

TLP Five-Minute Read Over Coffee – Relaxing into imperfection

I have a really cool client who has an excellent knowledge of Business English. When they feel comfortable, they can talk in detail about their work and life. But...their daily working life is very much dictated by an office map in their head. They won't go to the coffee point at busy times and always take the long way round to the toilet to avoid that particular chatty colleague. They simply feel blocked. In their mind the shame of looking stupid in English is worth the extra minutes doing a circular trip to the toilet 😞 😞.

💡 How do you reconfigure that office map? How do you make small talk at the coffee point feel less like a potential disaster movie? The answer for many of my clients is not learning more language. It is something different. It is about 'relaxing into imperfection', treating your own mistakes gently and lightly.

Challenging the idea that your colleagues are waiting in cold anticipation for you to fail. It is knowing that the essence of powerful communication has everything to do with positive intention and simply does not require 100% precision. Unblocking your communication skills happens by 'practicing' and 'doing' and not 'hiding behind a vocabulary book'. I am always happy to chat through my approach so contact me toby@tlp.lu with any questions. Power for the day.
