EPISODE 04 | LEVEL A2-B1

Tell Me About Yourself in English

Easy introductions for everyday conversations

In this episode	Learn a simple three-step introduction: now, detail, and connection.

How to use this transcript

Listen to the episode while you read. Pause when you see a practice box, answer aloud, and then continue. The performance directions have been removed so you can focus on the English.

Full Transcript

Mia Jake, tell me about yourself.

Jake Right now? Without any warning?

Mia Yes. Imagine we have just met.

Jake Okay. My name is Jake. I like coffee. And apparently, I need time to prepare for simple questions.

Mia That is actually a very memorable introduction.

Jake But why does this question feel so hard? I know myself. I have been myself for a very long time.

Mia Because it is a small question with a very big space for an answer. Do you talk about your job? Your family? Your favorite breakfast?

Jake Please say breakfast. I can talk about breakfast.

Mia Hello everyone, and welcome to the English Story Podcast. I'm Mia.

Jake And I'm Jake. If you understand English, but sometimes find it hard to say your own words, you are in the right place.

Mia Today you will learn a simple way to introduce yourself, add interesting details, and keep the conversation going.

Jake And before we start, here is a helpful tip. You can read the full transcript of this episode on our website, and listen to the audio while you read. That is a great way to practice. The link is in the description below.

Mia And there is more. On our website, you can also get free ebooks to help you learn English, including Slow English Stories, and Survival English, one hundred essential phrases. All of it is free, and all the links are in the description.

Jake Lots of valuable stuff, and it costs nothing. So make yourself comfortable. Get a cup of tea, or coffee, or water, and just listen to us talk.

Mia You don't need an amazing life story. You only need a few true things, and a clear way to share them.

Jake Good. Because my biggest achievement this morning was finding two matching socks.

Mia Let's start with the moment someone asks the question. What happens in your head?

Jake Too many answers arrive together. I think about my job, my hometown, my hobbies. Then I worry about grammar. And finally, I say almost nothing.

Mia So you have ideas, but you need a little order.

Jake Exactly. It is like opening a drawer and finding everything mixed together.

Mia Then let's give your introduction three small steps. Now, detail, and connection.

Jake Now, detail, connection. Explain the first one.

Mia Now means something about your life today. Your name, where you live, or what you do. Detail means one thing that helps someone know you better. And connection means giving the other person a way to join the conversation.

Jake So I could say, "I'm Jake. I work in a bookstore. I enjoy mystery novels. What do you like reading?"

Mia Perfect. We know something about your life, something you enjoy, and how to answer you.

Jake And I did not need to explain everything that happened since I was five years old.

Mia Save a few stories for the next conversation.

Jake Okay, it's time for our Word Box. These are four useful words for today. Listen, and then repeat after us.

Mia The first word is introduce. To introduce yourself means to tell someone your name and a little about you.

Jake Introduce. For example, let me introduce myself. I'm Jake.

Mia The next word is detail. A detail is one small piece of information.

Jake	Detail. For example, she added one more detail about her job.
Mia	The next word is specific. Specific means clear and exact, not general.
Jake	Specific. For example, "I enjoy making pancakes on Sunday" is more specific than "I like food."
Mia	And the last word is connection. A connection is a link between two people or ideas.
Jake	Connection. For example, we found a connection, because we both love tea.
Mia	Let's say them one more time. Introduce.
Jake	Introduce.
Mia	Detail.
Jake	Detail.
Mia	Specific.
Jake	Specific.
Mia	Connection.
Jake	Connection.
Jake	Great job, everyone. You will hear these words again in the story.
Mia	Now, step one. Now. Let's start with your name.
Jake	Start simply. "Hi, I'm Sara." Or, "My name is Sara." Both are correct. In a casual conversation, "I'm Sara" is short and friendly.
Mia	Then add where you live. "I live in Toronto." And notice the difference between "I'm from" and "I live in." Your first home and your home today can be different places.
Jake	For example, "I'm from Brazil, but I live in Toronto now."

Mia Exactly. You can share that if you want to. You don't have to include every detail in every introduction.

Jake Your turn. Say your name, and then where you live, or where you're from.

YOUR TURN

Pause and answer in your own words.

Mia Here is one possible answer. "Hi, I'm Sara. I'm from Brazil, but I live in Toronto now."

Jake Short, clear, and already enough to begin.

Mia Now let's talk about what you do. A common question is, "What do you do?"

Jake That usually means your work, right? It doesn't mean, "What are you doing at this exact moment?"

Mia Right. In an introduction, it usually asks about your job or your main activity. You can say, "I'm a teacher." Or, "I work in customer service."

Jake How do I choose between "I'm a" and "I work in"?

Mia Use "I'm a" with a job title. "I'm a driver." "I'm a nurse." Use "I work in" for a field. "I work in education." "I work in sales."

Jake And "I work at" is for a place. "I work at a hotel."

Mia Yes. And you can say, "I work for a small company."

Jake What if someone is not working right now?

Mia They still have plenty to say. "I'm studying business." "I'm looking for a job in healthcare." "I'm taking care of my children at the moment."

