

English Speaking Skills Intensive Programme

A Four Week English Coaching Programme for Spanish Speaking Professionals.

A personalised programme designed to help you feel more confident and comfortable speaking in English.

We work on your individual objectives in English so you improve as efficiently as possible.

We identify the barriers that stop you making progress so you can move forward with your English.

It's applied directly to your situation so you can use what you learn immediately in your work.

We practise techniques to improve your English communication and work towards expressive, confident and fluent speech.



Where Could Better English Speaking Skills Take You?

Is English the barrier that stops you taking on a higher role or getting a job in an international company?

Are you missing opportunities that you have the skills for, just because of English?

Do you have problems in English meetings because you find it difficult to express yourself or you can't find the words?

Perhaps you worry about using the wrong words or being too direct or impolite.

Do you translate directly from Spanish and can't explain clearly?

Do people struggle to understand your pronunciation?

Do you feel you aren't making progress and would like to try a different method?

English does not have to be a barrier to success in your job and future career. If you'd like a personalised plan to help you make efficient progress, English coaching could be for you.

What's Included?

Four one-to-one Coaching Sessions and Four Practice Sessions

In each session we will look at a different topic relevant to your work and objectives. We will work on your communication in this area with language, techniques and pronunciation.

- ★ A personalised plan designed to fit with your objectives and challenges.
- ★ Explanatory videos to prepare for each session.
- ★ Practice activities and detailed feedback to help you perfect your language.
- ★ Resources to keep, with practical language and communication techniques.
- ★ Support applying what you are learning directly to your job so you can incorporate it into your day to day English.
- ★ A safe space for you to practice speaking

Would you like to know more?

Send me an email at hprysor@gmail.com or book a call through my website www.englishspeakingolutions.com

We can talk about how the Programme could work for you and I'll be happy to answer any questions.

Example Programme

Your plan will be personalised to you and will be different depending on your objectives

Session 1 Coaching	Key phrases to organise your speech and communicate clearly
Session 2 Practice	Practice sessions are decided by you. For example: a role play of you giving your team an update
Session 3 Coaching	Language to communicate your message in meetings
Session 4 Practice	Practice sessions are decided by you. For example: practice giving an explanation or presentation
Session 5 Coaching	Language to engage your audience in presentations and demos
Session 6 Practice	Practice sessions are decided by you. For example: a role play of a conversation with a client
Session 7 Coaching	How to speak English with a natural rhythm
Session 8 Practice	Practice sessions are decided by you. For example: giving feedback to a colleague

FAQs

How much do I need to invest?

The English Speaking Skills programme costs 460 euros.

How much time will I need?

You will have two online sessions per week. The sessions are an hour long.

You also need at least 2 hours per week to watch the videos and do the practice tasks.

The programme is designed to be adaptable to your schedule. The sessions and tasks are flexible so you can plan around your other commitments.

You will be able to change the day and time of the online sessions if you need to.

How is this different to other English classes?

I use a coaching rather than a traditional teaching method. This means that we focus on your specific objectives and improving your English speaking for the situations where you really use it. The programmes include communication skills and how to use the language.

Another key aspect of coaching is that I will help you to apply what you are learning directly to your work so you can start to see progress there.

In addition to this, the programmes are designed specifically for Spanish speakers and the materials are adapted to deal with common problems they have.

FAQs

Will anything really change in four weeks?

The intensive format of the programme means you have a period of time when you really focus on English in order to make progress.

Additionally, during this time we don't try to learn everything in English but focus on improving specific areas that will make a big difference to your confidence and skills.

Many of my clients find the programme gives them skills, language and techniques that they can continue to practise and perfect after the programme finishes.

What if I don't have the opportunity to practise?

Some of my clients are not currently working in English and aren't able to practise in their work.

In this case the practice tasks are especially important as they give you the opportunity to apply what you are learning.

What my Clients Say



Roberto Corella

Microsoft MVP & MCT | Consultor y desarrollador Dynamics 365 Business Central | Microsoft Business Applications Developer

For many years I have studied English in different ways: face-to-face classes, courses in the UK, and online classes, but I have to say that the course with Honor has been a fantastic discovery and highly recommended.

