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How to Talk About Yourself in English

Hello everyone. Welcome back to another episode of the Speak Dumb podcast, your favorite place to learn natural English and practice everyday conversations.

>> Hello everyone. We are super excited about today's topic. It is perfectly designed for B1 intermediate learners who want to take their communication skills to the next level.

>> I'm Emma.

>> And I'm Daniel. It's wonderful to have you with us. Tell me, Emma, how is everything going with you today? Did you have a relaxing morning?

>> Well, it was a bit productive. I spent the morning planning some future lessons and answering emails from our community, but I'm really happy to finally sit down and record this with you.

>> Me, too. I've been analyzing documents all day, so turning off that corporate brain and just sharing this space with you and our listeners is the perfect highlight of my day.

>> Absolutely. It genuinely feels like a

warm conversation between close friends.

By the way, before we jump into the fun parts, let me ask our listeners a quick question. Do you know your exact English level right now?

>> Oh, that is the best place to start. If you want to find out, you can take a free English placement test right away. Just visit our website, speakdum.com. It's a very fast and accurate way to check your skills.

>> Definitely try it out. It's highly recommended. Also, don't forget that you can get the complete text script of this entire episode by clicking the link in the description below. It's perfect for practicing your reading. Now, before we open today's topic, we have a very small request.

>> Yes, indeed. Just one quick click for your mouse or finger, but it means the world to our hearts.

If you find our episodes helpful, please hit the like button and subscribe to our channel. Your support helps the SpeakUM podcast reach more motivated learners around the globe.

>> And we would love to see your thoughts in the comments section. Even a tiny simple sentence is perfect. For instance, you can just type your name

and tell us your favorite hobby.

>> Yes, reading your comments always brings a massive smile to our faces. Think of typing a comment as a quick morning exercise for your English fluency. It forces your mind to pick the right words and arrange a proper sentence. It builds your confidence.

>> Exactly. So, even if you feel a little introverted, just give it a try. One short phrase is excellent practice. Now, let's introduce today's main theme.

Today we are tackling a universal situation that can sometimes make your heart race. How to introduce yourself naturally in English.

>> A lot of intermediate students tell us, "Look, I can easily answer basic questions like what's your name?" or "Where are you from?"

>> But the second someone smiles and says, "So tell me a little bit about yourself," my mind completely locks up.

>> Oh, I completely agree. It's either a total mental block or a confusing rush of random ideas. That's why in this episode, we will give you a simple blueprint and plenty of readytouse phrases.

>> Plus, we'll finish up the episode by sharing our own full natural

introductions so you can hear how all the pieces flow together.

>> We'll break it down step by step, giving you different options for every part of your life. That way, you can easily choose the sentences that match your personal style. Exactly. Step by step.

But before we create your personal script, let's talk about why mastering this introduction is a total gamechanger.

>> Right? Why does this matter so much?

Because you face this request everywhere. Whether you are meeting a new classmate, a future colleague at work, a new teacher, or a friend on a social media app, people want to know who you are.

>> It's not just for casual meetings, either. Think about job interviews, university courses, international travel, or networking at local language clubs.

>> Oh, those language clubs. I clearly remember attending one a few years ago.

We were all sitting in a large circle.

And the organizer suddenly said, "All right, everyone, let's go around the room. Please share your name, country, profession, and one interesting interest."

>> Wow. I can feel the nervousness building

up just imagining that. Everyone staring at you, counting down the numbers until your turn.

>> Exactly. My turn was approaching like a slow moving train. In my mind, I kept repeating, "My name is Emma. I come from Poland. I work as

>> But when the spotlight finally hit you, your brain chose a completely unexpected path, didn't it?"

>> Totally. The moment all eyes turned to me, my mind escaped. All I managed to blurt out was, "My name is Emma. I love sweeping.

>> Well, sleeping is a beautiful thing. No one can argue with that choice.

>> True. Everyone gave a warm laugh, so it turned out fine. But deep down, I really wished I had a structured, simple script ready to go in my head.

