



## FFCC Podcast Transcript:

How did you get to where you are today?  
/ The best thing(s) that you've done to  
up your game

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### **Here's some advice on how to use the podcast and transcript:**

1. Listen to the podcast and see how much you can understand. Is it 50%? 70%? The percentage doesn't matter. Just make a note of it.
2. Try to summarize the conversation. You can think about it, say it out loud, or write it down.
3. Read the transcript. Do you understand more now that you can read the words? How accurate was your summary?
4. Listen and follow the transcript, so you can hear the difference between how English is pronounced vs. how it is written
5. Note any words or expressions that you did not understand. Add these to your vocabulary list in your English notebook and make flashcards so that you can study them and grow your vocabulary.
6. Write down any questions you have about the new words or expressions so that you can ask about them during FFCC.
7. Go back and listen again. How much do you understand now?
8. Repeat this process as much as you'd like.
9. Feel free to use this as a topic of conversation with your discussion partner!

# Faster Fluency Conversation Club

## **Faster Fluency Conversation Club Podcast: How did you get to where you are today? / The best thing(s) that you've done to up your game**

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 nine times a week, Monday to Saturday, 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.

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](mailto: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.

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## Transcript

Christina ([00:00](#)):

Hey everyone, just a quick announcement before we get started. Do you feel like you could use personalized business English coaching sessions to help you take that next step in your career? We can help you with meetings, presentations, interviews, conferences, and more. We're running a special right now that lasts until March 29th, which we think is wonderful. We're offering six free months of Faster Fluency Conversation Club when you sign up for 12 one-on-one coaching sessions with one of our expert business English coaches. In addition to the 12 individual sessions and six months of FFCC, you get 100 euros off the total price. And a chance to win a free session with me. We've put the link and email address to contact us. If you have any questions in the show notes, sign up today before the offer expires, and now on to this week's podcast. Welcome to the Faster Fluency Conversation Club podcast by business English with Christina. If you want to be confident speaking English, network with professionals around the world and practice speaking to become fluent faster, join us. We have nine conversation sessions every week, plus podcast listeners get a 50% discount on the first month of membership with the discount code FFCC50. The link to join is in the show notes. Now, let's go!

Christina ([01:33](#)):

Faster. Fluency Conversation Club podcast, the best things that you've done to up your game. Hey, everybody, Christina here for your Faster Fluency Conversation Club

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podcast. So I hope that you are having a lovely month of March and uh, today I'm here with Matthew and Matthew, how are you? Doing

Matthew ([01:52](#)):

Well, I can't believe it's March already.

Christina ([01:54](#)):

<laugh>. I know, right? And it's like we're recording this. It's the beginning of March, but it's coming out at the end of March, and I'm like, wow, this is, the year has flown by so quickly. Well, the start of the year has flown by so quickly.

Matthew ([02:07](#)):

Tell me about it,

Christina ([02:08](#)):

<laugh>. Yeah. No, right. It's crazy, but all right, let's make it, we'll make the most of our time and jump right into the topic of today, which is the best thing or things that you've done to up your game. Um, and maybe actually to start, maybe we can define what it means to up your game, um, so that people know what we're talking about here. How, how would you, how would you define, how would you define to up your game?

Matthew ([02:37](#)):

Well, game, I guess comes from like, uh, the sports world, right? Right. So to be better at playing games. But yeah, so many, um, business expressions come from sports. Mm. Right. Like a lot of idioms come from sports. Yeah,

Christina ([02:54](#)):

Totally. So it's

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Matthew ([02:55](#)):

Like to be better at, at your business.

Christina ([02:59](#)):

Mm, exactly. Yeah. And I'd say maybe when we say up your game, um, I would think it can be, it's, we use it a lot for business. Um, but I think it could be anything where you're just talking about like raising your level of performance or your, you know, performance standards. Yeah. Uh, exactly. Yeah. Right. So, so we're talking about some of the best things that you've done to up your, up your game or up one's game. Um, and you know, I feel like a lot of times, like when you are either starting a business or starting a new job, you know, it takes some time to like, to learn the ropes and really know what you're doing and, and how to do it. But I don't know if that's the best way to up your game, as we say. What do you think?

Matthew ([03:45](#)):

Yeah, I mean, I guess it depends what we're talking about, right? Like, um, for example, I would say for me, the best way I upped my game as like an English teacher. And this is going back 16, 17 years now. Right? And I, and I know experienced teaching crier, but the way I, I think I upped my game was to learn another language. Mm.

Christina ([04:12](#)):

Uh,

Matthew ([04:13](#)):

Yeah. By learning how difficult it is to learn a different language, uh, really allowed me to like, empathize with other language learners. So yeah, for me, that was, that was the best way that I opt my game for sure.

Christina ([04:30](#)):

Right.

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Matthew ([04:30](#)):

And then time, time experience, you know? Right. Those things.

