

ENGLISH TALK TIME

Participant's Planner

Acceleration Program for the International Market

AN 8-MEETING JOURNEY FROM "I FREEZE WHEN I
SPEAK" TO "I'M READY TO INTERVIEW."

CYCLE 1 · 8 MEETINGS

printed planner · v8

This planner belongs to

NAME

EMAIL

PHONE

STARTED ON

GROUP / CYCLE

"You don't need to learn everything at once. You can learn ten words a day, or even one word at a time — as long as you keep going."

— ETT LEARNING PRINCIPLE

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Cover · this planner belongs to · contents · program map

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TV series · audio books · 1:1 practice · flashcards

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Intro + 8 cards (1, 1, 2, 3, 5, 8, 13, 21 min)

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Intro + 8 cards (same Fibonacci progression)

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STAR method + example + 1 / 3 / 5 min pitch versions

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Letter to my future self (tear-out)

The 5-stage journey.

Where you are. Where you're going. What happens in between.

01

SET UP

Onboarding

Define your why, sign your commitment, record your Day 1 self-tape baseline.

→ DAY 1 — MEETING 1

02

BUILD

Daily routine

Establish your 1-hour daily English habit: 10 words, 1 series episode, 1 journal entry.

→ WEEKS 1-4

03

SPEAK

Tell Me About

Speak 1 → 21 min progressively across 8 meetings. Build fluency under safe pressure.

→ ALL 8 MEETINGS

04

POLISH

Career pitch

Build, refine and record your professional pitch with the STAR method.

→ MEETINGS 6-7

05

REFLECT

Closing

Write the letter to your future self. Self-tape again. Compare. Plan next steps.

→ MEETING 8

✂ TEAR OUT & POST ON YOUR WALL

WHY I STUDY ENGLISH

Write by hand. Take your time. Don't translate.

1. What do I want to achieve?

Be specific: role, salary, project, place, title.

2. Why does this matter to me?

Dig into purpose — family, freedom, recognition, future.

3. What will change when I get there?

What will my life look like in 1 year? Where? With whom?

→ Post this sheet where you'll see it EVERY DAY before opening your laptop:

office wall

by the coffee

bathroom mirror

Self-tape: Day 1 baseline.

Three short videos today. You'll thank yourself in 90 days.

Why this matters

Recording yourself on Day 1 is the single most powerful proof of progress in this program. Don't edit. Don't retake. Just record — even if it's painful. Future you needs this baseline.

HOW TO DO IT

1. **The next 3 pages** are your scripts — one per video. Fill the bullets first, then hit record.
2. **One take only.** Don't re-record on Day 1, even if you trip up. The clumsiness is the data.
3. **Save the 3 videos** in a folder named "ETT · Day 1". You'll re-watch them at Day 30 / 60 / 90.
4. **Right after each video**, come back to the page and write how you felt — while it's still raw.



MECHANIC 01 • HOW TO STUDY WITH

TV series.

WHY THIS WORKS

Real conversations, native speed, full context. The brain remembers **scenes**, not word lists. The 4-pass method below extracts maximum value from a single episode.

- 1** | **Read the subtitles first** (in your native language) before watching. Mark every unknown word — names of objects, expressions, slang.
- 2** | **Watch with native-language subtitles** for the full context. Don't pause. Just absorb the story and the emotional tone.
- 3** | **Watch again with English subtitles.** Pause on the words you marked. Listen to how they're actually pronounced — not how you imagined.
- 4** | **Watch a third time without any subtitles.** Your ears will catch what your eyes were doing for you. Uncomfortable on purpose.
- 5** | **Add all marked words to your flashcards** the same day. Tomorrow morning, review them first.

DAILY TIME

45–60 min

2–3 episodes/week

PRO TIP

Don't pick a show just because it's popular. Pick one you genuinely want to keep watching — motivation beats technique.



MECHANIC 02 • HOW TO STUDY WITH

Audio books.

WHY THIS WORKS

Audio books train your ear for **longer, continuous English** — without the visual crutches of TV. Same 3-pass method as series, but with the text and the voice working together.

