

# Find Your Voice in French in Just 8 Weeks

★ **No more freezing or holding back – start expressing the real you!**

***Are you living in France but freeze when it's your turn to speak?***

Do you overthink every sentence, avoid conversations, and always feel 30 seconds behind – stuck translating in your head instead of being truly present?

**This 8-week program** is designed for expats who want to stop holding themselves back – with real conversations, deeper connections, and the confidence to finally be themselves in French.

It's about finding your voice, the one that lets you chat with shopkeepers at the market, **speak up** in everyday situations, **make real friends**, and **feel at home**.

But more than anything, it's about freedom, **the freedom to express who you really are**, just like you used to in your home country.



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# Who am I?

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**Lisa**



I'm Lisa, a French teacher and coach for English-speaking expats in France. I help you go from stuck and anxious to confident and authentic in real-life French conversations.

My mission is to help you finally feel at ease speaking French, not just to survive, but to connect, express who you truly are, and feel part of French life.

Living abroad myself, I know how frustrating it is to lose confidence in another language. That's why my approach combines emotional support, real-life situations, and cultural understanding. You'll learn to speak naturally, handle daily interactions, and build real connections.

I don't teach perfect, textbook French, I teach the French you actually need to live, connect, and thrive every day in France.

## ♥ **This program is for you if...**

- You've been in France for a while but still feel stressed in day-to-day interactions.
- Or you're planning to move to France soon.
- You understand a lot but freeze when it's your turn to speak.
- You want to feel more confident, fluent, and yourself in real conversations.
- You feel like you're not truly yourself in French conversations.
- You get anxious before calling the doctor, speaking to neighbours, or chatting at a party.
- You want to finally connect with people around you in French and make French friends!

## ✗ **This programme is not for you if...**

- You don't have time to dedicate to French every day, even just 10 minutes.
- You're a complete beginner with no basic understanding of French (A1+ level minimum recommended)
- Integrating into daily life in France isn't a real priority for you right now.
- You believe that a few 1:1 lessons will be enough to transform your speaking confidence, without regular practice or real-life input.

💡 ***This programme is designed for people who are ready to show up, stay curious, and commit to real progress.***

*If that's you, you're in the right place!*

# What's inside the programme?

Each week focuses on real-life situations and common frustrations, with a clear goal: to help you finally move past the blocks that are holding you back.

## What you'll get:

- **Two online 1:1 lessons every week**
  - Personalised guidance, real conversation practice, and focused feedback to help you grow quickly and with confidence.
- **Weekly audio missions**
  - Short, practical tasks to help you speak every day. I'll guide you, correct you, reformulate your sentences, and cheer you on!
- **Unlimited WhatsApp support between sessions**
- **Real-life speaking habits**
  - Learn how to speak more naturally and spontaneously, without translating in your head.
- **Listening and immersion recommendations:**
  - You'll get hand-picked videos, reels, podcasts and series, so you can tune in to real, everyday French.

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# ✨ **What we'll work on, step by step:**

## **Week 1: Reconnect with your French**

You're not starting from scratch. Let's bring back what you already know, gently review the basics, and start speaking again, without fear or pressure.

## **Week 2: Start small social conversations with people around you**

Learn how to say the first words, break the ice and create real-life moments of connection, with neighbours, shopkeepers or colleagues.

## **Week 3: Handle daily situations with more calm**

You'll learn useful phrases and strategies to manage doctor's appointments, admin, calls or shops, so they don't feel like a mountain anymore.

## **Week 4: Feel safer in public spaces, even when surprised**

We'll practise real-life situations (someone asks for info in the street, someone talks to you at the door...) and you'll learn how to respond without freezing.

## **Week 5: Express a bit more of yourself in one-on-one conversations**

Start going beyond "yes/no." We'll work on expressing your feelings, preferences and opinions, in simple, natural French that still feels like you.

## **Week 6: Join group conversations without feeling invisible**

Understand how to step in politely, keep up with fast speakers, and make yourself heard in a group. You'll learn how to understand the vibe, step in politely, say a few things and keep up with fast speakers, without overthinking or going blank.

## **Week 7: Connect for real, go beyond small talk**

You'll practise talking about things that matter to you (your life, culture, values) and share your real self, in a simple way that still feels deep.

## **Week 8: Bring it all together and feel more at home**

We'll revisit what you've learned and help you feel more relaxed and present in conversations, so you can enjoy your life in France as you are.

# Students testimony

## Sammy

*"I have noticed such a difference in my daily life thanks to your classes. Before I started your class, I could understand a bit but could barely reply. I visited French friends in the Loire Valley and they were so impressed by my progress. **I feel much less stressed in daily life. I don't have to panic and think for ages anymore.** Words and sentences are **coming out naturally** and surprising me by being correct! I still have a long way to go, but **I'm loving the lessons and making big improvements** – merci à toi!!"*



## Christian

*"My family came to visit and for a few days, I had to do all the talking – ordering at restaurants, handling every interaction in French. I was a bit stressed at first, but **it really showed me that I could do it!** And my family **were so impressed.** **I'm comfortable speaking in front of a group now without panicking** or worrying about being judged."*



**The investment for the full 8-week program is €890**

That includes all the 1:1 sessions twice a week, unlimited WhatsApp support between sessions, personalised feedback, weekly missions and resources made for your daily life in France.

***If it helps, I also offer payment in two instalments (445€ x2)***