

How to introduce yourself with confidence

1. First impressions

Discuss these questions with a partner.

1. How do you feel when you have to introduce yourself in English? Are you nervous, excited, or something else?
2. Think about a time you met someone new. What made their introduction good or bad?
3. In what situations do you need to introduce yourself? (e.g., at work, at a party, in class).

2. Key vocabulary

Match the words from the video with their definitions.

1. Awkward	a. Real and genuine, not fake.
2. Non-verbal	b. To point your toes, torso, and head towards the person you are talking to.
3. Authentic	c. A formal greeting where two people grasp and shake each other's hands.
4. Handshake	d. Communication that uses words.
5. Verbal	e. Uncomfortable, embarrassing, or difficult to deal with.
6. Full fronting	f. Communication without words, such as body language and facial expressions.

3. Video: A formula for a great introduction

Watch the video about how to introduce yourself. Then, decide if the following statements are true (T) or false (F).

1. The speaker says that introducing yourself is an awkward thing to do. ____
2. You should always smile when you meet someone, even if you don't feel like it. ____
3. To avoid awkward moments, you should show if you want to give a handshake or a hug. ____
4. "Full fronting" means turning only your head to face someone. ____
5. Saying your name very quickly makes you sound more confident. ____
6. It's a good idea to use a positive word like "happy" or "excited" in your introduction. ____

7. The speaker says that adding a fun fact is a required part of every introduction. ____

[Watch the video on YouTube](#)

4. Useful phrases for introductions

Here are some useful phrases from the video. Let's review them.

Step 1: A quick greeting

- Hi...
- Hello...
- Howdy...

Step 2: Your name (slowly)

- I'm [Your Name].
- Hi, I'm [Your First Name] [Your Last Name].

Step 3: A positive phrase

- I'm so happy to be here.
- I'm so honored to be here.
- I'm really excited to meet you all.

Step 4: Your title or reason for being there

- I'll be leading the call/meeting.
- I'm the [Your Job Title] here.
- I'm happy to be hosting this party.

5. Grammar focus: Using gerunds (-ing)

A **gerund** is the -ing form of a verb that acts like a noun. We use gerunds as the subject of a sentence, or after certain verbs and prepositions.

- Example from the video: "**Introducing** yourself [is a] weird little social skill." (Here, "introducing" is the subject).
- Example from the video: "I'm so happy to be **hosting** this party." (Here, "hosting" follows the verb "be").

Complete the sentences below with the correct gerund form of the verb in parentheses.

1. The video gives a formula for _____ (introduce) yourself with confidence.
2. _____ (Smile) is a good non-verbal cue if it's authentic.
3. The speaker is an expert in _____ (help) people with social skills.
4. I look forward to _____ (meet) my new colleagues at the meeting.
5. _____ (Make) eye contact shows you are engaged and confident.

6. She mentioned _____ (lead) the call as part of her introduction.

6. Build your introduction

Now, it's your turn! Use the formula from the video to create your own confident introduction. Imagine you are at a professional workshop.

- **Step 1: Greeting:**

- **Step 2: Your name (slowly!):**

- **Step 3: Positive phrase:**

- **Step 4: Your title/reason for being there (e.g., "I'm a graphic designer from..."):**

- **Step 5 (Optional): Fun fact:**

My full introduction:

7. Role-play: Time to practice!

Work with a partner. Choose one of the scenarios below. Use your new introduction formula and the non-verbal tips from the video to introduce yourselves to each other. Remember to make eye contact and try "full fronting"!

Scenario A: a new job

It's your first day at a new job. Introduce yourself to a friendly-looking colleague in the kitchen.

Scenario B: a party

You are at a friend's birthday party. You don't know many people. Introduce yourself to someone standing near the food table.

Scenario C: a professional conference

You are at a conference for your industry. Introduce yourself to someone you would like to network with.