EFFORT, RESILIENCE & THE FIRST RIGHT ACTION

B2 Business English • 1-to-1 Speaking Coaching

SPEAK

Develop extended answers.

THINK

Evaluate choices and trade-offs.

ACT

Turn a challenge into a first step.

Lesson Outcomes

By the end of the session, you will be able to…

Discuss the relationship between talent, effort and career development.

Use high-value B2 business vocabulary in context.

Explain when to explore broadly and when to focus narrowly.

Discuss resilience and decision-making during difficult periods.

Create a practical first-action plan for a professional goal.

Warm-up: What Drives Professional Success?

Choose one. Defend your position.

TALENT

Natural ability, experience or expertise.

EFFORT

Practice, discipline and consistent action.

OPPORTUNITY

Timing, networks, resources and circumstances.

CHALLENGE

Which factor matters most — and why?

Vocabulary: 10 High-Value B2 Words

Use the words to build professional examples.

ENDEAVOUR
Give a work-related example.

RESILIENCE
Give a work-related example.

MINDSET
Give a work-related example.

DISCIPLINE
Give a work-related example.

CAPABILITY
Give a work-related example.

EXPLORE
Give a work-related example.

MASTER
Give a work-related example.

PRIORITISE
Give a work-related example.

SETBACK
Give a work-related example.

EXECUTION
Give a work-related example.

Vocabulary in Action

Choose three words and respond to the scenario.

SCENARIO

Your company has just lost an important client.

Describe the situation and explain what the team should do next.

TARGET

Use at least 3 vocabulary items.

FOLLOW-UP

What would a resilient manager do?

CHALLENGE

What should happen within 24 hours?

Explore Widely or Focus Narrowly?

There is no single correct answer — justify the trade-off.

EXPLORE WIDELY

Investigate several skills, markets or possibilities before committing.

FOCUS NARROWLY

Concentrate deeply on one capability or objective to build mastery.

COACHING QUESTION

When does exploration become a distraction?

1-to-1 Debate: Convince Me

Teacher takes the opposing position.

POSITION

“Specialising in one area is always better than exploring several options.”

Give your position.

Provide one business example.

Address the strongest counterargument.

Conclude with a recommendation.

Resilience Under Pressure

What would you do as the manager?

THE SITUATION

A small company has lost an important client. Revenue is under pressure, morale is falling and employees are worried about job security.

What is your first action?

What information do you need before making major decisions?

How would you communicate with the team?

How would you build resilience without creating unrealistic pressure?

Functional Language: Priorities & Setbacks

Use these frames to make your answers more precise.

PRIORITIES

“The first action I would prioritise is…”

“Rather than trying to solve everything at once, I would…”

“The most urgent issue is…, while the long-term issue is…”

SETBACKS

“The project experienced a setback when…”

“We need to distinguish between a temporary setback and a fundamental failure.”

“The best way to recover would be to…”

Executive Coaching Challenge

Prepare a recommendation for the CEO.

1 IMMEDIATE ACTION

What should happen in the next 24 hours?

2 EVIDENCE

What information should leadership collect?

3 CAPABILITY

What capability needs strengthening?

4 STRATEGY

What should the company do longer term?

5 RISK

What could go wrong — and how would you respond?

RULE

Use at least 5 target vocabulary items.

Giving Advice Like a Manager

Upgrade simple advice into professional recommendations.

BASIC

“Do one thing first.”

“Try some options.”

“Learn from mistakes.”

B2 / PROFESSIONAL

“A realistic first step would be…”

“It might help to explore several options before committing to one.”

“The manager should create conditions in which people can learn from mistakes.”

Mini Case: The First Right Action

You have lost a major client. The CEO asks one question.

CEO

“What is the first right thing we can do?”

Identify one immediate action.

Identify one piece of information you need.

Identify one capability to strengthen.

Decide whether to explore several markets or focus on one opportunity.

Explain how you would measure progress.

Final Speaking Challenge

30 seconds. Clear, specific and convincing.

YOUR GOAL

Choose a real or realistic professional challenge.

YOUR ACTION

State the first right action you will take.

YOUR CAPABILITY

Name one capability you need to strengthen.

SUCCESS TEST

Use 3+ target words and explain WHY.

Feedback & Upgrade

After your first answer, improve it.

Add a specific example.

Explain the risk of doing nothing.

Explain how a manager could support the action.

Say what success would look like.

Explain how you would measure progress.

Add a contingency: “If the first attempt failed, I would…”

Final Action Plan

Write it down — then say it aloud.

CHALLENGE

My current professional challenge is…

FIRST ACTION

The first right action I can take is…

CAPABILITY

The capability I need to strengthen is…

SETBACK

One setback I can learn from is…

DEADLINE

I will take the first action by…

Exit Question

THE QUESTION

“What is one professional goal you want to achieve, and what is the first right action you will take?”

REMEMBER

Progress begins with the next right action.

LESSON COMPLETE

Speak clearly. Think critically.
Prioritise the first right action.