



This F.A.S.T. English Masterclass Workbook belongs to

课程原则:

1. 时间观念: 准时上课

Friday: 8 p.m. - 10.30 p.m. (7.30 傍晚 进来准备上课)

Saturday & Sunday: 9 a.m. - 6.00 p.m. (8.30 早上 进来准备上课)

Lunch hour : 12noon - 1p.m. (1 hour) *建议在家里用餐, 因需些时间做功课

2. Zoom "开视频互动" 的方式进行学习

- ✓ 跟着 Coach Ariel 的引导打字与 Exercise (全脑记忆学习法)
- ✓ 3 天课的内容与技巧都是息息相关, 要全程上完才有突破喔!
- ✓ 互动学习才是为了保证你立即学立即使用, 不开视频的将会被移除 (如果特殊情况, 请通知团队让老师理解)

3. 不忙着“抄笔记” – 专心听课, 理解了才写

答应课程一切的内容/笔记/教学方式不允许分享出去

*被发现的将会被拉黑移除与法律行动 🙄

我明白并合作遵守原则:



Principles 原则 & Leadership

CEO 企业精英 英语系列 FAST 3天企业英语速成课程 FOUNDATION • ARTICULATION • SPEAKING • TRANSFORMATION ARIEL LEE

Follow... 原则 Principle (1)

T. Trust & Respect

A. I trust and respect the coach, the challengers & the process.

R. I don't complain, condemn and criticise.

I appreciate and give thanks for the learning process.

常犯发音错误: respect /rɪ'spekt/

“Appreciate” Meaning 1: _____

“Appreciate” Meaning 2: _____

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Follow... 原则 Principle (2)

T. Take Accountability

A. I promise to be on time for all sessions.

R. I promise to keep my video camera on at all times.

I promise to participate in all activities.

我答应 会呈交每一个课程 功课

我答应 不会 把课程的任何资讯转发。

我答应 专心上课 互动 学习 (会给您时间写笔记)

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Follow... 原则 Principle (3)

T. Take Responsibility

A. I am responsible for my personal results.

R. I am a good leader who always takes responsibilities.

常犯发音错误: responsible /rɪ'spɒnsəb(ə)l/

Coach Ariel Lee 李嘉语



企业英语导师

- ◆ Featured in the STAR newspaper, 中国报, 星洲日报
- ◆ 荣获 2020年 Mighty Award Leadership- 教育贡献奖- Education Contribution
- ◆ 荣获 2021年《女人表扬会》- 女创业家-
- ◆ 消费人认证品牌奖-卓越企业 Consumers' Choice Award 2022 by Majlis Tindakan Pengguna Negara
- ◆ "Successful People in Malaysia" - 4th Edition BritishPedia
- ◆ 《商海 ShangHai Business 名人访》第8季被访问人物



每逢星期六

爱FM电台89.3
4点至5点

每逢星期六 / 4pm - 5pm

轻松学英语

29th May 2021 / Learning Objectives:

1. "Effect" or "Affect"
2. Effect, Effective and Effectively
3. Common Mistakes
4. Q & A

主持 / Hazells 依雅

老师 / Ariel 李嘉语



ARIEL LEE
李嘉语 • 企业英语导师

听直播 / 重播, 也可以发问题

fb.com/Ariel.Lee.Confidence.Coach



ARIEL LEE

李嘉语 • 企业英语导师

MBA, BSc. (Hons), TESOL

Founder & Mastermind of
F.A.S.T. English & CEO English Masterclass
线上企业英语课程导师

15项英语演讲比赛竞赛奖得主
Champion of more than 15 Public Speaking Competitions
Certified Brian Tracy Trainer

英语作业书作者 (UPSR & SPM English) Author of English books

英语国际与政府检定考试 MUET & IELTS 导师 (Coach & Trainer)

Asia Pacific International Honesty Book of Records
亚太会 - 记录大全得奖者

亚太会 - 记录大全 首席编辑顾问 Chief Editorial Advisor
Asia Pacific International Honesty
Book of Records

国际工商管理硕士课程的导师
AIMSMET Lecturer - International Executive MBA
on Leadership & People Skills



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Pronunciation (Dictionary) 发音/沟通技巧 ✓ 字典国际音标 + 发音的常犯错误	S 商业沟通技巧 SPEAKING
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BONUS : 《10 大英语语法の MAGIC 》 Workbook	注意在 Google Drive 里找到喔
BONUS : 《30 Business English Phrases》 Workbook	



F.A.S.T. ENGLISH MASTERCLASS DECLARATIONS

I love myself.

