

Brush up ON YOUR ENGLISH!

Imagine yourself confidently and effortlessly navigating meetings, presentations, and negotiations in English with confidence and natural authority.

Communicating IN A DIFFERENT LANGUAGE

When faced with the challenge of having to express ourselves in another language, it's common to experience feelings of inadequacy or even incompetence, despite being experts in our field.

These feelings are particularly noticeable in high-pressure situations where the spotlight is on us, and the need to effectively convey our message is crucial.

The inability to find the right words amid a sea of um's and uhh's can significantly undermine our confidence and even our credibility. Many can find themselves in a cycle of self-doubt and anxiety that limits them on many levels.

The good news is that most of us have English language skills lying dormant within us. It doesn't take much effort to revive these skills and fine-tune them here and there. All it requires is a little goodwill and the opportunity to speak freely in a supportive environment.



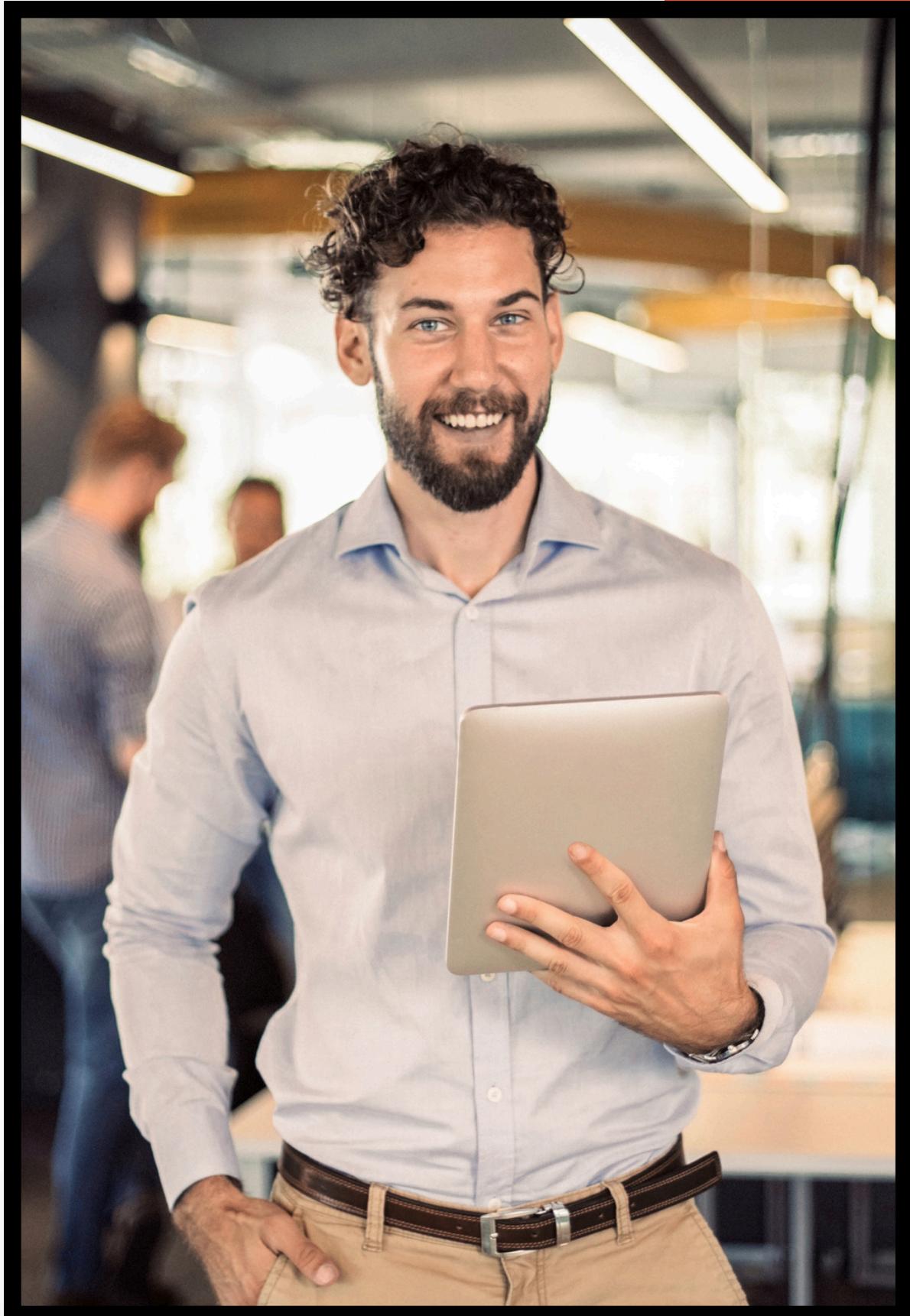
Benefits for **THE INDIVIDUAL**

Limited English proficiency can create unnecessary stress and hold back both confidence and opportunity. When language becomes a barrier, employees may start doubting their competence, missing business opportunities, and feeling less included at work.

