confidence in yourself.

-  Next tip is to listen carefully, listen closely to speakers either in real life or online. Watching ted talks, or movies can really help you understand how they use their words and how they flow off naturally from the speaker's mouth. And after you listen carefully, copy it.

Now in order to fully be confident you would have to work for it, but it's easier than you think. Practice these exercises and methods regularly and you will see a huge improvement. (and the great thing about this is that you can do these by yourself)

- Speak about a topic that you are comfortable with in your room out loud for as long as you can (don't worry about mistakes)
- Read popular speeches by famous speakers out loud and with passion, for example I HAVE A DREAM by Martin Luther king.
- Watch IELTS speaking interviews and when they ask the student a question, pause the video and answer yourself.
- Practice speaking questions from this website <https://speakingquestions.com/>
- Use hand movements when talking, ~~w~~ use your arms, point with your fingers, embody the story you are telling and confidence will come automatically.

Some more methods to speak confidently

- If you want to practice speaking fluently practice reading an article slowly, and continuously.



- For vocabulary, ONLY LEARN 5 WORDS A DAY, and create sentences from it. This teaches your brain how you can use these sentences in real life
- Be realistic when using vocabulary, don't say big and complicated words to sound advanced, it just confuses people. Just stick to using the vocabulary words that you already know.

To frame your sentences properly, remember the old saying -  
THINK FIRST AND THEN SPEAK

It doesn't matter if it is an interview question that is or a simple "how are you doing"? If you take time and think, you will be shocked how much more better your answers are.

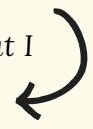
Let me show you an example

1. "Hey how are you?"

**...im good, but Work was hectic but I do have a pizza at home that will cheer me up... ( thought process)**

Answer

Oh! I am doing good, apart from work being a bit hectic. But I look forward to eating some pizza at home.



2."What are your goals for 2024?"

**...Well I do want to loose weight, and speak English more confidently, and also read 5 books...(thought process)**

Answer

I actually want to start reading more as well as learn to speak English more confidently, as well as keep myself fit



Follow this framework and THINK BEFORE YOU SPEAK. You will see a huge difference compared to you speaking spontaneously.

Remember to use silence to your advantage, when you pause between speaking you will build an aura among the audience. "I have been in such a position.....a position where I was also poor' (It's a huge difference)

Part two

# Listening

*How often do you watch a movie and find it impossible to understand it without subtitles? How often do you find it difficult to keep up with people speaking fast. I mean it's frustrating is it not? I know exactly how annoying It can be to ask people to repeat themselves or to rewind a scene just because it was too damn fast!!*


*Well in this chapter we will discuss how you can fix that issue, and become a **better listener**. In this module we will learn the following topics:*



<b>ACCENT UNDERSTANDING</b>	<b>FAST COMPREHENSION</b>
<b>VOCABULARY USAGE</b>	<b>IMPORTANT EXERCISES</b>

Understanding different accents is important if you want to become better at listening. It doesn't matter if you want to live abroad in countries like the UK, or USA , or Canada. Or if you just want to be able to understand foreigners when they speak. The most quickest and easiest way to understand accents are- **TO WATCH AS MUCH CONTENT AS**

## **POSSIBLE**

**Remember that simple methods often bring the best results**

 **Listen to Podcasts** like - The joe rogan experience, or IMPAULSIVE. (These are great as it includes common slang and phrases, but be advised it does contain mature themes.)

