

# **The Truth About Fluency: It's Not What You Think**

*Student's Guide by Arjun Lyngdoh*

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## **What is Fluency Really About?**

Fluency is not about **how fast you speak, whether you sound British or American**, or how many fancy words you can throw in.

Fluency is when you can speak **clearly, comfortably, and confidently**—without getting stuck or going blank.

It's about:

- Being able to think in English without translating from your mother tongue
- Using complete sentences that sound natural
- Speaking with a **steady rhythm** and calm energy
- Feeling comfortable in your own tone—even if you don't have an accent

**Fluency is ease, not speed.**

**Fluency is flow, not perfection.**

## **Common Myths About Fluency (That You Should Forget Today)**

- **Myth 1: You must speak fast to be fluent**

**Truth:** Speaking fast without structure is just noise. Fluency is about clarity, not speed.

- **Myth 2: You need to use complex words**

**Truth:** Fluent people use **simple and correct** words that convey the right meaning. No one's impressed by jargon they don't understand.

- **Myth 3: Only people with an accent are fluent**

**Truth:** Fluency doesn't depend on how you sound—it depends on how your words flow. Even native speakers without accents can be bad communicators.

## **Fluent vs. Fast – Let's Compare**

### **Fast but not fluent:**

"I... I think... maybe like... we should... um... do that thing, you know?"

### **Fluent (but not fast):**

"I believe we should complete this task today. Let me know if you need help."

The difference?

- One is unsure, scattered, and nervous
- The other is calm, direct, and confident—even though it's slower

**Your goal is not to speak faster.**

**Your goal is to speak with purpose and presence.**

## **How to Become Fluent Without Memorising Big Words**

Here's what works—and what I personally train my students to do:

- **Speak slowly and clearly** – Clarity beats speed every time
- **Practice full sentences, not one-liners** – Stop replying with only “Yes” or “Okay”
- **Use connectors** – Words like *so, but, because, however* help build longer thoughts
- **Record yourself and listen back** – This shows you what your speech really sounds like
- **Repeat useful phrases** – Things you say often should roll off your tongue
- **Don't chase perfection** – People connect with your message, not your grammar

## **Practice Task – Simple but Powerful**

**Step 1:** Record yourself talking for 60 seconds about what happened today.

**Step 2:** Listen back. Did you hesitate? Translate? Use filler words like “um,” “like”?

**Step 3:** Now, try again. Speak slowly. Use better structure. Add a few connectors.

**Step 4:** Compare both versions. Which one sounds more fluent?

Do this once a day. You'll feel the change within a week.

## **Final Word**

**Fluency is not about impressing others.**

**It's about expressing yourself—clearly, confidently, and with ease.**

If you're still translating, pausing, or doubting yourself, that's okay. That's where real learning begins.

**— Arjun Lyngdoh**

*UrbanPro Certified Trainer, 2024*