Jake At the moment means now, during this time in your life.

Mia Exactly. Another example is, "I'm learning English, and I'm preparing for a new career."

Jake I like that. An introduction does not have to start with a job title.

Mia Your work is one part of your life. Choose something you feel comfortable sharing.

Jake Let's give everyone a moment. Finish one of these. "I work in." "I'm studying." Or, "At the moment, I'm."

YOUR TURN

Pause and answer in your own words.

Mia Good. Now we have the beginning. Let's add a detail that makes it easier to talk to you.

Jake Such as my love of breakfast?

Mia Yes, but help me picture it. Instead of "I like food," you could say, "I enjoy making pancakes on Sunday mornings."

Jake Suddenly, I sound much more interesting.

Mia You sound more specific. And that is step two. Detail.

Jake So instead of "I like music," I could say, "I listen to music while I cook."

Mia Exactly. Now I can ask what you listen to, or what you cook.

Jake A small detail gives the other person something to ask about.

Mia Let's compare. "I like walking." That is fine. But, "I enjoy evening walks because they help me relax." That gives us a little more of you.

Jake And the word "because" is doing very useful work there.

Mia Very useful. If your answer feels too short, add a simple reason. "I enjoy gardening because I like being outside."

Jake "I like mystery stories because I enjoy solving problems."

Mia "I'm learning English because I want to feel more comfortable at work."

Jake The reason does not have to be impressive. It just has to be yours.

Mia Try it now. Say one thing you enjoy, and then add "because."

YOUR TURN

Pause and answer in your own words.

Jake If you could not finish, that is okay. Start smaller. "I enjoy cooking because it's fun." You can add more another time.

Mia There is one common mistake we should catch here. We say, "I enjoy cooking," with the ending I N G. We don't say, "I enjoy to cook."

Jake But we can say, "I like cooking," or, "I like to cook."

Mia Yes. For today's practice, remember this pattern. "I enjoy," and then a verb with I N G.

Mia You can also share one quality, with a small example. "I'm quite organized. I like planning my week on Sunday." Or, "I'm a little quiet at first, but I enjoy getting to know people."

Jake That feels honest. You don't have to pretend to be the loudest person in the room.

Mia And please don't list ten qualities. The other person will forget the beginning.

Jake Fair point. All right. We have now, and we have detail. Let's practice step three. Connection.

Mia Connection is how you invite the other person into the conversation. The simplest question is, "How about you?"

Jake "I enjoy cooking. How about you?"

Mia That is good. You can also ask something more specific. "What do you like doing in your free time?"

Jake Let's act out a first meeting. We are at a friend's party, and we don't know each other.

Mia Hi, I'm Mia. How do you know Emma?

Jake Hi, I'm Jake. We used to work together. How about you?

Mia We're neighbors. I moved here a few months ago.

Jake Oh, welcome. How are you finding the neighborhood?

Mia I really like it. There are some lovely places to walk. Do you live nearby?

Jake Yes, about ten minutes away. I often walk in the park on weekends.

Mia Did you notice what happened? We did not give two long speeches about ourselves.

Jake We shared a little, asked a question, and followed the answer.

Mia Also, "How are you finding the neighborhood?" means, "What do you think of it so far?"

Jake It does not mean you are lost and trying to find it on a map.

Mia Now, what changes at work? The details change, because the situation changes. At a party, hobbies help. At work, your role and your team are more useful. For example, "Hi, I'm Mia. I have just joined the customer support team. I'm looking forward to working with you."

Jake "Looking forward to" means you are happy about something that is coming. And after it, we say "working," not "work."

Mia Exactly. Say it once more. "I'm looking forward to working with you."

YOUR TURN

Pause and answer in your own words.

Jake And what about a job interview?

Mia The idea is the same. Talk about your experience, one useful skill, and why you want the job. We will practice interviews in a full episode soon.

Jake So remember, your introduction should fit the person, and it should fit the situation.

Jake There is something else, Mia. Sometimes I prepare an answer, and then I forget one word. Everything stops.

Mia Let's practice continuing. You can say, "Let me think for a moment."

Jake That sounds much calmer than my usual answer, which is a very long noise.

Mia	Another helpful phrase is, "What I mean is." Use it when you want to explain your idea in a different way.
Jake	For example, "I work with, let me think for a moment. What I mean is, I help customers choose the right products."
Mia	Exactly. You described your work even without the job title.
Jake	So a missing word does not have to end the conversation.
Mia	No. And if you make a small mistake, you can fix it quickly. "I live here since, sorry, I have lived here for three years."
Jake	And then keep going. There is no need to start the whole introduction again.
Mia	Very true.
Jake	And now it's time for our segment called Say It Like This.
Mia	Here are five phrases you can use every day. Repeat after us. At the moment, I'm studying English.
Jake	At the moment, I'm studying English.
Mia	In my free time, I enjoy reading.
Jake	In my free time, I enjoy reading.
Mia	I'm a little quiet at first.
Jake	I'm a little quiet at first.
Mia	Let me think for a moment.
Jake	Let me think for a moment.
Mia	How about you?
Jake	How about you?
Mia	Very good. Now you have five small phrases, and each one helps you start or continue a conversation.