I am grateful for the wonderful people in my life.

I am grateful to be in this FAST English Masterclass.

I am a disciplined learner.

I practice every day consistently.

I focus on 1% progress every day.

I follow the F.A.S.T. English System.

I believe I can speak English fluently.

I believe I can speak English confidently.

I persist and persevere in achieving my goals.

I change my mindset and perspectives for the better.

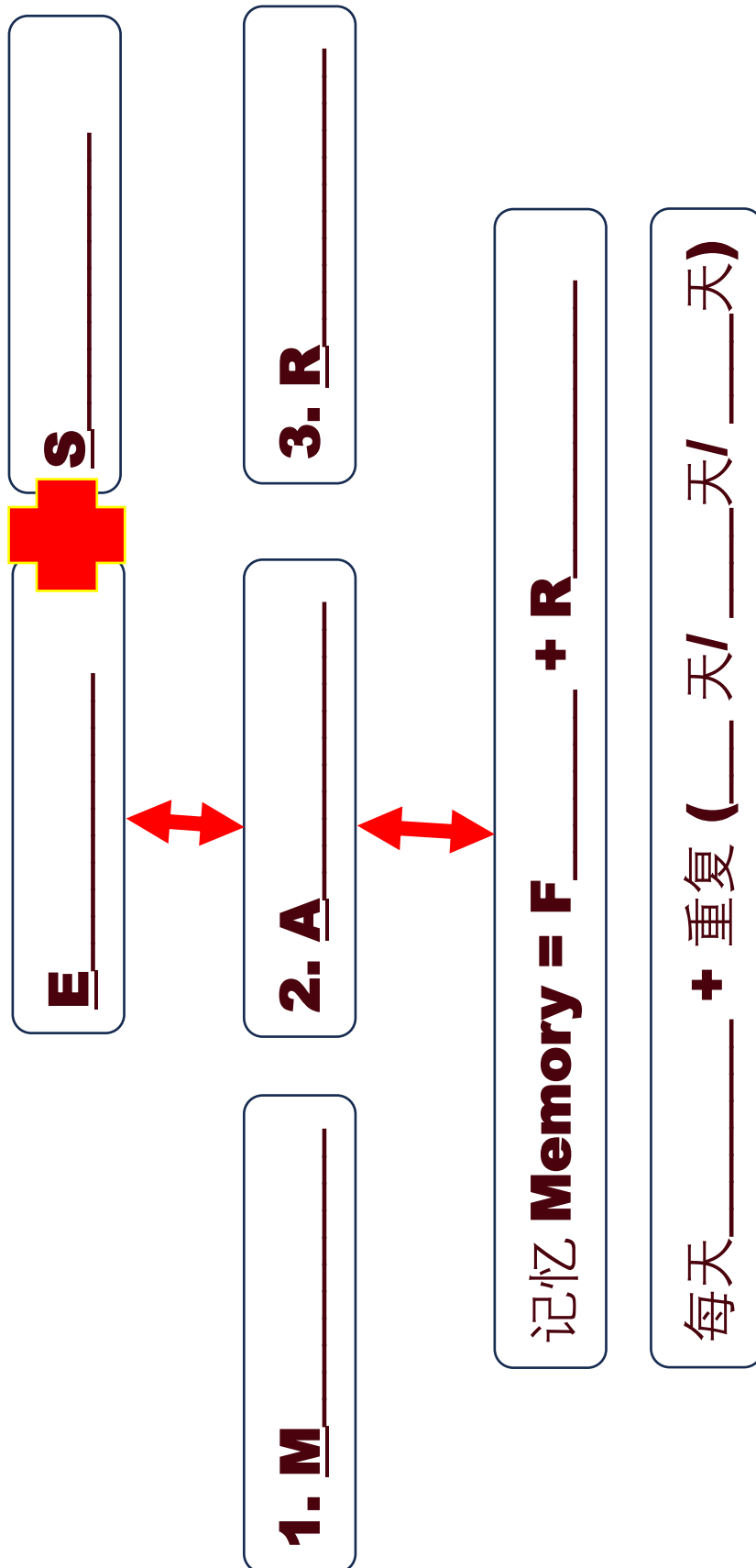
I respect my coach.

I support my fellow course mates.

Together, we celebrate all wins and victories!

ME-AR : Mindset → Emotions → Actions → Results

The Mindset of Success 成功思维蓝图 + Long-Term Memory 全脑记忆秘诀





成功思维

3 Secrets of Success

常犯的
发音错误

success
/səksɛs/

Secret #1:
____% of success is showing up!