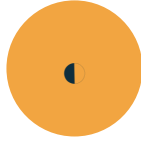
- 1** | **Get the text + the audio** of the same chapter. Print or load the text on your screen — you'll need both.
- 2** | **Read the text first** (silently or out loud) and mark every unknown word. Don't guess — circle, underline, highlight.
- 3** | **Listen while reading the text.** Match the sound to the printed word. Pause when needed. Notice the rhythm, stress, and where words blur together.
- 4** | **Listen again without the text.** Just your ears. Note the words you still can't catch — those are your hardest ones.
- 5** | **Add every marked word to your flashcards.** Especially the words you couldn't catch by ear alone — those are gold.

DAILY TIME**20–30 min**

every day · while commuting

PRO TIP

Start with audio books made for learners (slower pace, clearer voice). Graduate to regular audio books once you can keep up — usually after 30 days.



MECHANIC 03 • HOW TO DO

1:1 practice.

WHY THIS WORKS

Talking to **one person** reduces anxiety vs. group settings. You speak more, listen more, and get direct feedback. Pair-talk is the fastest accelerator we have.

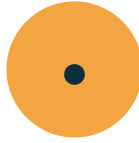
- 1** | **Find a partner** at similar level. Pressure works both ways — a partner too strong makes you freeze; too weak makes you teach.
- 2** | **5 minutes:** you talk on a chosen topic. Partner only listens. No interruptions, no corrections.
- 3** | **5 minutes:** partner talks, you only listen.
- 4** | **5 minutes:** structured feedback. Each gives the other 3 strengths and 1 thing to adjust.
- 5** | **End with 1 word** each chooses to take home and use this week.

DAILY TIME**15 min**

2–3 sessions/week

PRO TIP

Resist the urge to switch to your native language when stuck. Use a rescue phrase from the Phrase Bank instead. That's the whole point.



MECHANIC 04 • HOW TO USE

Flashcards (the dot technique).

WHY THIS WORKS

Every word you marked in TV series, audio books, journal, or 1:1 sessions goes here. The **dot technique** forces you to focus only on weak words. Same effort, 3× the result.

- 1** | **Every marked word goes to flashcards** — from your TV series, audio books, journal, or meetings. No exceptions.
- 2** | **Mark difficulty with dots:** 1 dot = easy, 2 dots = hesitant, 3 dots = struggle.
- 3** | **Review the 3-dot words first** every morning. Then 2-dot. Skip 1-dot until weekly review.
- 4** | **Retire a word** after 5 successful recalls in a row. Move it out of active deck.

DAILY TIME

10–20 min

every day, no exception

PRO TIP

Goal: 3,000 active words = functional fluency. At 10 words/day, that's 10 months. At 20/day, under 5 months. Pick your pace.

BLOCK 04 · SESSION 1

Tell Me About — Personal

Who you are outside work — hobbies, trips, family, opinions, stories.

8 CARDS · PROGRESSIVE TIME

1 min → 1 min → 2 min → 3 min → 5 min → 8 min →
13 min → 21 min

WHAT TO WRITE ABOUT IN THIS SESSION

- **Cards 1–2 (1 min):** hobbies, weekends, daily life — get comfortable talking about yourself.
- **Cards 3–4 (2–3 min):** places you've lived, favorite media — practice describing.
- **Cards 5–6 (5–8 min):** trips and family traditions — start telling real stories.
- **Cards 7–8 (13–21 min):** life-changing experience + your life story — long-form narrative.

HOW TO USE EACH CARD

1. **Before the meeting:** read the prompt and write bullet points (not full sentences) in the Main Points section.
2. **Word Bank:** fill in 6 key words you want to use — translate from your native language only what you really need.
3. **During the talk:** glance at the card, don't read it. Mistakes are part of the deal.
4. **After the talk:** circle words you struggled with. Add them to your flashcards the same day.

BLOCK 05 • SESSION 2

Tell Me About — Professional

Who you are at work — role, projects, expertise, interviews.

8 CARDS • PROGRESSIVE TIME

1 min → 1 min → 2 min → 3 min → 5 min → 8 min →
13 min → 21 min

WHAT TO WRITE ABOUT IN THIS SESSION

- **Cards 1–2 (1 min):** your role + last project — your professional 30-second pitch.
- **Cards 3–4 (2–3 min):** responsibilities + a problem you solved — STAR-style answers.
- **Cards 5–6 (5–8 min):** career path + signature project — your strongest case.
- **Cards 7–8 (13–21 min):** mock interview behavioral + full hour — the final test.