Jake And now it's time for our Mini Story. This is a short story with today's new words inside it.

Mia Our story today is about a man called Omar. Omar joined a new English class. On the first day, the teacher said, "Please introduce yourself to the group." Omar felt nervous. His mind went blank, and his hands felt cold.

Mia Then he remembered three small steps. Now, detail, and connection. He took a deep breath, and he stood up. "Hi, I'm Omar," he said. "I live in a small town, and I work in a bakery." That was step one.

Mia Then he added one specific detail. "In my free time, I enjoy cycling, because I like being outside." That was step two. And finally, he asked a question. "How about you?" That was step three.

Mia A woman called Lina smiled and said, "I love cycling too. Where do you ride?" Omar was happy, and the nervous feeling went away. After class, they talked for ten minutes about bikes, bread, and their favorite parks. That small connection made Omar feel like he belonged. And it all began with one simple introduction.

Jake I love that story. Poor Omar, with his cold hands.

Mia And what a good question to end with.

Jake Did you notice our words? Introduce, detail, specific, and connection were all in the story.

Mia That is why we tell stories. When you hear new words inside a story, they are easier to remember.

Jake Can you remember what Omar said about his free time?

YOUR TURN

Pause and answer in your own words.

Mia He said, "In my free time, I enjoy cycling, because I like being outside." Simple, specific, and friendly.

Jake And now it's time for our last segment, called Your Turn.

Mia Okay, now it's your turn. This is your chance to build an introduction using your own life.

Jake You can pause the episode, and write a few words if that helps. Write ideas, not a long paragraph that you must memorize.

Mia First, your name, and something about your life now.

YOUR TURN

Pause and answer in your own words.

Jake Next, one thing you enjoy, care about, or are learning.

YOUR TURN

Pause and answer in your own words.

Mia Add one small detail, or one reason with "because."

YOUR TURN

Pause and answer in your own words.

Jake And finally, choose a question to ask the other person.

YOUR TURN

Pause and answer in your own words.

Mia Here is a complete example. "Hi, I'm Daniel. I live in a small town near Madrid, and I work at a supermarket. In my free time, I enjoy cycling, because I like being outdoors. I'm learning English so I can speak more comfortably when I travel. What do you like doing on weekends?"

Jake That is a friendly introduction, and it gives the listener plenty to answer.

Mia Ready for a short conversation? Imagine you have joined a new English class. I will ask a question, and you answer as yourself. One or two short sentences is perfect.

Mia Hi, I'm Mia. What's your name?

YOUR TURN

Pause and answer in your own words.

Jake Nice to meet you. What do you do at the moment?

YOUR TURN

Pause and answer in your own words.

Mia And what do you enjoy doing when you have some free time, and why?

YOUR TURN

Pause and answer in your own words.

Jake And what would you like to ask us?

YOUR TURN

Pause and answer in your own words.

Mia Good work. And if your answers felt difficult, try this part again another day. You can use the same ideas with slightly different words.

Jake Before we finish, let's remember our three steps.

Mia Now. Share something about your life today.

Jake Detail. Add something specific that helps someone know you.

Mia Connection. Ask a question, and give the other person a turn.

Jake You don't need to tell your whole story. You only need enough to begin a conversation.

Mia And you can be a student, a parent, a job seeker, someone starting again, or someone still deciding what comes next. You have things worth sharing.

Mia Before we go, here is Today's Small Win. A small win is a very small task that you can finish today, and it makes you feel good.

Jake Today's Small Win is this. Say your three step introduction out loud one time. Now, detail, and connection. It only takes thirty seconds.

Mia You can say it to a friend, or to yourself in the mirror. And it is your own introduction, so it is always correct.

Jake Now, we have a challenge for you in the comments. Write three sentences. Your name or a name you like to use, something about your life, and one thing you enjoy. Share only what you are comfortable making public.

Mia	You can start with, "Hi, I'm. At the moment, I'm. In my free time, I enjoy."
Jake	And read your introduction out loud before you post it. That gives you speaking practice, and writing practice.
Mia	We read the comments, and we love to see your sentences. So please write one, even if you feel shy. You can do it.
Jake	And remember, you can read the full transcript of this episode on our website, and listen to the audio while you read. The link is in the description.
Mia	And do not forget the free ebooks, Slow English Stories, and Survival English, one hundred essential phrases. Lots of valuable help, and all of it is free.
Jake	If this episode helped you today, please give it a like, and share it with a friend who is learning English. And for more practice talking about your life, listen to our daily routine episode next.
Mia	And if you haven't subscribed yet, please subscribe to the English Story Podcast, so you can find our next episode. We are here to help you learn English, one small step at a time.
Jake	Thank you so much for spending this time with us.
Mia	Keep listening, keep practicing, and remember, your English is already better than it was yesterday.
Jake	Next time someone says, "Tell me about yourself," take a breath, and start with one true sentence.
Mia	Take care, everyone.
Jake	Goodbye, and see you in the next episode.

Keep listening. Keep practicing. Your English is improving every day.

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