



Language Anxiety is like Knotweed

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Language Anxiety is like Knotweed

And this document shares how to treat it.

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Language Anxiety is like Knotweed

Some people have none - naturally.
Others need careful management over time.

Untreated, it takes over, choking out all the nice parts.

The longer it grows unattended, the bigger the job to
lose it.



First, the things that don't help:

1 Doing Nothing/Hiding

You might as well throw a bag of fertiliser at your anxiety-knotweed and get used to looking at the flowers. They'll be everywhere.





Next, Things that Ultimately Don't Help (even when you think they do/should)

1. One-off Last-minute Language Coaching for Presentations

That's like fire blasting everything.

It will help, temporarily. Superficially.

It may even get you that job. (Great).

But unless part of a greater program of care, the anxiety-knotweed will grow back faster and stronger than before.

Getting there was stressful.

It cost much of your fun, carefree language and you'll need to replace it.



Things that Ultimately Don't Help

2. Forcing Yourself into Uncomfortable Classrooms or Misaligned Programmes

That's like planting a monoculture field of wheat.

It will yield some results, but it's neither healthy nor sustainable.

When you harvest, you'll discover the poisonous knotweed entwined around the grains which you'll need time to untangle.

Furthermore, it spent all that time growing thicker, stronger roots.

Things that Do Help:

1. Self-paced Language Apps

Why not!

Every time you hop on one you scatter a handful of healthy language seeds.

They're not a full solution, but they can be part of one.



Things that Do Help:

2. Watching TV, Films, Radio

Likewise.

Passive learning will help but not cure.

Imagine you are planting a little bulb every time. It's better than doing nothing!

Choose to watch & listen to things you enjoy, not things that you think you should be doing.





Things that Do Help:

3. Conversation Clubs / English-speaking Friends

As long as you are in a community of people laughing and smiling – or discussing interesting things, an English conversation club is doing you good.

Conversation clubs can slow down, even prevent the knotweed from growing in the first place.

(Ask me which ones I recommend.)

Things that Do Help:

4. An English Course with a Coach

Great! This is like getting a landscape gardener in to help.

If your anxiety-knotweed is still mild, you'll be fine.

(Ask me who I recommend.)



Things that Do Help:

5. Private Coaching with a Confidence Coach

Now you are taking!

Literally.

Take this option if your view is currently all anxiety-knotweed.

(Ask me who I recommend).



Things that Do Help:

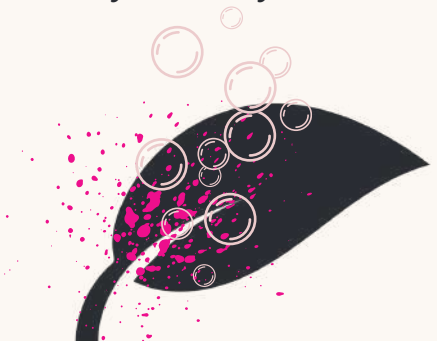
6. Travel & Holidays

Brilliant – if you find plenty of positive engaging conversation (not just directions to the station).

An annual dose of travel is like introducing special knotweed-eating moths... beautiful and useful!

(Use this method in combination with a regular class for best results).
Enjoy!

PS, we have a tool (a challenge) to put language immersion into any holiday.



Things that Do Help:

7. A Language Conversation Coaching Holiday

While you scatter seeds, plant bulbs, put up a bird feeder, nap under a tree, start an allotment, cook on a bonfire, harvest tomatoes, watch a woodpecker, walk through a forest, grow herbs, dance in the moonlight, admire the soft tops of wild grass, draw wildflowers, build bird boxes and dens and *shhh!*... discover a sheltering deer, something else is happening...



Things that Do Help:

A Language Conversation Coaching Holiday (cont.)

Every real experience not only improves your English, it is a barrier against anxiety-knotweed, transforming your confidence.

Enjoy a fascinating, healthy English coaching holiday exploring the art, culture and ecology of Scotland, and bring home strong, joyful English – anxiety-free and nourished by REAL conversations.

That's a long-lasting result.

Your soil doesn't support anxiety-knotweed anymore.