Christina ([04:36](#)):

Yeah. Yeah. Cause a lot of times, yeah, you just kind of learn as you go, but there's things that you can do that will, like you said, take you up to another level. And, you know, and it's not just before we started recording, you talked about this idea of there's a difference between like saying I have 10 years of experience teaching, for example, versus like, I have 10 years of many different experiences teaching. Right. Because if you're just kind of repeating the same thing for 10 years, you're not necessarily really increasing your level. You're just doing maybe getting a little better at what you started, what you were doing when you started, but you're not really like raising your performance progressively over time. Yeah. And, and to try to get to, you know, maybe get to where you are today. Um, it takes something more intentional, I would say, rather than just kind of learning it. Like learning as you go. Of course we all learn as we go, but if you really want to get to like a specific level or a specific goal, then often you have to like, take specific actions that are gonna help to maybe help you get there faster. In fact.

Matthew ([05:51](#)):

Yeah. You have to be proactive about it. Mm. But it's funny, it's funny how things work, right? Like, um, prior to teaching, I was a manager and I prided myself on being a good teacher, right? As a manager. Yeah. As funny as it, as funny as it is. So it's like, you know, going from business into teaching and prior to that I was a computer science major, learning, you know, computer languages. Hmm. So it's funny how things all tied together sometimes, and um, yeah, we learn as we go and, um, I don't know. I think it's, I think, I think it's really interesting that we can look back Hmm. Into our past and see how all of the things we've done have contributed to where we are today. So it's like, okay, well maybe you feel like you're intermediate level English speaker or something, but eventually you're gonna get to where you wanna go. Right. As long as you put in work and experience a time and effort into it,

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Christina ([06:58](#)):

Right? Yeah. Yeah. No, exactly. It's, yeah, and it's, you know, I I would say it's almost like, um, a process of learning, like learning as you go, putting in the time and effort, but also, like you said, looking back and also maybe analyzing the things that you did so that you can find the points where you can improve, even, even if it's like small points, um, and very, you know, small progress, but small progress over time adds up to a big result. So yeah, I think, uh,

Matthew ([07:32](#)):

Absolutely. Absolutely. And for everyone in FFCC, they know George and, and, uh, his methods and, uh, he is, he's just a great example of, you know, you put in a time and effort to get to where you are now. Mm.

Christina ([07:48](#)):

And, uh, that's it,

Matthew ([07:50](#)):

It, it just shows how possible it's

Christina ([07:52](#)):

Yeah. Best thing to do to up your game is being consistent and being intentional about improving. Yes. I would say, right? Yeah. Yeah. Okay. Awesome. No, sounds good. Uh, all right, well thanks a lot Matthew, and we'll see you in a few minutes for the vocabulary breakdown.

Matthew ([08:09](#)):

Yes. Thank you.

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Christina ([08:13](#)):

Thank you for listening this week. If you want to do more than just listen and you want to practice speaking vocabulary and get the confidence in English that you need for your career, become a member of the Faster Fluency Conversation Club today. And if you want to try the Club, we'll give you a guest invitation to a free first session so that you can see for yourself how awesome this club is. To arrange your guest invitation, email us at [contact@christinarebuffet.com](mailto:contact@christinarebuffet.com) and just ask, we'll take care of you.

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## Vocabulary

- **To up your game:** means to improve your skills, performance, or approach in a particular activity or situation, with the goal of achieving better results or outcomes.
  - **To learn the ropes:** means to become familiar with the basic or essential aspects of a new job, task, or situation.
  - **Learn as you go:** means to acquire knowledge or skills through practical experience and by making mistakes, rather than through formal training or instruction.
  - **To get to (where you are today):** means to describe the path or journey that someone has taken to achieve their current position or level of success.
  - **I pride myself on...:** is a phrase used to express a sense of satisfaction, confidence, or accomplishment about a particular trait, skill, or accomplishment. It implies that the speaker values and takes pride in that aspect of themselves.
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## Vocabulary Transcript

Christina ([00:00](#)):

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Christina([01:33](#)):

Faster Fluency Conversation Club podcast vocabulary for the episode, the best things that you've done to up your game. All right, welcome back. And now we are going to dive into the vocabulary from the conversation that you just listened to all about the best things that you've done to up your game. I'm still here with Matthew. Matthew, how are you doing since about 30 seconds ago?

Matthew ([01:56](#)):

I'm still good.

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Christina ([01:57](#)):

Still good? All right, all good. All right. So let's, let's get into the vocabulary that we heard in our conversation. Um, do you wanna start by just reading the list to everyone so that they know what expressions we're going to cover?

Matthew ([02:13](#)):

Yes. We have five excellent expressions that you all should know. One, cup your game. Two, to learn the ropes. Three, learn as you go, four to get to somewhere, uh, where you're today to get to some place. Mm-hmm. <affirmative>, imaginary, fictional, or physical otherwise. Mm-hmm. <affirmative> and I pride myself on something,

Christina ([02:41](#)):

Right? Yeah. Okay. Right. So let's see. Um, I'll take the first one to **up your game**, um, which we sort of defined in the conversation just so people would know what we were talking about. But really in a brief ex, a brief definition to up your game is to **increase your level of performance**, um, and to **become better at something**. And I'd say become consistently better at something. So really you're raising or increasing your level of something. What

Matthew ([03:10](#)):

About learning? I'm not, I'm nodding in agreement.

