

## TLP Five-Minute Read Over Coffee – Being unblocked

➡ What does 'being unblocked' look like, and feel like when you communicate?

➡ It is important to answer that question in a way that is authentic for you. As a much younger guy - I remember feeling very blocked in the first company I worked for. There was a strong expectation to go for lots of afterwork drinks and I often felt uncomfortable and socially blocked.

➡ I really questioned my social skills. Knowing myself much better now I get that I need to balance socializing with walks in the woods!

💡 This feels important to me in the work I do helping others feel less blocked communicating in English. Feeling unblocked does not mean you have to be Mr/Ms Extrovert at the centre of the coffee point - making everyone laugh every minute. Feeling unblocked is also not how much you talk in English! Feeling unblocked means, you feel comfortable, 'good in yourself', at ease when communicating in English - wherever you fit on that introvert/extrovert scale.

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