>> I completely relate. I had a very similar awkward moment during a business seminar a while back.

>> Oh, really? Tell us about it. I was chatting with a project manager during the coffee break and he asked, "So, what's your story? Tell me about yourself." Instantly, my brain flooded with a million disconnected things. My current project, my childhood, my dog, my love for pizza, all crashing

together.

>> So, instead of a clean answer, you got a messy cloud of thoughts.

>> Exactly. A messy, chaotic cloud. My response was all over the place. I kept jumping from my job to my pet to my hobbies. I felt so unorganized.

>> Yeah, that happens to the best of us.

>> After that event, I realized I needed a short, well-prepared pitch about myself. Something peaceful, simple, and structured.

>> That's why we love to say that a self-introduction is like a short movie trailer about your life. When you have your trailer mapped out, the anxiety completely disappears.

>> Spot on. And look, nobody's asking for flawless poetic grammar. You just need clear, manageable sentences that you can deliver smoothly, even if you feel a little nervous.

>> Now, before we piece together your personal script, keep in mind that context is everything. There are generally three environments while you'll use an introduction,

>> right? The three levels: informal, semiformal, and highly formal. Informal is your casual environment, chatting with classmates, hanging out at a party,

or meeting someone on a cafe.

>> Yeah, you're just relaxing and having fun. No one expects a serious corporate presentation there.

>> Semiformal bridges the gap. It's friendly but carries a polite professional touch like a workshop, a business meetup, or an event with creative professionals. You can smile and keep it light, but you still want to project a capable image.

>> And formal is strictly official. Think of a job interview, a performance review with a manager, or a meeting at a government office.

>> In those settings, you keep the structure simple, but choose your words with extra respect. The golden rule is read the room first, then adjust your tone.

>> Exactly. If you're lounging on a couch with a new friend, you definitely shouldn't say, "Good evening. It is an absolute honor to make your acquaintance."

>> Way too serious for a living room.

>> Conversely, walking into a job interview with a loud, "Hey, what's up, guys?" might not give the best first impression.

>> Yeah, save that energy for the weekend.

So, gauge the environment, look at your conversational partner, and decide whether to go casual, balanced, or strictly professional.

>> Let's start at the very beginning of your script, the greeting.

>> The greeting, your opening handshake through words.

>> For serious formal settings, stick to the classics. Good morning, good afternoon, or good evening. They're polite and foolproof.

>> For instance, in an interview, you can say, "Good morning. Thank you for taking the time to meet with me today.

>> Good morning. Thank you for taking the time to meet with me today. Polite, respectful, and get straight to the point.

>> For semiformal situations like joining a new project team, a simple hi everyone or hi there works beautifully

>> or even a crisp morning. It feels approachable yet professional.

>> Absolutely. Now, for casual settings with peers or friends, you can freely use hi. Hey

>> or hey guys.

>> You'll also hear people say, "How's everything going?" or "What's new?"

>> Just a quick warning, stick to what

actually feels natural coming out of your mouth.

>> Yes. Don't just copy whatever sounds trendy on social media.

>> Exactly. If you don't use ultra casual slang in your native tongue, don't force it in English.

>> Tell me about it. I tried using a super casual slang word with my students once and they looked at me like I was having a midlife crisis.

>> Lesson learned. Don't shock your audience.

>> A better strategy? Pick one universal greeting you feel comfortable with and master it.

>> Like a warm, hi, wonderful to meet you. It's simple, bright, and easy to deliver.

>> Or hello, good morning.

>> Clean and timeless. Deliver it with a genuine smile and you've already won half the battle.

>> Once the greeting is out of the way, state your name.

>> Keep it effortless. I'm Daniel

>> or my name is Emma.

>> You can blend it with the greeting. Nice to meet you. I'm Daniel.

>> Or more formally, hello. It's a pleasure to introduce myself. My name is Emma.

>> Emma, what is your go-to phrase?

>> I usually keep it minimal. Hi, I'm Emma.

