

## 5 Neuroscience-Backed Tips to Feel Confident in English Meetings

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### Introduction

Do you sometimes know what you want to say in English, but your mind goes blank in meetings? You're not alone, and it's not a language problem. It's a *brain* problem.

When your brain feels under pressure, the prefrontal cortex (the part responsible for fluent, logical speech) goes offline. The good news? You can train your brain to stay calm, focused, and confident even under stress.

Here are five neuroscience-based strategies to help you perform at your best in every meeting.

### 1. Calm the Amygdala: Breathe Before You Speak

When you feel nervous, your **amygdala** triggers a stress response; your body goes into “fight or flight” mode. This blocks access to the language areas of your brain.

#### Try this:

Before speaking, take one slow breath in (4 seconds) and one long breath out (6 seconds). This activates your parasympathetic system, calming your brain and helping you think clearly in English.

### 2. Prime Your Brain with Keywords

The **hippocampus**, which is your brain's memory centre, works best when information is linked and rehearsed. When you speak, your brain recalls these as “anchors,” helping your ideas flow naturally.

#### Try this:

Before a meeting, write down 5–7 *keywords* or short phrases you might need.

For example:

*follow up on, to clarify, from my perspective, key takeaways, identify opportunities for growth, Let's keep our options open. I think the best way forward is to ..., What we need to focus on now is ..., Going back to what I was saying earlier..., I think you are raising a very interesting point. Let's make this a priority. Shall we schedule a follow-up meeting to ensure we stay on track?*

### 3. Reframe Mistakes as Data

When you fear making mistakes, your brain releases **cortisol**, which reduces your ability to focus.

But when you reframe errors as *feedback*, your **prefrontal cortex** stays engaged and learning accelerates.

#### Try this:

After each meeting, ask yourself:

“What went *well*, and what will I try *differently* next time?”

This activates **dopamine**, the brain’s motivation chemical, which reinforces progress instead of perfection.

### 4. Engage the Social Brain

Your brain thrives on connection. The **social brain network** helps you interpret tone, intention, and rapport, which are all crucial for communication.

#### Try this:

When speaking, look at faces, nod, and use open expressions. Before the meeting, imagine it as a *conversation*, not a *performance*. This small mindset shift boosts oxytocin, reducing anxiety and improving fluency.

### 5. Use Power Poses and Movement

Your body language directly affects your brain chemistry. Standing tall or using expansive gestures increases **testosterone** and lowers cortisol, which is a powerful confidence combo.

#### Try this:

Before your next meeting, stand tall, take two deep breaths, and smile. Tell your brain:

“I’m ready, I’ve got this.”

Your body will believe you, and so will everyone else.

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### Final Thought

Confidence in English isn’t about perfect grammar, it’s about keeping your *brain on your side*. Small daily habits can rewire your neural pathways, helping you stay calm, confident, and clear in every interaction.

### Are you ready to train your brain for confident communication?

Let’s talk. Book your **free Language Confidence Consultation** today: [mbrabers@planet.nl](mailto:mbrabers@planet.nl)