 **Practice IELTS listening** texts- Go to youtube, search for a listening test and practice. Or you can use this website of britishcouncil -  <https://learnenglish.britishcouncil.org/skills/listening>

It is very helpful and free for anyone to use



- Watch videos on Youtube that are fairly easy to understand, but this time watch it with your **eyes closed**, as this forces your brain to only focus on your listening.
- If you have watched any popular series like Friends, or How I Met Your Mother, try re watching those shows but **without subtitles** this time. This would be easy as you already know the story and you can practice your listening.
- Instead of listening to the traditional listening exercises listen to those ones that have a **conversation** between them as it is more a more realistic exercise.
- Listen to English songs, I **cannot express how great of an exercise this is** as you listen to the lyrics you can get to understand various accents as well as the pronunciation of those words as well
- Remember to only listen to youtube videos, or podcasts of those topics that are genuinely interesting to you, otherwise you will get bored and lose focus.

free goodwill

## A HUMBLE REQUEST

***“People who help others without expecting something in return experience higher levels of fulfillment, happiness and success” - Unknown***

*Our main goal at Brightside English is to be able to help everyone speak English more fluently and more confidently.*

*If you feel like this book is worth of some value, please do leave a review, or suggest this book to those you think may need it. It would help us out a **TON** in order to accomplish our mission. If you do so,*

*One more student becomes more confident in themselves....*

*One more entrepreneur becomes successful...*

*One more friend becomes thankful to you...*

*Once again thank you from the bottom of my heart for trusting me to share my knowledge with you*

Part three

# Reading

People often forget just how helpful reading can be. If you do the right exercises, I've advised all my students the following tips and exercises I will share with you, so that just like them, you can see a **HUGE** change in your fluency and comprehension.

Well in this chapter we will discuss how you can use reading (a part of language that is often given less importance) to your advantage and use it to become a much more confident and fluent English speaker. We shall discuss the following topics

<b>USE READING TO BECOME MORE CONFIDENT</b>	<b>FAST COMPREHENSION</b>
<b>VOCABULARY EXPANSION</b>	<b>VOICE MODULATION</b>

Beginning with the most obvious and quickest way to use reading to become a more confident speaker is by practicing reading articles or books **aloud** as If you are presenting them, remember we discussed this in the speaking chapter too. I repeat it because of important it is to practice this.

- Remember to practice reading speeches, or explanations or books out loud and remember to not just read it, rather **EXPRESS IT** I need you to feel that you are telling a story not just repeating something like a parrot.

Now you can also use this same exercises to **MODULATE** your voice.

Voice modulation is one of the most common yet effective ways to sound more confident and fluent. The way how you change the pitch of your voice from high to low, from deep to high, all indicate your professionalism.

- In the same exercise discussed above, begin each sentence by using a **high pitch**. And end it by using a **low pitch**

## Example



HIGH PITCH



LOW PITCH

*This has* to be the biggest invention since *the Iphone*

We *have actually* priced this shirt after looking at our *competitors*

- Remember understanding the meaning of the sentence is very important when modulating your tone, if it is a serious or factual based statement then follow a low pitch generally.

*“ Today morning two of the young teenagers were caught selling drugs.”*

(Increase your pitch on those words that are important to the sentence)

<b>ENDING WITH “!!”</b>	<b>END IN A HIGH PITCH</b>
<b>STATEMENTS</b>	<b>KEEP A LOW PITCH</b>
<b>CONVERSATIONS</b>	<b>INCREASE OR DECREASE PITCH BASED ON THE EMOTIONS OF THE CONVERSATION</b>
<b>ENDING WITH “?”</b>	<b>INCREASE PITCH AT THE END</b>

*Follow this chart*



Remember that a good speaker always practices reading before a speech. Practice reading more than any other exercise and you will naturally not just increase your **FLUENCY** but also your **CONFIDENCE** too.

- When coming across a new word when reading something, note it down in your mind and immediately google what it is, and create 5 sentences from it so you know how you can use it.