HOW TO USE EACH CARD

1. **Before the meeting:** read the prompt and write bullet points (not full sentences) in the Main Points section.
2. **Word Bank:** fill in 6 key words you want to use — translate from your native language only what you really need.
3. **During the talk:** glance at the card, don't read it. Mistakes are part of the deal.
4. **After the talk:** circle words you struggled with. Add them to your flashcards the same day.



BLOCK 06 • HOW TO KEEP

The English Journal.

WHY THIS WORKS

The journal forces **active production** with vocabulary that matters to *your* life. Yesterday + today drills past and future tenses every single day, without it feeling like grammar. The next 30 pages are your daily structure.

- 1** | **Write every day for 30 days.** Even just 3 sentences. Streak matters more than length. Skip a day → you start the streak over.
- 2** | **Yesterday I... + Today I will...** always. Past + future on autopilot — that's your grammar drill for the day.
- 3** | **Don't translate from your native language.** Write what you can express in English. Notice the gap — that gap is what flashcards are for.
- 4** | **End with 3 new words** you needed but didn't know. Add them to your flashcards the same day. Tomorrow morning, review them first.

DAILY TIME

5–10 min

every day • 30 days

PRO TIP

Write in pen, not pencil. You'll be more committed and less tempted to erase mistakes — which are the most valuable part of the journal.

DAY 01 OF 30

Today is _____

My mood today: 1 · 2 · 3 · 4 · 5 _____

Yesterday I...

Today I will...

3 NEW WORDS TO REMEMBER

| | | |
|--|--|--|
| | | |
|--|--|--|

ONE SENTENCE I'M PROUD OF

DAY 02 OF 30

Today is _____

My mood today: 1 · 2 · 3 · 4 · 5 _____

Yesterday I...

Today I will...

3 NEW WORDS TO REMEMBER

| | | |
|--|--|--|
| | | |
|--|--|--|

ONE SENTENCE I'M PROUD OF

DAY 03 OF 30

Today is _____

My mood today: 1 · 2 · 3 · 4 · 5 _____

Yesterday I...

Today I will...

3 NEW WORDS TO REMEMBER

| | | |
|--|--|--|
| | | |
|--|--|--|

ONE SENTENCE I'M PROUD OF

DAY 04 OF 30

Today is _____

My mood today: 1 · 2 · 3 · 4 · 5 _____

Yesterday I...

Today I will...

3 NEW WORDS TO REMEMBER

| | | |
|--|--|--|
| | | |
|--|--|--|

ONE SENTENCE I'M PROUD OF

DAY 05 OF 30

Today is _____

My mood today: 1 · 2 · 3 · 4 · 5 _____

Yesterday I...

Today I will...

3 NEW WORDS TO REMEMBER

| | | |
|--|--|--|
| | | |
|--|--|--|

ONE SENTENCE I'M PROUD OF

DAY 06 OF 30

Today is _____

My mood today: 1 · 2 · 3 · 4 · 5 _____

Yesterday I...

Today I will...

3 NEW WORDS TO REMEMBER

| | | |
|--|--|--|
| | | |
|--|--|--|

ONE SENTENCE I'M PROUD OF

DAY 07 OF 30

Today is _____

My mood today: 1 · 2 · 3 · 4 · 5 _____

Yesterday I...

Today I will...

3 NEW WORDS TO REMEMBER

| | | |
|--|--|--|
| | | |
|--|--|--|

ONE SENTENCE I'M PROUD OF

DAY 08 OF 30

Today is _____

My mood today: 1 · 2 · 3 · 4 · 5 _____

Yesterday I...

Today I will...

3 NEW WORDS TO REMEMBER

| | | |
|--|--|--|
| | | |
|--|--|--|

ONE SENTENCE I'M PROUD OF

DAY 09 OF 30

Today is _____

My mood today: 1 · 2 · 3 · 4 · 5 _____

Yesterday I...

Today I will...