First, it is a course personalized to your level and, what is more important, to your needs. I focused mainly on pronunciation, rhythm, intonation, listening,... things that are not usually studied.

Throughout the course, Honor has been following my progress, providing feedback, possible improvements, and ways to train my weaknesses, and always focused on the goals we had set.

With Honor, the more effort you put into your weekly tasks, the more she'll give you, as she encourages you to keep learning with extra tasks she suggests.

Finally, the program with Honor, has not been just a few sessions where I have improved my skills. It also shows how to keep training, keep learning, and keep improving.

Thank you very much for your dedication, for solving doubts, even if they were outside of class and outside the context of the course, but above all for your kindness.

Without a doubt, one hundred percent recommended



Elena Lozano Rosch

Computer Science

Mejorar tu inglés con Honor es algo garantizado. He tenido el placer de hacer su programa de diez lecciones y lo recomiendo encarecidamente.

Buscaba mejorar mi inglés hablado y quería algo diferente a las clases de siempre y estoy contentísima de haber hecho el curso propuesto por Honor. Había escuchado muy buenas referencias de ella pero, tras hacer el curso, puedo decir que mis expectativas, que ya eran altas, han sido sobrepasadas por la realidad. Además de tener un plan de lecciones que se adapta al nivel y necesidades de cada persona, este permite mejorar ya no solo en la pronunciación, si no también en el ritmo y tono que permiten tener una comunicación más fluida y efectiva.

Sus clases son amenas, con materiales adaptados al mundo de la tecnología y su feedback es positivo, constructivo y muy beneficioso: lo puedes aplicar en el día a día de manera inmediata. Además, se tratan diferentes formas de comunicación en situaciones que van desde una presentación preparada con antelación a una conversación improvisada.

Después de años de formación en inglés, para mí ha sido todo un descubrimiento esta nueva forma de aprender, que complementa a la formación reglada y que te hace mejorar de forma exponencial.

Thank you, Honor, for such a wonderful learning experience!



José Celano Martín

Open Source Developer

I did a 10-session course with Honor. It was a personal course focused on improving my speaking skills.

I've been attending English online courses from October 2020 to May 2022, and this was my first personal online course. I was surprised by a lot of things. I will describe only the most relevant for me.

First of all, the course was personalised. I suppose that's what everyone would expect from a personal teacher, but I'm sure some courses are 1-on-1 courses where the teacher always explains the same to all their students. In this case, Honor helped me to set my goals. In fact, she made me think about what I really wanted to learn. I sometimes have been learning random things instead of focussing on what I really need in my daily work or what significantly impacts my skills.

After setting my goals, I realised that maybe I was too ambitious. I've been focused on learning grammar and listening, and I did not know how many things are involved and all you need to learn to improve your speaking in a professional context. Honor was very adaptative to get the most from my sessions, and we reviewed my goals constantly.

I also liked Honor's lean mind and how she always tries to give you small deliverables. You can immediately apply what you learn in a session, and she encourages you to do so.

Finally, Honor not only knows a lot about the language but also how to really use it to get the attention of your audience and get your message across. After the course, I realised this course was something I would have needed even in Spanish since I learned a lot about communicating effectively and engagingly. I would recommend it even to native English speakers.

Jesús Espino Staff Engineer



It has been a pleasure having Honor as a teacher during her 10 sessions program. I didn't know what to expect, I just want to level up my English a bit more, but I was surprised by the quality of the program. The program itself is tailor made for you, focused on what you need and what you want to improve your English in the direction that you need or want.

It is a bit unfair to call it 10 sessions program, because I clearly saw the amount of effort put on the classes from Honor outside the sessions, a lot of very high quality feedback, and a lot of suggested ways to improve where is needed.

Besides the already noticeable improvement, I also have a lot of resources to work ahead on my English and keep practicing where I need for the following months.