Great to meet you. Fast and effective.

>> For me, it depends. At a social gathering, it's, "Hey, I'm Daniel." In a professional meeting, I'll say, "Hello, my name is Daniel Smith. It's a pleasure to meet you."

>> Perfect. So, our baseline script starts with, "Hi, I'm Emma." Or, "Hello, my name is Emma. Great to meet you."

>> And just a reminder, please insert your own name there.

>> Yes, the world doesn't need a thousand Emma's.

>> Just swap out the placeholder name and the foundation of your script is set.

Next up, your geography, where you come from and where you reside.

>> Your personal map.

>> You can give a direct answer. I'm from Brazil.

>> I'm from Turkey.

>> Or I come from Vietnam.

>> To specify the city, just say I come from S. Paulo, Brazil.

>> Or I'm from Delhi, India. You can also use I'm originally from Cairo, Egypt. Or I'm based in Osaka, Japan.

>> Cairo, Egypt. Osaka, Japan. City. then country. A foolproof formula.

>> Often people move away from their hometowns. If that's your case, you can connect the two places smoothly.

>> For example, I grew up in a quiet town in Poland, but I've relocated to Berlin.

Or, I'm originally from Poland, but I'm currently living in Berlin.

>> Want to add a time element? Try, I've been based in Berlin for the past 3 years.

>> Or, I've been living in Berlin since 2020. If grammar tenses feel a bit heavy right now, don't stress. Keep it beautifully basic.

>> For instance, I'm from Poland. I live in Berlin.

>> Or, I'm from Egypt. I live in Cairo.

>> The goal is just to paint a quick mental picture of your roots and your current location. Exactly. A friendly sketch of your journey, not an intensive tracking system.

>> Now that they know your name and location, the inevitable question follows. What do you do for a living?

>> Ah, yes. The classic conversation starter. A simple way to phrase this is, I work as an English teacher,

>> I work as a nurse,

>> I work as a driver,

>> or I work as a retail assistant.

>> These are all incredibly transparent and easy to understand.

>> Yes.

>> If you prefer to focus on the company or department, try I'm with a telecom company working in customer relations.

>> Mhm. Or I'm employed at a bank in the IT division. or I work at a local hospital in the administrative sector. If you prefer to keep it short without naming names, just state your industry. I work in education.

>> I work in corporate sales.

>> I work in digital marketing.

>> And if you are currently focusing full-time on your studies, that's your answer.

>> You can say, I'm a university student majoring in computer science.

>> I'm currently studying business administration.

>> Or I'm a student focusing on English literature. As you listen, try to find the sentence structure that mirrors your current life. Later, you can customize it. For instance, I'm from Mexico. I currently live in Madrid and I work in sales.

>> Moving forward, people frequently pivot to your living situation or family dynamics.

>> Right? They might casually ask, "Do you live nearby?" or "Who do you share your home with?"

>> Keep it light. For example, I live with my parents.

>> Or I live with my husband and our two kids.

>> Or I live with my wife and our little boy.

>> If you have your own place, you can say, "I live by myself in a cozy apartment."

>> Or, "I rent a room in a shared flat."

>> If you have roommates, try, "I share an apartment with a close friend."

>> Or, "I live with a cousin in a flat near the city center." To bring up siblings, you can say, "I have a brother and a sister."

>> Or, "I have two older brothers." or I have a younger sister.

>> If you don't have any, the phrase is I'm an only child. This tells the listener you have no siblings.

>> To piece it together, I could say, "I'm from Poland. I live in Berlin with my partner and I have a younger brother."

>> And my version would be, "I'm from the UK. I live in Madrid with a roommate and I have an older sister."

>> See, it's just a snapshot of your life, not an extensive family biography. You

don't need to overshare during a first meeting. Definitely not. Keep it brief and welcoming.

>> So ask yourself, what fits your life? Do you live independently with a partner, family, or friends?

>> And what about your siblings? Are they older, younger, or are you an only child?

