



## About the course:

This course is for any woman who wants to practice speaking English in a comfortable zone. We will help you gain confidence speaking English in social situations. This may be the step you need to help you. It's simple - we speak about the topics below and we send you vocabulary and phrases in our materials each week. Why not give it a try?

## HOW DOES IT WORK?

**EACH WEEK WE FOCUS ON A TOPIC AND DISCUSS IT!**

**Fridays from 19.00 - 20.00 (60 min.) +CET time  
Online discussion forum on Edmodo just for us  
We will send you materials to you email**

**29.1**

### WEEK 1 | LIFE ONLINE & OFFLINE

- Getting to know each other
- Hobbies & Weekend activities
- What is your online presence?

**5.2**

### WEEK 2 | LET'S TALK ABOUT BUSINESS

- Let's talk about work
- Idioms connected with work
- What is your ideal job?

**12.2**

### WEEK 3 | MIND & BODY

- How do you keep your mind & body healthy?
- Idioms using mind
- What does mindfulness mean to you?

**19.2**

### WEEK 4 | ART & CREATIVITY

- Different genres
- Where do you visit for culture?
- Idioms for arts and culture

**26.2**

### WEEK 5 | DATING & RELATIONSHIPS

- Talk about family
- Talking about dating & marriage
- What is a good/bad relationship

**5.3**

### WEEK 6 | FOOD & CULTURE

- What food (cuisine) do we like/dislike?
- Ingredients, food and recipes
- What other culture do you enjoy?

**12.3**

### WEEK 7 | WHAT'S IN THE FUTURE?

- Talking about the future
- Future hopes and plans
- Where would you like to visit? Why?

**19.3**

### WEEK 8 | EMPOWER YOURSELF!

- What are your future goals?
- Idioms for dreams and goals
- What makes you strong?