

FFCC Podcast Transcript:

The importance of having a space where you feel you can communicate openly

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**Faster Fluency Conversation Club Podcast: The importance of having a
space where you feel you can communicate openly**

Welcome to the Faster Fluency Conversation Club podcast by Business English with Christina. Joining the club is a great way for you to improve your fluency and confidence in English, meet people from all over the world and have fun while talking about real-world topics. We hold one-hour conversations on Zoom six times a week, Monday to Friday, and our podcast listeners receive a 50% discount on the first month of membership with the discount code FFCC50. Are you looking to improve your English speaking ability? Come and join us today.

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Hey everyone. A quick special announcement before we get into today's topic. If you wanna send us an email with any English-related questions, ideas for topics, or any feedback, we now have a dedicated email address for podcast listeners. Send us an email at podcast@christinarebuffet.com with your questions, comments, and suggestions. We'd love to hear from you. And we might even read and answer your question on a future podcast. Now on with the show.

The importance of having a space where you feel you can communicate openly:

Christina (00:02): Welcome to the Faster Fluency Conversation Club podcast by business English with Christina. Joining the club is a great way for you to improve your fluency and confidence in English, meet people from all over the world and have fun while talking about real world topics. We hold one hour conversations on Zoom six times a week, Monday to Friday, and our podcast listeners receive a 50% discount on the first month of membership with the discount code FFCC50. Are you looking to improve your English speaking ability? Come and join us today !

(00:40): Faster Fluency Conversation Club podcast, the importance of having a space where you can communicate openly. Hey, everyone, A quick special announcement before we get into today's topic. If you wanna send us an email with any English related questions, ideas for topics, or any feedback, we now have a dedicated email address for podcast listeners. Send us an email@podcastchristinarube.com with your questions, comments, and suggestions. We'd love to hear from you, and we might even read and answer your question on a future podcast now on with the show. Hi everybody, Christina here for the Faster Fluency Conversation Club podcast, and I'm very, very excited today because this is the very first podcast for our FFCC leader, Sheila. And Sheila, welcome to the Faster Fluency Conversation Club podcast. I'm so excited to bring you onto the podcast. This is the first of many. How are you feeling about this?

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Sheila (01:44): Well, thank you very much for that warm and kind introduction. I feel very happy to be here too. And, um, yeah, I'm just really excited to participate in this podcast today. So thank you for the invitation, Christina.

Christina (01:59): Yeah, my pleasure. My pleasure. No, very much looking forward to it. Um, maybe before we **jump into** our conversation for this week, do you wanna just give us a little introduction? Um, you know, tell us a little bit about who you are, which FFCC sessions you lead, and anything else you feel like sharing with our listeners.

Sheila (02:18): Yeah, so I, my, I'm Sheila and, um, originally I am from Maryland in the United States, a very small state, close to the capital, Washington DC Yeah. And I've been teaching English for over 10 years. Hmm. And I really enjoy it. I, I love seeing my students progress and feeling confident and good about themselves. It just, it's something that I thrive on. Mm-hmm. And, um, I do have the opportunity to lead one of the sessions mm-hmm. In FFCC on Tuesdays, and that is 7:00 PM uh, France time. Mm. 1:00 PM Eastern Standard Time for those on the East Coast in the us Yeah. And, um, and I really enjoy that too. Just seeing the students participate and help one another is, is really a joy for me.

Christina (03:10): Hmm. Oh yeah. Yeah. No, awesome. Yeah, I think that's, that's one of the, the, the great things about the Faster Fluency Conversation Club, and that actually is a, that's a, that's not even planned, but that's a really nice transition into the topic of today, which is having a space where you can communicate openly and Yeah. So, you know, we, we sometimes, you know, when we're communicating and by communicating, I basically mean just speaking to express your message or to communicate any kind of information, especially if you're doing it in a foreign language. You know, sometimes we can feel a lot of fear and anxiety around that because we feel like we put a lot of pressure on ourselves to be perfect, or we feel like people are judging us, or maybe there's something, um, **at stake** and you feel like you have to, I wanna say like, **monitor yourself** and, you know, it's just not always a, a nice feeling. So it, I think it is important, especially when you're learning to have that space where you feel that you can be yourself and communicate openly. I mean, what, what are your thoughts on that?

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Sheila (04:20): Yeah, I totally agree. I think especially in the **workplace**, it can be very easy to feel judged. Mm. Like people are judging you by the things you say. You don't want to sound stupid in front of your colleagues.

Christina (04:34): Right.