3 NEW WORDS TO REMEMBER

| | | |
|--|--|--|
| | | |
|--|--|--|

ONE SENTENCE I'M PROUD OF

DAY 10 OF 30

Today is _____

My mood today: 1 · 2 · 3 · 4 · 5 _____

Yesterday I...

Today I will...

3 NEW WORDS TO REMEMBER

| | | |
|--|--|--|
| | | |
|--|--|--|

ONE SENTENCE I'M PROUD OF

DAY 11 OF 30

Today is _____

My mood today: 1 · 2 · 3 · 4 · 5 _____

Yesterday I...

Today I will...

3 NEW WORDS TO REMEMBER

| | | |
|--|--|--|
| | | |
|--|--|--|

ONE SENTENCE I'M PROUD OF

DAY 12 OF 30

Today is _____

My mood today: 1 · 2 · 3 · 4 · 5 _____

Yesterday I...

Today I will...

3 NEW WORDS TO REMEMBER

| | | |
|--|--|--|
| | | |
|--|--|--|

ONE SENTENCE I'M PROUD OF

DAY 13 OF 30

Today is _____

My mood today: 1 · 2 · 3 · 4 · 5 _____

Yesterday I...

Today I will...

3 NEW WORDS TO REMEMBER

| | | |
|--|--|--|
| | | |
|--|--|--|

ONE SENTENCE I'M PROUD OF

DAY 14 OF 30

Today is _____

My mood today: 1 · 2 · 3 · 4 · 5 _____

Yesterday I...

Today I will...

3 NEW WORDS TO REMEMBER

| | | |
|--|--|--|
| | | |
|--|--|--|

ONE SENTENCE I'M PROUD OF

DAY 15 OF 30

Today is _____

My mood today: 1 · 2 · 3 · 4 · 5 _____

Yesterday I...

Today I will...

3 NEW WORDS TO REMEMBER

| | | |
|--|--|--|
| | | |
|--|--|--|

ONE SENTENCE I'M PROUD OF

DAY 16 OF 30

Today is _____

My mood today: 1 · 2 · 3 · 4 · 5 _____

Yesterday I...

Today I will...

3 NEW WORDS TO REMEMBER

| | | |
|--|--|--|
| | | |
|--|--|--|

ONE SENTENCE I'M PROUD OF

DAY 17 OF 30

Today is _____

My mood today: 1 · 2 · 3 · 4 · 5 _____

Yesterday I...

Today I will...

3 NEW WORDS TO REMEMBER

| | | |
|--|--|--|
| | | |
|--|--|--|

ONE SENTENCE I'M PROUD OF

DAY 18 OF 30

Today is _____

My mood today: 1 · 2 · 3 · 4 · 5 _____

Yesterday I...

Today I will...

3 NEW WORDS TO REMEMBER

| | | |
|--|--|--|
| | | |
|--|--|--|

ONE SENTENCE I'M PROUD OF

DAY 19 OF 30

Today is _____

My mood today: 1 · 2 · 3 · 4 · 5 _____

Yesterday I...

Today I will...

3 NEW WORDS TO REMEMBER

| | | |
|--|--|--|
| | | |
|--|--|--|

ONE SENTENCE I'M PROUD OF

DAY 20 OF 30

Today is _____

My mood today: 1 · 2 · 3 · 4 · 5 _____

Yesterday I...

Today I will...

3 NEW WORDS TO REMEMBER

| | | |
|--|--|--|
| | | |
|--|--|--|

ONE SENTENCE I'M PROUD OF

DAY 21 OF 30

Today is _____

My mood today: 1 · 2 · 3 · 4 · 5 _____

Yesterday I...

Today I will...

3 NEW WORDS TO REMEMBER

| | | |
|--|--|--|
| | | |
|--|--|--|

ONE SENTENCE I'M PROUD OF

DAY 22 OF 30

Today is _____

My mood today: 1 · 2 · 3 · 4 · 5 _____

Yesterday I...

Today I will...

3 NEW WORDS TO REMEMBER

| | | |
|--|--|--|
| | | |
|--|--|--|

ONE SENTENCE I'M PROUD OF

DAY 23 OF 30

Today is _____

My mood today: 1 · 2 · 3 · 4 · 5 _____

Yesterday I...

