

The Naked Snail Movement presents:

REWIRE YOUR ENGLISH



Input

Motivation

Language

System

Dora Halas

nakedsnailmovement@gmail.com

+36203304268

What is language for?



It is for
COMMUNICATION
between people.

So RELAX!
Don't worry about
pronunciation,
mistakes or speed.

Mindset

**The
Plastic Brain**

CHANGE THE ATTITUDE!

The human mind cannot grow under anxiety. It's against the learning process. Anxiety is for survival.

For learning we need a relaxed and motivated state of mind. We are here to find just that.



Here in this course
we do not LEARN
the English language.

We ACQUIRE it.

Babies ACQUIRE
a language
as their mother tongue.

In an ACTIVE, but RELAXED way.

You – as the student –
should not FORCE or PUSH
the process.

I will LEAD you.
Trust the PROCESS.



What is NEUROPLASTICITY?

**Yes! You can learn
languages in
adulthood too!**

Neuroplasticity is the ability of neural networks in the brain to change through growth and reorganization.

It was once thought by scientists to manifest only during childhood, but research in the latter half of the 20th century showed that many aspects of the brain can be altered (or are "plastic") even through adulthood.



Trust the process

With this approach you need to let go and trust that it happens on its own, like a seed you water every day and then watch it grow into a plant.

Listening

Get crazy!





**Listen,
listen,
read,
listen,
read,
listen**

.....

THE COMPREHENSIBLE INPUT THESIS

Language acquisition happens best through LISTENING TO and/or READING texts that have the difficulty of ONE level higher than your own level