>> Pick your words and form a neat sentence like, I'm from Turkey. I live in Istanbul with my family and I have a younger brother.

>> That flows naturally and feels very inviting. Now, let's dive into a much lighter topic, your personal interests and hobbies.

>> This is where your personality shines through. You can kick off with, "In my spare time, I love reading."

>> Or, "When I'm not working, I enjoy cooking."

>> Or, "Whenever I have some downtime, I go for a run."

>> Another great phrase is, "I'm really passionate about music, I spend a lot of time playing guitar."

>> Or, "I'm a huge fan of hiking and exploring the outdoors." You can also use the phrase I'm a big fan of. For instance, I'm a big fan of football

>> or I'm a big fan of international cinema.

>> A classy way to say you love watching movies.

>> Guilty as charged.

>> So, a combined sentence could be, "In my free time, I love diving into books and taking long walks. I'm also a big movie enthusiast." Sharing an authentic hobby gives the other person an easy hook to keep the conversation going, like asking, "Oh, what kind of books do you read?"

>> To make your introduction sound even more authentic, you can add a quick contrast of something you love versus something you dislike.

>> For example, I absolutely adore cats and Italian food, but I really dislike waking up early.

>> Or, I love dogs and spicy food, but I can't stand cold weather. or I'm a coffee lover, but I hate waiting in slow moving lines. That last one is definitely you, Daniel.

>> 100% accurate.

>> Those quirky little details make you memorable and human.

>> Absolutely. And speaking of day-to-day realities, people often ask about your daily schedule.

>> True. You might hear, "What does a typical day look like for you?"

>> Remember, you aren't reading them your calendar. Keep it high level. Just outline the general flow of your day using two or three anchor activities.

Great transitions include on work days I typically or in the mornings I usually

>> for example on weekdays I typically get up at 7:00 a.m. grab breakfast and head to the office.

>> Or in the morning I usually have a cup of coffee, clear my emails and begin my workday by 9:00 a.m. After finishing up work I try to dedicate 20 minutes to studying English. Or in the evening, I usually wind down by having dinner with my family and catching up on a show.

>> So, if a teacher or classmate asks about your routine, you have a quick response ready.

>> Exactly. Just outline your morning, your main task, and your evening. Something like, "On weekdays, I usually wake up around 6:30, go to my classes, and spend my evenings practicing English."

>> Perfect. Now, what if someone wants to understand your character a bit better? They might ask, "How would you describe your own personality?" You can use accessible, expressive adjectives like

approachable, introverted, outgoing,
easygoing, analytical, patient,
diligent, or artistic.

>> For instance, I describe myself as an
approachable and curious individual.

>> Or, I'm a bit reserved initially, but I
become quite outgoing once I break the
ice. You could also say, "I'm generally
a calm person, but I get incredibly
enthusiastic when talking about my
passions."

>> Alternatively, quote what others say
about you. My friends usually say, "I'm
reliable and easygoing."

>> Or, "People tell me I have a good sense
of humor and I'm easy to talk to."

>> Picture yourself networking with a new
colleague who asks if you prefer working
in quiet spaces or busy environments.

You can respond. I'm a bit quiet at
first, but I work really well in a team
once I get to know everyone.

>> Excellent. It adds depth beyond just
your job title. Take a second to think
which two adjectives fit you best.

>> Once you choose them, build a simple
structure. I am a reliable and focused
professional.

>> Finally, let's look slightly ahead.

Sometimes conversations shift toward
goals and aspirations. Yes, especially

as you get to know someone deeper. They might ask, "What are you working toward right now?" or "What's your main reason for mastering English?"

>> No need to share a massive 10-year strategy. Keep it grounded. Useful phrases include down the road I hope to or my primary goal is to or one of my aspirations is to for example in the future I hope to travel extensively and experience different cultures

>> or my immediate goal is to express myself more fluently in English so I can use it for global business.

>> You could also say one of my dreams is to eventually launch my own project. So, if an instructor asks why you're putting in the hours to study English, you can simply reply,

>> "My main focus is to unlock better career opportunities."