But when employees are given the chance to overcome these barriers, something important happens: confidence grows, communication becomes clearer, and engagement increases. They can express their ideas with greater ease and conviction – even in demanding situations.

Stronger English skills make it easier to stand out professionally, contribute more meaningfully, and take advantage of new career opportunities. This benefits not only the individual but the entire organization.

When obstacles disappear, people can focus on their strengths with a renewed sense of competence, energy, and possibility. Language is more than a tool – it's a doorway to growth, participation, and confidence.



Benefits for THE COMPANY

For companies operating internationally, language barriers can be a significant obstacle to success. **Poor communication can lead to misunderstandings, delays, and lost business opportunities.**

By investing in English language proficiency, the company can:

- Enhance communication with customers and colleagues, leading to better collaboration and fewer mistakes.
- Experience smoother interactions with customers, partners, and stakeholders worldwide, resulting in fewer misunderstandings and more successful outcomes.
- Strengthen motivation and reduce stress by being able to express oneself more powerfully.

Clear communication improves the company's professional image and credibility on the global stage, fostering trust and positive relationships with international counterparts.



Full focus on ENGLISH

The sessions are tailored to your unique needs, availability, and language level. Your focus sets the direction.

Each session is designed around what you need most – whether it's mastering industry-specific terminology, preparing for an important meeting or presentation, or simply finding greater ease when speaking English.

During our intensive sessions, we speak only English and keep the conversation closely aligned with what is relevant for you right now. You receive clear feedback, encouragement, and the space to grow without pressure.

If needed, I can also support you in managing nervousness or stress around speaking – at no extra cost, as I am a certified professional coach.



Experience a warm, supportive environment where you can practice freely, without fear of judgment.

Personal sessions fully tailored to your specific language needs.

Explore the connection between thought and language – and discover how much easier expression becomes when the mind is quieter.

A forward-looking **INVESTMENT**

Single sessions: SEK 1,990

2 sessions: -10% / SEK 3,580

3 sessions: -15% / SEK 5,070

4 sessions: -20% / SEK 6,638

- All prices are exclusive of 25% VAT.
- Sessions are 60 minutes long.
- Conversations are tailored to individual needs/preferences.
- In-person (Göteborg*) or via Zoom*.
- Sessions can be recorded upon request.
- Timing, dates, and progression are arranged by agreement.

*Additional charges for time and travel expenses apply if outside Göteborg.



MY MOTHER TONGUE *is English*



At 19, I was teaching conversational English to Japanese adults in Tokyo. From my own experience, and from years in the classroom, I learned early on that it's rarely a lack of language that holds people back – but tension, pressure and the fear of getting it wrong.

More than three decades later, I returned to the English classroom, this time at the Technical College in Uddevalla. Since 2018, I have taught seven terms of Business English to aspiring Construction Managers.

I've lived and worked across eight countries and three continents, spending 25 years in global organisations such as Scandic, Samsung, Lotte, DFDS and Copenhagen Airports. These environments have given me a deep understanding of different cultures, leadership styles and professional expectations – and an ease in meeting people where they are.

Today, I work as a Professional Certified Coach alongside my teaching. This allows me to support clients not only with language, but also with the nervousness, self-doubt and performance pressure that often arise in meetings and presentations. When the mind settles, expression becomes clearer – in any language.

I also work as a mentor and job coach at Re:Shift Job & Education, supporting individuals through change and professional transitions.

If you're curious about what becomes possible when language and inner ease work together, you're warmly welcome to book a conversation.

+46 (0)702 45 71 45

sl@suzannelang.com



[Let's talk.](#)



LET'S TALK.

Strengthening English is not just about language, but about clarity, inclusion and a sense of ease in everyday work.

When communication flows, collaboration does too
– both internally and internationally.

<https://www.suzannelang.com/englishbrushup>