Today I will...

3 NEW WORDS TO REMEMBER

| | | |
|--|--|--|
| | | |
|--|--|--|

ONE SENTENCE I'M PROUD OF

DAY 24 OF 30

Today is _____

My mood today: 1 · 2 · 3 · 4 · 5 _____

Yesterday I...

Today I will...

3 NEW WORDS TO REMEMBER

| | | |
|--|--|--|
| | | |
|--|--|--|

ONE SENTENCE I'M PROUD OF

DAY 25 OF 30

Today is _____

My mood today: 1 · 2 · 3 · 4 · 5 _____

Yesterday I...

Today I will...

3 NEW WORDS TO REMEMBER

| | | |
|--|--|--|
| | | |
|--|--|--|

ONE SENTENCE I'M PROUD OF

DAY 26 OF 30

Today is _____

My mood today: 1 · 2 · 3 · 4 · 5 _____

Yesterday I...

Today I will...

3 NEW WORDS TO REMEMBER

| | | |
|--|--|--|
| | | |
|--|--|--|

ONE SENTENCE I'M PROUD OF

DAY 27 OF 30

Today is _____

My mood today: 1 · 2 · 3 · 4 · 5 _____

Yesterday I...

Today I will...

3 NEW WORDS TO REMEMBER

| | | |
|--|--|--|
| | | |
|--|--|--|

ONE SENTENCE I'M PROUD OF

DAY 28 OF 30

Today is _____

My mood today: 1 · 2 · 3 · 4 · 5 _____

Yesterday I...

Today I will...

3 NEW WORDS TO REMEMBER

| | | |
|--|--|--|
| | | |
|--|--|--|

ONE SENTENCE I'M PROUD OF

DAY 29 OF 30

Today is _____

My mood today: 1 · 2 · 3 · 4 · 5 _____

Yesterday I...

Today I will...

3 NEW WORDS TO REMEMBER

| | | |
|--|--|--|
| | | |
|--|--|--|

ONE SENTENCE I'M PROUD OF

DAY 30 OF 30

Today is _____

My mood today: 1 · 2 · 3 · 4 · 5 _____

Yesterday I...

Today I will...

3 NEW WORDS TO REMEMBER

| | | |
|--|--|--|
| | | |
|--|--|--|

ONE SENTENCE I'M PROUD OF



BLOCK 07 • HOW TO USE THE

Meeting Planner.

WHY THIS WORKS

A meeting that isn't planned is half-wasted. A meeting that isn't reflected on is fully wasted. The Meeting Planner forces **10 minutes of structured preparation** and **5 minutes of post-meeting reflection** — that's where the real learning happens.

BEFORE THE MEETING • 10 MIN

- **Theme of the day:** the topic the group agreed on for this session.
- **Personal + Professional TMA:** read both cards. Fill the bullets. Look up the words you don't know.
- **Words to study:** 4–6 specific words you'll try to use. Practice the pronunciation out loud.

DURING THE MEETING • 1–2 HOURS

- **Notes:** write down expressions you hear from others. Not full sentences — keywords and phrases.
- **Don't translate in your head.** When stuck, use a phrase from the Phrase Bank and keep going.

AFTER THE MEETING • 5 MIN — DO THIS BEFORE YOU LEAVE

- **3 new words I heard:** the ones that made you think "I should know this".
- **1 expression I'll use this week:** commit to using it in your journal or your next call.
- **Comfort level 1–10:** be honest. Watch this number rise across 8 meetings.

MEETING
01
of 8

Date _____ Location _____

THEME OF THE DAY

- P
Personal TMA: Tell me your name and a hobby you love
1 min
- W
Professional TMA: Tell me your role and what you do
1 min

WORDS TO STUDY BEFORE THE MEETING

NOTES DURING THE MEETING

AFTER THE MEETING

3 new words I heard

1 expression I'll use this week

My pair partner today

One thing I learned from them

My comfort level today: 1 · 2 · 3 · 4 · 5 · 6 · 7 · 8 · 9 · 10

MEETING
02
of 8

Date _____ Location _____

THEME OF THE DAY

- P** **Personal TMA:** Tell me about your weekend **1 min**
- W** **Professional TMA:** Tell me about your last project **1 min**