>> Or, "I plan to work abroad in the future, so fluent English is essential for me."

>> That single clear statement explains your drive beautifully.

>> Look at how much ground we've covered. greeting, name, location, family setup, profession, daily rhythm, character traits, personal tastes, and future targets.

>> Piece by piece, you can select your favorite building blocks to create a highly personalized, authentic script.

>> In just a second, Emma and I will perform our full uninterrupted introductions using these exact blocks, so you can hear how cohesive it sounds.

Use this time to visualize your own script. Let's do a quick basic combination first. Emma, show us how it's done.

>> Hi, I'm Emma. I'm originally from Poland and I'm currently based in Berlin where I work as an English coach. In my spare time, I'm a big fan of independent cinema and going for long walks.

>> Short, sweet, and effective. Here is another clean variation. Hello, my name is Daniel. I come from the UK and I'm currently living in Madrid. I work in the educational sector. When I'm off duty, I love hitting the gym and diving into video games.

>> See, you don't throw everything at them at once. Name, origin, current city, job field, and a couple of interests. That's your fundamental baseline.

>> Now, as promised, here are our full detailed introductions. I'll kick things off. My name is Daniel. I'm from the UK, but I'm currently based in Madrid,

working as an English instructor and digital content creator. I share a flat with an old university friend while my family still lives in a charming town back in England. In my leisure time, I'm highly passionate about working out, playing video games, and keeping up with football. On work days, I usually start my morning around 7 with a strong coffee, handle my teaching schedule during the day, and unwind at the gym by evening. I'd describe myself as curious and patient, and people generally tell me I'm easygoing and approachable.

Looking ahead, my dream is to develop advanced online learning programs and perhaps spend a year living in a completely new country.

>> I love how comprehensive yet relaxed that sounds.

>> Thanks. Your turn to take the stage.

>> My name is Emma. I come from Poland, but I currently reside in Berlin where I work as an English coach and podcast producer. I live with my partner in a cozy apartment and I have a younger brother who still lives in Poland. When I have some downtime, I love watching films, getting lost in fiction novels, and taking long walks with a warm coffee in hand. During the week, I usually

start my day with a cup of tea, map out our upcoming podcast outlines, and spend my afternoons collaborating with my students. Character-wise, I'm generally calm and reflective, though I get quite talkative once I feel comfortable in a space. down the road. My primary goal is to empower more global learners to speak English fearlessly while traveling the world as a digital professional.

>> Fantastic. Now, our listeners have a real sense of who we are.

>> By the way, before we wrap things up today, don't forget that you can test your skills right now. Go ahead and visit our website, speakdom.com, to take your free English placement test.

>> Absolutely. Check your level at speakdom.com. And you'll also find the complete written transcript of this entire episode right there in the description link to help you practice.

>> So, what is your homework for today?

>> Step one, select one solid sentence for each category we discussed. Step two, deliver your introduction out loud. Do it in front of a mirror, while doing the dishes, or during a walk.

>> And step three, type it out in the comment section below this video.

Writing locks the structure into your

long-term memory. You visualize the spelling and internalize the flow. It's an irreplaceable exercise.

>> Plus, another member of our global community might read your introduction and connect with your story. You're not just studying, you're building connections.

>> Well, that brings us to the end of today's session. Our closing question for you is, can you introduce yourself using just three clear English sentences?

>> Use the template. Hi, my name is I'm from I work as in my free time I enjoy.

>> Forget about perfection. Aim for clarity and warmth.

>> And remember, dropping that comment is your brain's daily workout.

>> If this episode brought value to your journey, please leave a like, subscribe to the channel, and share it with a fellow learner who wants to build their confidence.

>> Thank you immensely for sharing your time with us. It wasn't time spent. It was an investment in your future fluency.

>> We are incredibly proud of your dedication.

>> This has been the Speak Dumb podcast

with Emma and Daniel. Take care, keep practicing, and step out there to talk about yourself with total confidence. Goodbye everyone.

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