So, if you want to improve your English, at any level you are, Honor is a great teacher, very professional and really nice person who cares about her work.



Juanje Ojeda Croissier

Senior Software Quality Engineer

Estaba buscando alguien que me ayudara a mejorar mi inglés, pero no quería las típicas clases de gramática, vocabulario, etc. Llevaba tiempo hablando inglés, pero me sentía inseguro con mi pronunciación y me sentía limitado a la hora de expresarme. En mis puestos suelo participar en debates técnicos, dar pequeñas formaciones, mentorizar a otras personas o hacer demos. Después de años haciendo eso en español, me resultaba un poco frustrante no poder estar a la altura en esas circunstancias.

Honor no solo me hizo mejorar mi inglés de manera que fuera más fluido y natural, sino que me ayudó a comunicar mejor.

Centrándose en los pilares de su programa y mis necesidades particulares, fuimos trabajando juntos para mejorar mi forma de expresarme y comunicar en inglés.

El resultado me ha sorprendido gratamente y he disfrutado el proceso. No he sentido que estudiara cosas sin valor o sentido, todo lo contrario, en cada clase me iba dando cuenta de lo relevante que era para mi día a día en el trabajo. Y lo aplicaba a diario.

Y el hecho de que Honor esté familiarizada con los problemas de los hispanohablantes hablando inglés, así como de las particularidades de los trabajos relacionados con IT, es sin duda un plus enorme.

La formación no tiene nada de paja ni relleno, todo está ahí por algo y se le puede sacar mucho provecho. Pienso seguir practicando muchas de las prácticas que me planteó para las sesiones.

Recomiendo este curso a cualquier hispanohablante que trabaje en tecnología, que ya hable inglés, pero que sienta que no se puede comunicar tan bien como en su propio idioma. Ganará fluidez, confianza y capacidad de expresar ideas de forma clara y efectiva..



Carlos Castillo Engineering Manager

Although I had no difficulty attending courses in English or having short conversations, when it came to giving a presentation or participating in a meeting, it was hard for me to be fluent in English. I would get stuck for words when I had to make a long explanation. When going from one topic to another, I would move abruptly. Moreover, I would end up exhausted after a long conversation.

Then I found the Honor's Program. We had a session beforehand where we chatted for a while, I told her about my professional use of English and the problems I had while communicating. She also asked me to provide her with videos of talks by speakers I liked. With all this Honor built a tailor-made course for me. Through the lessons she made me realise how important rhythm is, how to use changes in tone to give the desired meaning to sentences and gave me many tips on how to put words together so that I didn't have to pronounce every single syllable of every single word (as we do in Spanish). Together we built a word bank to help me choose beginnings, endings and links between parts of a presentation.

I have gained a lot of confidence thanks to her lessons. Thanks to the word bank, I no longer get stuck in structuring my presentations. I modulate the rhythm of my speech and I am no longer exhausted at the end. I only needed these tips to communicate better.

I would also like to emphasise that Honor creates a safe space with the student. It is very easy to relax and she gives you feedback in a respectful and immediate way. She is very skilled at detecting the exact point where you are having a problem. I strongly recommend her course.



Abraham Navas Product Designer

Honor is an exceptional English Coach.

She not only helped me to improve my speaking skills but raised my communication to the next level. Her program helped me to better understand (and produce) rhythm, intonation, and how to make my speeches flow.

She knows perfectly the Spanish language and the way Spaniards talk English (and our main pain points). She's a very kind person, with a great attitude and a very easy-to-follow teaching style.

If you, like me, want to improve your English with a native coach specialising in Spanish people, I can't recommend anyone better than Honor.



Matteo Novelli Senior Software Engineer

English fluency is one of the most important skills to have as a software engineer. In few months taking classes with Honor I improved my fluency in a way that I never imagined.

Start speaking a new language is not only about knowledge, it's also about confidence, and that's when Honor becomes great! Her classes are not only useful, they are some kind of therapeutical. I totally recommend them to people who think like me, who have the knowledge to start speaking but need to feel more confident.