

1-Hour Daily English Practice Plan

Total: 60 minutes

1. Listening + Shadowing — 15 minutes

- Watch a short English video.
- Listen fully once.
- Shadow (repeat along) twice.

2. Speaking Practice — 20 minutes

Speak on 3 topics:

- My day
- My work
- Learning of the day
- Goals, strengths, corporate topics

Record and listen.

3. Vocabulary + Sentence Practice — 10 minutes

- Learn 5 corporate English words daily
- Make one sentence for each

4. Conversation Practice — 10 minutes

Talk to:

- A colleague

- A friend

- ChatGPT

Practice small talk + work discussions.

5. Confidence Training — 5 minutes

Daily affirmations:

- “My English is improving every day.”

- “I speak clearly and confidently.”

2-Month English Fluency Roadmap

Month 1: Confidence + Accuracy

Goals:

- Speak without fear

- Learn 150 new words

- Daily 1-hour practice

- Think in English for small things

- Start short conversations at work

Results after Month 1:

- No hesitation
- Clear sentence formation
- Improved pronunciation
- More confidence in meetings

Month 2: Fluency + Corporate English

Goals:

- Long speaking practice (10–12 min)
- Corporate communication
- Handling calls professionally
- Email English basics
- Presentation-level English

Results after Month 2:

- Fluent speaking
- Confident in corporate conversations
- Natural tone and clarity
- Able to speak without shyness