Sheila (04:34): Um, so I think having the space where you feel like you can share your ideas, express your thoughts, and no one is going to judge you for that. Mm-hmm. They're going to **commend you** and really consider what you're saying and, and use those things for collaboration with your team mm-hmm. Um, with other members at work. So I think definitely having a, a secure space is important and good business. Yeah.

Christina (05:02): Yeah. For sure. Yeah. I, yeah, I would say it's, um, you know, if, if we're talking about, like, one of the things that we hear a lot from the members in FFCC is that they feel like it is their like kind of a safe, secure space. Um, because everyone is there to learn. People are not judging each other. They can ask their questions even if they seem like basic questions that, you know, maybe they would be afraid to ask in a different setting, uh, maybe with their coworkers, for example. And I think, you know, we're talking about that in a, this context of language learning, but like you said, in the **workplace** as well, you know, if you're in a meeting and people are afraid to share their ideas or they're afraid that, you know, if they ask a question about a project and their, their coworkers, like, that's, that's such a stupid question.

(05:52): Or they seem, maybe they wouldn't say it, but they would like look at them or like, make a face or a noise. Um, right. , you know, you, that, that just is not a good, I would say environment for like progressing and advancing together. Because you can't be yourself, you can't be open, you can't share your, your ideas without that fear that in some, some way it's gonna like come back and I don't wanna say not harm you, but maybe, I mean, it could, it could like harm your reputation or what others think about you, and that influences the way they work with you if you're chosen for projects, et cetera. So. Exactly.

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Sheila (06:32): Exactly. I think it definitely does affect . If you feel like someone is going to judge you and then they do judge you, like they don't ask you to participate on a project anymore, they think Okay, we're not gonna ask for her thoughts because Right. Yeah. They don't make sense.

Christina (06:48): Yeah. Ex exactly. Like, you know, oh, her, you know, his, are her ideas that they're always so stupid or basic or Right. Not helpful or whatever. And I don't know, I feel like especially when you're brainstorming the, the stupid basic ideas also have their place because they can maybe create like, um, associations or inspiration for better ideas.

Sheila (07:12): Exactly. It's a **stepping stone** Yeah. For other ideas that stem from that. So Yeah, it definitely could be, I don't think there's a stupid idea at all. Hmm. You know, um, especially when there's collaboration, everybody just gives their input and, um, together they can come, you know, to a, a final, um, a finality in whatever they're trying to accomplish. Right. So

Christina (07:36): Exactly. Exactly. And I think that, yeah, that's in order to, yeah, like, like we said, to like to work together and to get to that result together, the people that are involved in whatever that communication is at, whether it's a meeting or, you know, an English lesson or a conversation practice session or a mm-hmm. presentation, like whatever, like if you feel comfortable, you're gonna do better, and then that's just going to create a better end result. I think so. Yeah.

Sheila (08:10): Right. I, I agree. I think, um, when there's good communication, you're not thinking about other people judging you, you're thinking about ideas. Right. That will help in, in that particular environment. So I definitely say that having that secure, um, open communication is, is very important. And that is one of the things I love about F F ccc. Yeah. Because I see diff students with different levels helping each other. Yeah. So maybe those who are newer in learning the language Mm. You know, at first they feel a little **timid**. Yeah. But because everyone is really learning English together, they start to feel more comfortable. Mm. They're able to express themselves, they take their time. Yeah. But everyone listens and then they **commend** each other. So it's such a wonderful environment that open communication that really helps everyone to learn together and to thrive

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Christina (09:05): Exactly. And, and to become more confident. And that's, that's what it's all about. So. Awesome. Exactly right. Okay, well thank you Sheila, and congratulations, you made it to the end of your first FFCC podcast. Yay.

Sheila (09:18): Yay.

Christina (09:18): Looks celebration. I'm excited, right? Yeah. So yes, you guys, if you are listening, um, to this episode, and you will be in Sheila's, um, FFCC session on Tuesday at 7:00 PM France time, 1:00 PM Eastern Standard time. Um, just give Sheila a little virtual pat on the back a little. Congratulations, . Um, and yeah, thanks a lot Sheila, and we're gonna go on to the vocabulary in the next episode.

Sheila (09:47): Sounds great.

Christina (09:49): Okay. Thank you for listening this week. We are always trying new ways to improve our podcast, and we have just set up an email for our listeners to interact with us more. If you have any English related questions, topic ideas, or any feedback, we'd love to hear from you, please send your emails to podcast@christinarebuffet.com and you can find the email address in the show notes. We also offer the transcript of this episode for free, so you can read after or while listening, and when you become a member of the Faster Fluency Conversation Club, you also get exercises on grammar, vocabulary and pronunciation each week so you'll be more directly connected to the topic of conversation each week, and you'll be able to practice confidently if you'd like to join the club. The link for more details is in the show notes for this podcast, and we hope to see you in the Faster Fluency Conversation Club.