WORDS TO STUDY BEFORE THE MEETING

NOTES DURING THE MEETING

AFTER THE MEETING

3 new words I heard

1 expression I'll use this week

My pair partner today

One thing I learned from them

My comfort level today: 1 · 2 · 3 · 4 · 5 · 6 · 7 · 8 · 9 · 10

MEETING
03
 of 8

Date _____ Location _____

THEME OF THE DAY

P **Personal TMA:** Tell me about where you live **2 min**

W **Professional TMA:** Walk me through your responsibilities **2 min**

WORDS TO STUDY BEFORE THE MEETING

NOTES DURING THE MEETING

AFTER THE MEETING

3 new words I heard

1 expression I'll use this week

My pair partner today

One thing I learned from them

My comfort level today: 1 · 2 · 3 · 4 · 5 · 6 · 7 · 8 · 9 · 10

MEETING
04
 of 8

Date _____ Location _____

THEME OF THE DAY

P **Personal TMA:** Tell me about your favorite movie, book, or show **3 min**

W **Professional TMA:** Tell me about a problem you solved at work **3 min**

WORDS TO STUDY BEFORE THE MEETING

NOTES DURING THE MEETING

AFTER THE MEETING

3 new words I heard

1 expression I'll use this week

My pair partner today

One thing I learned from them

My comfort level today: 1 · 2 · 3 · 4 · 5 · 6 · 7 · 8 · 9 · 10

MEETING
05
 of 8

Date _____ Location _____

THEME OF THE DAY

- P** **Personal TMA:** Tell me about a trip that changed you 5 min
- W** **Professional TMA:** Walk me through your career path 5 min

WORDS TO STUDY BEFORE THE MEETING

NOTES DURING THE MEETING

AFTER THE MEETING

3 new words I heard

1 expression I'll use this week

My pair partner today

One thing I learned from them

My comfort level today: 1 · 2 · 3 · 4 · 5 · 6 · 7 · 8 · 9 · 10

MEETING
06
of 8

Date _____ Location _____

THEME OF THE DAY

- P** **Personal TMA:** Tell me about a tradition in your family **8 min**
- W** **Professional TMA:** Tell me about your signature project **8 min**

WORDS TO STUDY BEFORE THE MEETING

NOTES DURING THE MEETING

AFTER THE MEETING

3 new words I heard

1 expression I'll use this week

My pair partner today

One thing I learned from them

My comfort level today: 1 · 2 · 3 · 4 · 5 · 6 · 7 · 8 · 9 · 10

MEETING
07
 of 8

Date _____ Location _____

THEME OF THE DAY

- P** **Personal TMA:** Tell me about a life-changing experience **13 min**
- W** **Professional TMA:** Mock job interview — behavioral questions **13 min**

WORDS TO STUDY BEFORE THE MEETING

NOTES DURING THE MEETING

AFTER THE MEETING

3 new words I heard

1 expression I'll use this week

My pair partner today

One thing I learned from them

My comfort level today: 1 · 2 · 3 · 4 · 5 · 6 · 7 · 8 · 9 · 10

MEETING
08
of 8

Date _____ Location _____

THEME OF THE DAY

- P** **Personal TMA:** Tell me your life story so far **21 min**
- W** **Professional TMA:** Mock job interview — the full hour **21 min**

WORDS TO STUDY BEFORE THE MEETING

NOTES DURING THE MEETING

AFTER THE MEETING

3 new words I heard

1 expression I'll use this week

My pair partner today

One thing I learned from them

My comfort level today: 1 · 2 · 3 · 4 · 5 · 6 · 7 · 8 · 9 · 10

OFFICIAL CHEAT SHEET • 30 EMERGENCY PHRASES

Phrase Bank — Emergency English

Use them without guilt. Buy time, keep talking, recover the flow.

🕒 BUY TIME TO THINK

Let me think for a second...

That's a good question.

How can I put this...

Give me a moment to think.

Well, it depends...

Hmm, let me see.

? ASK FOR CLARIFICATION

Could you say that again?

I'm not sure I follow.

What do you mean by that?

Could you slow down a bit?

Can you give me an example?

Just to make sure I got it...