THIS IS A VERY EFFECTIVE EXERCISE-

- After reading an article or a paragraph, **look away** and explain what you just read from the top of your head. This exercise is so effective that you will see such a huge change. You will start noticing errors in the beginning but don't stop. keep repeating it again and again and you will notice that you are using different vocab words, and phrases. TRUST ME it will help a ton

*Free websites*

<a href="https://engoo.com/app/daily-news">https://engoo.com/app/daily-news</a>
<a href="https://jamesclear.com/articles">https://jamesclear.com/articles</a>
<a href="https://learnenglish.britishcouncil.org/general-english/magazine-zone">https://learnenglish.britishcouncil.org/general-english/magazine-zone</a>



Part Four

# WRITING

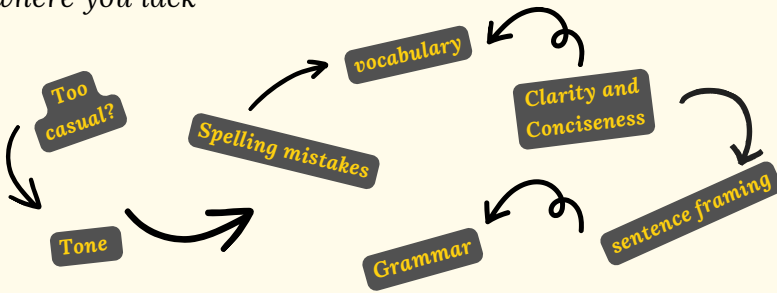
*Tired of having to delete and re type stuff over and over again? Or having to spend time trying to frame your sentences together when writing an exam? Well hopefully the exercises and tips included in this chapter will help.*

*You can be a student wanting to write better in their exams, or a working professional that is tired of having to spend hours thinking and soiling away worried about drafting that one email. This chapter will absolutely show you the path for you to become a better writer.*

*In this chapter we shall discuss-*

<b>FORMAL WRITING</b>	<b>CASUAL WRITING</b>
<b>SENTENCE FRAMING</b>	<b>CLARITY</b>

Now lets start with the most common issues that people face when writing - Writing formally. In order to understand where you lack in formal writing you need to understand where you lack



Understanding and writing down where you lack, then tackling it results in better solutions

ISSUE	PROBLEM
TONE	Identify the intended audience for your writing and adjust your tone to match their expectations and preferences.
CASUAL WRITING	To avoid writing casually, practice rewriting a paragraph from a casual conversation or text message into a more formal style, focusing on using complete sentences, formal vocabulary, and proper grammar.
CLARITY AND CONCISENESS	Simplify complex ideas by breaking them down into smaller, more manageable chunks and avoid using overly technical language.



Remember vocabulary is like a beautiful house that needs to be built day after day, and the more you practice you will see improvement. Learn new words, and write down 5 sentences from it with different topics as well

1. 'The garden's **tranquility** calmed her restless mind.
2. His face showed a peaceful **tranquility** as he slept.
3. The cabin in the woods offered perfect **tranquility**.
4. The soft music filled the room with **tranquility**.
5. She sought **tranquility** in the quiet of the library.

● For grammar you can learn where your mistakes are- like for example simple, present or future (continuous, perfect or simple), prepositions or articles and practice them using this website



<https://www.englishgrammar.org/>

(Just search the topic and practice the exercise

● To frame your sentences more better write down key points in the side or make a small note and you will have a much clearer idea of what to write. And begin writing them on level of importance

For example “Write about the negative effects of burning plastics.”

ANSWER



*Negative effects of burning plastics include air pollution, toxic fumes, soil contamination, and harm to wildlife, leading to environmental degradation and health risks.*

KEY POINTS-

- *harm to environment and health*
- *release of toxic fumes*
- *chemicals seeping into soil*
- *ingestion of plastic particles*
- *respiratory issues, cancer*
- *A good exercise to practice writing more formally is to choose a topic of interest and write a short essay or article about it using formal language, proper grammar, and a structured format*

Practice these types of exercises and you will find it difficult to improve in writing.