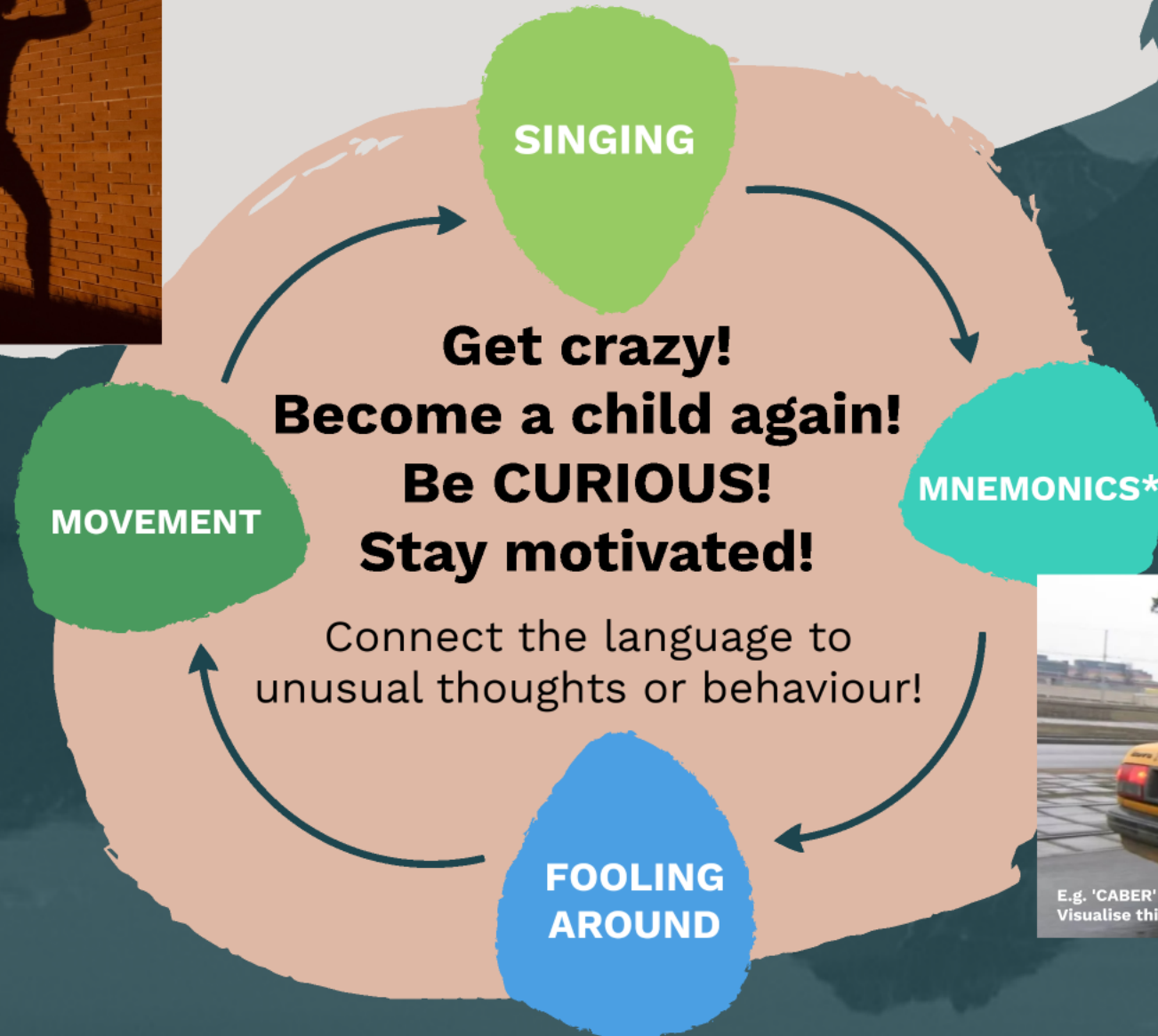
**STEPHEN
KRASHEN**

**American
linguist,
educational
researcher,
activist**

Yes, practicing speaking can make you more confident and give you routine with what you already know.

HOWEVER!

It is extensive **listening and reading** that gives you the chance to IMPROVE your competence, to get better.



***MNEMONICS =
memory techniques**

E.g. 'CABER' in Spanish means 'to fit'.
Visualise this picture of a CAR with a BEAR trying to fit in!

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The psychological aspect

Do not underestimate the
power of the Force.

**Time
and
Stress**

Beliefs



Time Management and Stress

When you feel you don't have time for anything, that is EXACTLY when you have to stop and do nothing.*

Monday morning!	Tuesday 5 AM	Wednesday	Thursday	Friday Yey!
Whaaaa!!	Walk!	Rituals!	Efficiency	No work!
		Tea!		English
	Breathe!		English	
	English			
English				

* What has this got to do with language acquisition?! – you ask.
I am here to say: EVERYTHING.
De-stressing, finding joy in everyday moments, mindfulness – it's a way to gain more time.
When you are timeless, you are motivated to learn new things.
When you learn, you become timeless.
Let's find this loop.



FIND YOUR OWN WAY

**There are endless possibilities
to find your motivation and
keep up the spirit.**

I'll share many techniques
with you along the way.
Be open-minded, try them all
and choose your beliefs.

Examples:

The 80/20 rule theory

Scriptorium technique

The 5 AM Club



The Lego-system woman = me

I am crazy for systems.
I love worksheets.
I adore linguistics.

And I am happy to be your personal
assistant in your journey of English
acquisition.



Meet me once a week
(or less/more)
for 30 minutes
in an online live call!

Be open to my techniques
and ideas – be curious!

Listen to my
Juggle-Jiggles everyday!

Use your everyday activities
to listen and read English
as much as possible!

**ONLINE
SESSIONS**

**JUGGLE-
JIGGLES**

MONDAY
Vocab-builder

TUESDAY
Grammarscope

WEDNESDAY
Rest&Snack

THURSDAY
Text-
investigation
or
Music Wiring

FRIDAY
The Art of
Know-How

... or in a
different order.



**Get an audio file from me
everyday and listen to it
during your everyday
activities (walking,
commuting, washing the
dishes, taking a bath, etc.).**

JUGGLE-JIGGLES
= audio files
on various topics in life



1-ON-1 ONLINE CALLS = 30 minutes coaching

BOOK YOUR SESSIONS IN ADVANCE THROUGH THE CALENDLY APP!

During the coaching calls I help you stay motivated in your English-language acquisition journey, I give you advice on how to keep a good listening schedule and we can touch upon any topic of your choice – all of this in English of course!

BASIC MONTHLY BUNDLE

= 20 Juggle-Jiggles + 4 sessions per month

- You can also apply for only the Juggle-Jiggles without any online calls
- You can register for as many online session as you wish (more or less than the basic 4)

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