



BUSINESS ENGLISH · LEARNING GUIDE

10 Trucchi per Parlare un Inglese Migliore

Ten real-time techniques to sound more fluent in
every conversation.

FLUENT ADVANCE · fluentadvance.com

Small techniques, used in the moment

Long-term study builds your English. But **in the moment** — mid-conversation, under a little pressure — a different set of skills takes over. These ten tricks aren't about learning more English; they're about using what you already know more effectively, right when you need it.

Some of these techniques are about managing the conversation itself — buying time, paraphrasing, linking ideas smoothly. Others are about training your ear and your mouth through focused practice. All of them are things you can start using today.

For each one, you'll find exactly how to do it, and why it makes a real difference.

HOW TO USE THIS GUIDE

Pick two or three tricks to try in your next English conversation. They work best in practice, not just in theory — so use them, don't just read them.

01 Buy time with natural fillers

HOW TO DO IT Use phrases like “Well...,” “So, let me think...,” or “That’s a good question” instead of going silent while you think.

WHY IT WORKS Silence feels much longer to you than to the listener, and it breaks the flow of conversation. Fillers buy you thinking time while still sounding natural and engaged.

02 Paraphrase instead of stopping

HOW TO DO IT If you don’t know a word, describe it instead – “the thing you use to open a can” instead of stopping to search for “can opener.”

WHY IT WORKS Fluency is about communicating, not about knowing every word. Paraphrasing keeps the conversation moving and often teaches you the missing word from the other person’s reply.

03 Link ideas with simple connectors

HOW TO DO IT Use “and,” “but,” “so,” and “because” to join short, simple sentences instead of attempting one long, complex one.

WHY IT WORKS Short linked sentences sound far more natural and fluent than a single long sentence that loses its way halfway through.

04 Slow down on purpose

HOW TO DO IT Deliberately speak slightly slower than feels natural, especially at the start of a conversation.

WHY IT WORKS Rushing to sound fluent often creates more mistakes and less clarity. A slightly slower pace almost always sounds more confident and controlled, not less fluent.

05 Mirror the other person’s phrasing

HOW TO DO IT Reuse words and structures the other person just used, instead of translating your own sentence from scratch.

WHY IT WORKS This is how native speakers naturally build conversation, and it instantly makes your response sound more idiomatic and connected to the conversation.

06 Practise shadowing

HOW TO DO IT Play a short clip of native speech and repeat it aloud in real time, matching the rhythm and intonation as closely as you can.

WHY IT WORKS Shadowing trains your mouth and ear together, building natural rhythm and pronunciation far faster than reading or silent listening alone.

07 Record yourself and listen back

HOW TO DO IT Record a minute of yourself speaking English on a familiar topic, then listen back critically a day later.

WHY IT WORKS You genuinely cannot hear your own patterns and habits while speaking in real time. Listening back reveals mistakes and hesitations you didn't notice in the moment.

08 Correct yourself briefly, then move on

HOW TO DO IT If you make a mistake, just say the correct version quickly and continue — "I go, I mean I went, to the meeting."

WHY IT WORKS Over-apologizing or stopping completely draws far more attention to a mistake than a brief self-correction. Native speakers self-correct constantly, without ever stopping the conversation.

09 Ask for repetition strategically

HOW TO DO IT Instead of pretending to understand, ask "Could you say that in a different way?" rather than just "What?"

WHY IT WORKS Asking for a rephrase, not just a repeat, often gets you a simpler version of the same idea — and it signals genuine engagement, not confusion.

10 Focus on rhythm, not just sounds

HOW TO DO IT Practise stressing the important words in a sentence more strongly, and letting small words like "a," "the," and "to" almost disappear.

WHY IT WORKS English is a stress-timed language — getting the rhythm and stress right often matters more for sounding fluent than pronouncing every individual sound perfectly.



Turn knowledge into real fluency

Fluent Advance builds business English training around real speaking practice, not just rules and vocabulary — so your English keeps improving past the point where studying alone stops working.

fluentadvance.com