

Page 1 — Cover / **Key Idea**

How to Sound More Confident in English (5-Minute Mini Lesson)

**A simple technique used
by working professionals
to speak clearly and
confidently**

**The Confidence Formula — Clear »
Calm » Connected**

Page 2 – Mini Lesson Content

Step 1 – Why Pausing Works

Confident speakers pause. Pausing helps you sound:

- more professional
- more prepared
- more fluent
- more respected

Step 2 – The 2-Second Pause Technique

After every sentence, stop for 2 seconds.

Example:

**“Thank you for joining the meeting. [pause]
I’d like to share today’s updates. [pause]”**

Step 3 – Try This Practice Sentence

“Let me explain the next steps.”

Say once normally, then with a 2-second pause.

Feel the difference.

Step 4 – Apply It Today

Choose one situation today (meeting, phone call, Zoom call) and use the 2-second pause after one sentence.

Step 5 – Link to Your System

- Envision — imagine confident speaking style
- Grasp — understand pacing for clarity
- Interact — use it in real conversation

Join the full program before Nov 16 to access all bonuses, including this mini lesson + workbook.