

## Confidence Building Strategy Activity: Separate Facts from Stories

FACT	STORY
"I speak English with an accent."	"And because I speak English with an accent, nobody can understand me, so nobody will want to listen to me speak. And if nobody wants to hear me speak, I can't persuade or influence people. If I can't persuade or influence people, I will lose my job. And if I lose my job, I won't be able to support my family. And if I can't support my family..."
"I speak English with an accent."	"And because I speak English with an accent, many of my colleagues who are also nonnative English speakers can relate. This will make them feel connected to me, and like they're not alone in presenting with an accent. And for the native English speakers? They will be impressed that I can speak so many languages, and can do business globally, across so many countries and cultures. I am an asset to this company."
YOUR TURN:	
YOUR TURN:	