Christina ([03:13](#)):

You don't see that on the podcast, but Matthew's going, yeah, yeah, yeah. Uh, alright. Can you define **to learn the ropes**?

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Matthew ([03:21](#)):

This is, I love this expression. It's really interesting. And ropes comes from, you know, sailing a ship. So if you wanna be a sailor, you need to learn how to work the ropes, but now we use this expression for any kind of occupation. We need **to learn how to do the job.**

Christina ([03:43](#)):

Yeah, exactly. That's it. Yeah. It's, it's basically learning, learning the things that you need to know to be able to do the job, whatever that job is. Yeah. Right.

Matthew ([03:52](#)):

Whatever it is, seller or otherwise

Christina ([03:54](#)):

Or other, you know, I don't know it person or, you know, whatever. Um, all right. Let's see. I'll take, uh, **learn as you go.** Um, so this one, uh, really as, as it sounds, learn as you go, it means that **you're learning as you are doing the job or doing the task.** So rather than maybe doing a formal training and then going to apply what you've learned, it's basically you learn by doing and you learn as you go. Meaning you learn as you advance in time in that job. So a lot, a lot of, I feel like a lot of jobs nowadays, um, you might have some initial training, but where you really learn the ropes is by learning as you go. Um,

Matthew ([04:41](#)):

Exactly. And if I could add to that, it's like, um, there's a, there's this great expression to, uh, bet on the jockey not on the horse. Mm-hmm. Which means, you know, if you are in HR and if you're somebody you should, uh, you should hire somebody who is a good person who's capable versus, you know, somebody who maybe has the skills, but maybe they're not advancing so much, uh, in their career. Right,

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Christina ([05:18](#)):

Right. Yeah.

Matthew ([05:19](#)):

But yeah, learn as you go learn. I mean, I think the best thing is, is if you can learn something new every day, <laugh>, you're doing a good job.

Christina ([05:29](#)):

Exactly. That's it. Yeah. Um, let's see, what about, I'll let you do this one to get to, so like, **to get to where you are today**, for example, or to get to somewhere to get to a place,

Matthew ([05:41](#)):

Right. Basically to get to is to arrive, right? Mm-hmm. <affirmative> Yeah. To arrive somewhere. So get is problematic sometimes for English learners, <laugh> mm-hmm. <affirmative>. Cause we, we could get to do something fun. Um, and that's like opportunistic, but in this case it's, it's to arrive to Right. To get to where we're going.

Christina ([06:05](#)):

Yeah, exactly. And we, you, like you said, we can use it as a, talking about a physical place. Like I get to the office at eight o'clock in the morning, I arrive at the office, but also in a more figurative way, like to get to where you are today is like, **how did you arrive in the position or the level of knowledge and experience that you have today**. Right,

Matthew ([06:27](#)):

Exactly. Exactly. How did you get to know so much about English, Christina?

Christina ([06:32](#)):

Right, exactly. I learned as I went, learn as a go, um, and lots of, lots of reading and thinking and things like that. Um, alright. And I'll let, I'll let you take the last one because you used that one in the conversation. I **pride myself on**

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Matthew ([06:47](#)):

Yeah. Pride. Pride, right. We're we're happy, we're like, yeah, I did it. Right. Right. So, uh, we can pride ourselves on our, our great accomplishment and, um, yeah. Sometimes we wanna be humble. Hmm. Uh, but sometimes, yeah, it's okay to give ourselves a little pat on the back, another expression, um, and, and, and be happy about the, the hard work we've put into our craft, whatever. Hmm.

Christina ([07:17](#)):

Right. Yeah. And I would say like, um, I pride myself on means, like you, I would almost, I almost say it's like you, you make that a part of your identity and say like, I'm really good at this thing. And you see yourself as being good at that thing. You said, you know, I prided myself on being a good manager. So like, for you, maybe like you're had this identity of like, I'm a good manager and that's the way I feel about my, like you said, my craft of, uh, managing and Yeah. And it's a, it's a good expression to have to talk about the things that you're good at. So Very

Matthew ([07:54](#)):

Absolutely. It, it, it sets you apart. Right. It's a way that like somebody else might not have that talent necessarily, or skill or experience. Right. So it's something you've put the work into. So you should have pride <laugh> exactly. About it. Right.

Christina ([08:14](#)):

Right. Yeah. All right. Sounds good. So we'll wrap it up there. And just to finish, I'll read off these expressions one more time to up your game to learn the ropes, to learn as you go, to get to where you are today, for example. And I pride myself on. All right. And that's it. So thanks a lot Matthew, and we will talk to you soon.

Matthew ([08:39](#)):

Thank you so much. See you later.

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Christina ([08:43](#)):

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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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