How often have you been confused when you're in a group chat with your friends and they something like "ttyp", or "ilysm" and you thought they smashed their keyboard but no they are meaningful abbreviations. **Abbreviations** are shortened forms of words or phrases used to represent the full version for brevity or convenience in communication. Here are some of the most common ones, or even maybe some new ones

**LYSM - I Love You So Much**

**TBH - To Be Honest**

**FOMO - Fear Of Missing Out**

**OMG - Oh My God**

**BAE - Before Anyone Else**

**RN - Right Now**

**AF - As F\*\*\* (or As Freaking)**

**IDK - I Don't Know**

**GOAT - Greatest Of All Time**

**TTYL - Talk To You Later**

**YOLO - You Only Live Once**

**BTW - By The Way**

**TFW - That Feeling When**

**GTG - Got to go**

**ICYMI - In Case You Missed It**

**SMH - Shaking My Head**

**SMH - Shaking My Head**

**to show disappointment)**

**LOL - Laugh Out Loud**

Part five

# CONCLUSION

There you have it we are almost done to completing this E book. In the final stretch of the book I shall share with you a list of websites, materials and exercises that we use at Brightside English in teaching over 1000+ students, these links are highly valuable and you can choose those that will help you the most.

## **Speaking Exercises**

1. [BBC Learning English - Speaking](#)
2. [ESL Gold - Speaking](#)
3. [EnglishClub - Speaking](#)
4. <https://speakingquestions.com/>

## **Writing Exercises:**

1. [OWL Purdue Online Writing Lab - Exercises](#)
2. [Parapal Online - Writing Exercises](#)
3. [Time4Writing - Writing Exercises](#)

## **Grammar Exercises:**

1. [English Grammar Online - Exercises](#)
2. [Grammar Bytes! - Exercises](#)
3. [English Grammar 101 - Exercises](#)
4. <https://www.englishgrammar.org/>

## **Listening Exercises:**

1. [Randall's ESL Cyber Listening Lab](#)
2. [ELLLO - English Listening Lab](#)  
Online
3. [ESL-Lab - Listening](#)

## **Reading Exercises:**

1. [Breaking News English - Reading](#)
2. [ReadTheory - Reading](#)  
Comprehension
3. [ESL Reading - Exercises](#)
4. <https://engoo.com/app/daily-news>

So to conclude you have

- Learnt how to speak *confidently, and fluently*.
- How to *frame* proper sentences
- How to use proper *vocabulary* when speaking
- Learnt how to understand different *accents*
- How to *comprehend* speeches fast.
- How to use *reading* to be more confident
- How to *modulate* your voice.
- How to write more *formally*.
- Different *slangs* and *abbreviations*
- How to *frame sentences* more clearly and concisely while writing


Remember that just reading this book wont do it, just like reading a recipe wont cook a delicious meal. You have to work on it *repeatedly* in order to make it. The more practice you do, the faster you see the results. Keep a reminder every day or at least once a week to go through this book and practice it by yourself.

*Communication is about getting your idea across to another person in a clear and effective way. I hope that after reading this book you have reached a step closer to becoming a more fluent and confident speaker. I hope you have enjoyed this book and I want to thank you for something that you (the reader) have given me is way more valuable than anything else – **Your Trust and your Attention.***

*You could have given the attention you gave this book, to anything else and you chose to trust me and to read this book. I hope this book has helped you in becoming more confident in speaking and in yourself.*

*I want to help as much people as I can in becoming the best version of themselves, and I am sure that you dear reader will reach your goals soon*

*I am confident in you.*

*take care* 

## Bonus tip

*If I told you that you would have the guidance of a personal tutor that creates a personalised learning plan that helps you improve within two months assuredly and takes live one to one classes four times a week. Would you be interested?*

*well i want to tell you that this book just scratched the surface of what we teach at Brightside English and you if you want us to do the work, while you reap the benefits of speaking confidently. Then were the right people for you .*

*It doesnt matter if youre a working professional or a student our timings are very flexible. We offer a demo class so you can see for yourself. And if you dont like it, well give you a full refund.*

**BR<sup>IGH</sup>T**B**SID**  
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