↔ REPHRASE WHEN STUCK

What I mean is...

In other words...

Let me rephrase that.

It's kind of like...

The point I'm trying to make...

Basically,...

🔄 GET BACK ON TRACK

Where was I?

I lost my train of thought.

Going back to what I said...

As I was saying...

Anyway, moving on...

Let me start over.

⚖️ DISAGREE / SHARE OPINIONS

I see your point, but...

I'd say it's more like...

I'm not so sure about that.

From my perspective,...

That's one way to look at it.

I'd push back a little on that.



BLOCK 09 • BEFORE YOU PITCH — MASTER THE

STAR Method.

WHY THIS WORKS

Recruiters and hiring managers expect a specific story structure. **STAR** is the format they're trained to listen for. Use it in every Signature Project block of your pitch and in every behavioral interview answer.

S

Situation

Set the context in 1–2 sentences. Where, when, who was involved, what was the business reality.

T

Task

What was your specific challenge or responsibility? What were you asked to deliver?

A

Action

What did *you* personally do? Avoid "we" — focus on your concrete decisions and actions.

R

Result

The measurable outcome — %, \$, time saved, customers gained. Quantify whenever possible.

Source: National Careers Service (UK) — nationalcareers.service.gov.uk · The next page shows a full STAR example.

STAR METHOD • EXAMPLE

"Tell me about a project you led."

Read this. Copy the structure. Plug in your own numbers.

S**SITUATION**

"Last year, our team was migrating a 10-year-old monolith to microservices. The payments service processed 50k transactions a day and had zero tolerance for downtime."

T**TASK**

"I was responsible for splitting the payments module out of the monolith without breaking the live customer flow — and doing it in under 6 months."

A**ACTION**

"I designed a dual-write strategy with feature flags, set up canary deployments to roll out gradually, and led a team of 4 engineers through the migration with weekly checkpoints."

R**RESULT**

"We shipped with zero downtime, reduced payment latency by 40%, and cut infrastructure costs by 30%. The architecture became the template for 3 other services."

Notice: the result has **3 specific numbers** (40%, 30%, 3 services). That's what recruiters write down. Vague answers — "it went well", "we improved things" — disappear from memory in seconds.

My pitch — 1 min.

The elevator pitch. For LinkedIn DMs, networking events, hallways.

 **TOTAL: 1 MIN • 60 SEC**

1

Hook

10 sec

Name, role, years of experience, field — one strong line.

2

Value proposition

★ MINI-STAR

40 sec

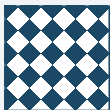
One proof in compressed STAR (see p. 74): context → action → measurable result.

3

What's next

10 sec

What you're looking for + invite to keep the conversation.



→ Practice this version most. It's the one you'll actually use.

Record 1-min videos on the ETT app at days 30 / 60 / 90. Track your evolution.

My pitch — 3 min.

The mid pitch. For meetups, panel intros, recruiter screens.

 **TOTAL: 3 MIN · 180 SEC**

1

Hook

15 sec

Who you are in one strong line — name, role, years, field.

2

Expertise

30 sec

Your sweet spot: the 2 areas where you bring the most value.

3

Best achievement

★ STAR

1 min 30 sec

Use the STAR method (see p. 74). The Result must have a number.

S

T

A

R

4

Closing & ask

45 sec

What you're looking for + a question that opens the conversation.



→ Use this version at meetups and recruiter calls.

The 3-min mark is the sweet spot: long enough to show depth, short enough to keep attention.

My pitch — 5 min.

The full pitch. For interview "tell me about yourself", panel openings.

 **TOTAL: 5 MIN · 300 SEC**

1 **Hook** 15 sec
Who you are in one strong line — name, role, years, field.

2 **Expertise** 45 sec
Two or three specific technical areas you specialize in.

3 **Signature project** ★ STAR 1 min 30 sec
Use the STAR method (see p. 74). Quantify the Result.

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R

4 **What I'm looking for** 1 min
The kind of opportunity, team, or role you want next.

5 **Closing & question** 30 sec
Close by engaging your audience with a question.



→ Record 5-min video in the ETT app.

Re-record at 30 / 60 / 90 days. Compare. That's your progress thermometer.