Vocabulary:

- **Jump into:** enter into something enthusiastically
 - **Monitor yourself:** is the ability to monitor your self-presentation, body language, tone, and language.
 - **Workplace:** is a location where someone works, for their employer or themselves, a place of employment.
 - **Commend:** praise someone or something formally or publicly; say someone or something is good.
 - **Make a face:** to move your mouth, nose, and eyes in strange ways to show emotion or make people laugh.
 - **Stepping stone:** something that helps someone advance or achieve something
 - **At stake:** In jeopardy of being won or lost, or in the process of being determined as a positive or negative outcome
 - **Timid:** lacking in self-assurance, courage
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(00:40): Faster Fluency Conversation Club podcast, the importance of having a space where you can communicate openly. Hey, everyone, A quick special announcement before we get into today's topic. If you wanna send us an email with any English related questions, ideas for topics, or any feedback, we now have a dedicated email address for podcast listeners. Send us an email to podcast@christinarebuffet.com with your questions, comments, and suggestions. We'd love to hear from you, and we might even read and answer your question on a future podcast now on with the show. Okay, welcome back everyone, and this is your Faster Fluency Conversation Club podcast. The vocabulary episode that goes with the episode, the importance of having a space where you can communicate openly. So as always, you know, this is kind of a new thing that we're trying. So in case you, in case this is your first time with the podcast, here's how it works.

(01:44): The first episode is a conversation where you heard Sheila and myself, uh, just talking about the topic. And then in this episode, we go back and we revisit that conversation and we take out a few interesting vocabulary expressions. We define them for you. We maybe give you some insights into culture, how we use those expressions, anything that we as teachers feel would help you to better learn and use the vocabulary from this, this podcast. All right. And so I'm back with Sheila. You met Sheila in the conversation. So Sheila will just go and get right into it. Would you like to read the list of vocabulary that we're going to talk about in this episode?

Sheila (02:37):

Sure. So the first one we have is to **monitor yourself**, the second, **the workplace**, the third **to commend you**, the fourth **to make a face**, and the fifth a **stepping stone**.

Christina (02:54): All right. Great. Um, so let's see. I'll, I'll go ahead and I'll take the first expression, which is to **monitor yourself**. And feel free to jump in if you wanna add something to my definition. Um, sure. I would say to monitor yourself is basically like to **be thinking about what you're saying or what you're doing**. Almost like if you are outside of your, your body, let's say, and you're like kind of watching and, um, you know, checking everything that you do. And so it's, it's like a way of, I would say it's the opposite maybe of being natural because you're always thinking about your posture, how you're speaking, um, what you're saying, et cetera. Mm-hmm. and it, so it's really

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like a, a permanent sort of surveillance almost of your, your behavior in a, in a given situation.

Sheila (03:47): Yeah. Yeah. It can, it can be a bit of a negative thing, especially if you're always thinking about yourself. Your behavior is a thing. You say <laugh>, the things you do, um, it could consume your thoughts. Right. And then that, you know, that's distracting.

Christina (04:02): <laugh> Exactly. For you and your audience. I think so.

Sheila (04:05): Exactly. Right.

Christina (04:06): Exactly. Okay. Um, do you want to define **the workplace** for us, the second expression, the workplace?

Sheila (04:14): Sure. So the workplace would be **where you work**, um, **your job**. Mm-hmm. <affirmative>. So anything that goes on or takes place in your job would be considered the workplace.

Christina (04:25): Hmm. Right. Yeah. So I, yeah, it's basically like a generic term for like, I was gonna, was gonna the place where you work. So if that helps you to remember we just invaded. There you go. The order of the words, the workplace is the place where you work. Um, yeah.

Sheila (04:40): Okay. And it could even, it could even be, you know, even virtual nowadays workplace could be at your house. Right, exactly. It's place where you, you know, you work, you do different tasks or Yeah. Perform different things for

Christina (04:51): Work. Exactly. Virtual work. So your living room can be your workplace, also <laugh>. Right. Or it can be your office. Um, exactly. Yeah. So let's see. I'll take, um, the third definition, which is to commend you or to commend someone, but it basically means to **congratulate or to encourage someone** to, to give someone Yeah. Encouragements and praise because they're doing something well. Yeah.

Sheila (05:18): Yeah. You definitely want someone to commend you, <laugh>. Yes.

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Christina (05:21): Oh yeah. Always, always my feeling.

Sheila (05:24): Yes. It gives you that boost of confidence that you're doing well and that helps you keep moving forward.

