

CHAPTER 1 · BREAKING THE ICE

FIRST *impressions*

The first ten seconds decide how the next ten minutes feel. You can plan them.

Name: _____ Date: _____ Interactive version: attenglish.com/talk/1

PHRASE BOX SAY IT
FORMAL

Good morning.
How do you do?
Pleased to meet you.

NEUTRAL

Hello, nice to meet you.
Hi, how are you?
Lovely to meet you.

CASUAL

Hiya.
All right? (UK, mainly England)
Hey, how's it going? (US English, now common in the UK)

BUILD YOUR INTRODUCTION BUILD

A good introduction has three parts: a greeting, your name, and one detail the other person can ask about. That detail is the hook. It gives them their first question.

Your first name

Your hook (what you do, or why you're here)

Put it together and write your line

FORMAL, NEUTRAL OR CASUAL? SORT

British English has a wider range of greetings than most textbooks show. Sort each one. When in doubt in real life, choose neutral. Tick one column for each.

	Formal	Neutral	Casual
Good morning.			
Hiya.			
How do you do?			
Lovely to meet you.			
All right? (UK)			
Hello, nice to meet you.			
Pleased to meet you.			
Hey, how's it going? (US English, now common in the UK)			

WHAT WOULD YOU SAY? CHOOSE

Four real moments. Pick the best response, then read why. Circle your answer.

1. Your friend introduces you to her grandmother at a family lunch. What do you say?

a) Hiya, all right?

b) Hello, it's lovely to meet you. I'm Ana, a friend of Sophie's from university.

c) Hi.

2. At a barbecue, someone says "Hiya, I'm Jo." What fits best?

a) How do you do? My name is Ana.

b) Hi Jo, I'm Ana. How do you know Sam?

c) Ana.

3. Someone says their name, but you don't catch it. What do you say?

a) Just carry on and hope it comes up later.

b) Sorry, I didn't quite catch your name.

c) What?

4. A colleague says "All right?" as you pass in the corridor. What do they mean?

a) They think something is wrong with you.

b) It's a casual hello. "Yeah, good thanks, you?" is enough.

c) They want a long answer about your day.

THE NAME GAME PLAY

Forgetting a name in the first minute is very common. The fix is to hear it, use it, and link it to something. Meet three people, then see how many you remember. Read the cards, cover them, then answer.

SIOBHÁN

From Cork. Runs a café near the station.

TUNDE

Works at the hospital. Plays five-a-side football.

PRIYA

New to the area. Just back from Lisbon.

1. Who runs the café?

2. Who plays five-a-side football?

3. Who is just back from Lisbon?

SAY IT ALOUD SAY IT

Reading an introduction isn't the same as saying it. Listen to the model, say yours three times, then rate yourself. Tick a box each time you say it aloud.

Line	Said it
Hi, I'm Ana. I've just joined the finance team, so I'm still learning everyone's names.	☐ ☐ ☐
My own line:	☐ ☐ ☐

Focus: Pause for a moment after your name. It helps people remember it.

BEFORE YOU MOVE ON **REFLECT**

Where will you use your introduction this week?

Which greeting level feels most natural to you, and why?

Whose name did you forget recently? What would have helped?

WHAT TO REMEMBER

- ☐ Greeting, name, hook: three parts every time.
- ☐ The hook gives the other person their first question.
- ☐ Neutral greetings work almost everywhere.
- ☐ Hear it, use it, link it: names stick.
- ☐ Practise your introduction aloud before you need it.