Christina (05:30): For sure. Totally. Totally. And I would say maybe a little point, um, not to be confused with, to command you. Um, which is a, which is a bad, I I would say generally a negative thing cuz it's very authoritarian, um Right. Like commanding someone to do something with an A, whereas commending with an E is congratulating, so

Sheila (05:52): Exactly. Have to be careful of the pronunciation.

Christina (05:54): Pronunciation. Yeah. Pronunciation, commend good command, definitely bad, not so good. Right.

Sheila (06:01): Don't want to command anyone

Christina (06:03): <laugh>. Right. Unless you're maybe in the army. And then that's another story <laugh>, um,

Sheila (06:08): Your kids, you

Christina (06:09): Might commend, you might command your kids, but you would commend your coworkers, let's say. Right,

Sheila (06:13): Right, right. Exactly.

Christina (06:15): Okay. Um, let's see, do you want to define our fourth expression, which is to make a face?

Sheila (06:22): Yeah. Let's see, I'm trying to think how we could, uh, define this. To make a face is, is **an expression on your face**. So it could be a good thing, it could be a bad thing. Like if you have a smile Yeah. **You're making a face**. Yeah. With a smile,

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that's good. But in general, when we say to make a face, it's usually a negative thing. Right, right, right. But usually you have kind of like, you know, a grimace

Christina (06:45): On

Sheila (06:46): Your face or Yeah,

Christina (06:47): <laugh>. Yeah. I would say it's like, yeah, if we think about like a, a context, you know, you where we could use this, you know, you could say, oh, I was, you know, I, every time I share my ideas in meetings, Patrick just makes a face and mm-hmm. <affirmative>, I feel like I'm saying something stupid. Um, right. Yeah. That we can imagine. Patrick is not smiling, he's making this No, he's making the space. He's doing a, an ex a facial expression that says like, what are you talking about?

Sheila (07:15): Um, exactly. Yeah. Yeah. And that, that type of facial expression could also make you feel like you're being judged. Hmm, exactly. Someone is judging you.

Christina (07:25): Exactly. You can see it because they're making a face. Right, right. Yeah. Um, okay, great. And then let's say, I'll, I'll take the next, the final definition, which is a stepping stone, um, and a stepping stone. It's like it to give you a visual image. It's like imagine you have a path that is made of stones. You step on each stone to go forward on the path and mm-hmm. <affirmative> that's like, like physically what a **stepping stone** is. But in a more figurative sense, it means that it's **something that you do as a way to achieve or to get to a maybe a bigger, more difficult result**. For example, I'm trying to think of an example of a stepping stone.

Sheila (08:15): Yeah. And I mean, it's a, it's a good, it's a good visual. If you can imagine a river, it's to cross the river. Mm. You have to, you have to use these stepping stones. You cross from one stone, then the next to the next, until you get to the other side of the river. So in the same way Mm. In our conversation, I think you talked about throwing out ideas. Mm. Whereas maybe one idea may not be the solution, but a bunch of ideas are like stepping stones to get the solution that you need.

Christina (08:45): Yeah. That, that's a, that's a really good image cuz it's like it's, yeah. It's like the ideas are the stones in the river. Your goal is not to walk on a stone in the

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river, it's to cross the river, but Exactly. Cross the river or to find a solution, you have to go through those stepping stones, which might be the stupid ideas in a brainstorming session in order to get to the result, to the, the big results that you want.

Sheila (09:10): Okay. Exactly.

Christina (09:11): All right. Um, so that is our list of vocabulary from this episode. Sheila, do you want to just read that list to us one more time so that we have a little recap of what we talked about today?

Sheila (09:22): Sure, sure. So to monitor yourself, the workplace, to commend you to make a face, a stepping stone.

Christina (09:33): All right. And that's it for our vocabulary, all about the importance of having a space where you can communicate openly. All right. Thanks a lot Sheila, and we will see you soon in a future episode.

Sheila (09:46): Sounds good. Thanks a lot, Christina. Bye everyone.

Christina (09:51): Thank you for listening this week. We are always trying new ways to improve our podcast and we have just set up an email for our listeners to interact with us more. If you have any English related questions, topic ideas, or any feedback, we'd love to hear from you. Please send your emails to podcast@christinarebuffet.com and you can find the email address in the show notes. We also offer the transcript of this episode for free, so you can read after or while listening and when you become a member of the Faster Fluency Conversation Club, you also get exercises on grammar, vocabulary and pronunciation each week so you'll be more directly connected to the topic of conversation each week and you'll be able to practice confidently if you'd like to join the club. The link for more details is in the show notes for this podcast, and we hope to see you in the Faster Fluency Conversation Club.

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