*词汇学习 show up : a _ _ _ _

Secret #2:
80% of success : L _ _ _ _

Secret #3:
____% of difference : F _ _ _ _

Think Positive

I am a
F.A.S.T.
English

Think Right

I follow the
F.A.S.T. English
C _ _ _ _ ! _

**3 REASONS to FAIL** 失败的原因*in English Learning and Life***Reason #1 : P_____al**

I am not _ _ _ _ enough.

Reason #2 : E_____al

I _ _ worried / fearful (adj.).

Reason #3 : T_____al

I _ _ not know how to...



掌握英语的目的是为了

C _____

常犯的发音错误

/kəˌmjuːnɪˈkeɪʃn/

What is communication?

Q _____

A _____

3 Ways to Ask Questions - Part 1

1. 为什么英语是这么重要? _____?

2. 英语是多么重要呢? _____?

3. 什么使到英语这么重要? _____?

3 Ways to Ask Questions - Part 2

1. _____?

2. _____?

3. _____?

语法: _____

**Communication** 的落实用法 **Application 1**

Question

easy

to master English?

Answer

1. _____
not easy
to master English.
2. _____
3. I _____ so.

Communication 的落实用法 **Application 2**

Question

_____ you sure?

Answer

1. Yes, I _____ sure.
2. _____
3. _____.

Communication 的落实用法 **Application 3**

Question

an international
language?

Answer

Yes, _____

an international
language.



Communication /kəˌmjuːnɪˈkeɪʃn/

3 Ways to Ask Questions - Part 3 (问候语)

1. _____?

_____ tense

2. _____?

_____ tense

3. _____?

_____ tense

Answer: _____

3 Ways to Ask Questions - Part 4

1. _____?

2. _____?

3a. _____?

3b. _____?

语法 Notes: _____

3 Ways to Ask Questions - Part 5

1. _____?

2. _____?

3a. _____?

3b. _____?

语法 Notes: _____



The English Language

Lingua franca :

a language that is adopted as a common language
between speakers whose native languages are
different.

- 1) English is an _____ language.
- 2) English is not my _____ language.
- 3) English is my ____ language.

Question : Do you want to have (extra notes)?

Answer :

1. Yes, _____.
2. Yes, _____.
3. Yes, _____.

British
English
(UK / Bri.)

American
English
(US / Ame.)

在 **Telegram group** 完成视频功课,
跟团队领取 **Bonus Notes**
on British & American English.



Start with WHY

你有这些愿景吗？

打分 1 至 10 (1:想要 10:非常想要)

- (1) 说口流利英语 (国际圈子/工作/孩子/旅行) _____
- (2) 听懂英语歌的含义 (享受理解能力) _____
- (3) 听与看懂英语戏 (不需靠字幕) _____
- (4) 看懂英语书籍 (不需用 Google 翻译的困扰) _____
- (5) 上外国老师的课程吗？ (听懂原文,不需翻译员) _____

I, _____ (fill in your name)
am committed to master the
English language because...

#1: REASON

HOW BIG IS YOUR WHY? (1 – 10) _____
(你有多么想实现这个愿景?)



Start with WHY

Step 1 :

- a) I w_____ ...
- b) I w_____ like to...
- c) I n_____ to...

Step 2:

- a) i_____ / e_____
- b) to h_____
- c) e_____ myself with...

Step 3:

- a) my _____ion skills
- b) better _____ing skills
- c) better _____ing skills

Sentences:

- 1) _____.
- 2) _____.
- 3) _____.



要掌握英语 **writing** 与 **speaking**,
就要搞懂英语的 **2** 种语句构造

Sentence Structure

(Writing & Speaking)

1	2	3	Sentence
---	---	---	-----------------------

3	2	1	Sentence
---	---	---	-----------------------

更详细的语法课会用到另一个笔记本

记得 Print Out 《10 大英语语法の MAGIC 》Workbook



Sentence Structure

(Writing & Speaking)

1

2

3

Grammar - Magic Rules

Magic Rule 1 :

Magic Rule 2:

Magic Rule 3:

更详细的语法课会用到另一个笔记本

记得 Print Out 《10 大英语语法の MAGIC 》Workbook



Verbs → Tenses

Root word(s)	Simple Present Tense verb(s)	Simple Past Tense verb(s)	Past Participle verb(s)	Present Participle verb(s)

Phrases	Tenses
1. I go	
2. I went	
3. I will go	
4. I am going	
5. I was going	
6. I will be going	
7. I have gone	
8. I had gone	
9. I will have gone	
10. I have been going	
11. I had been going	
12. I will have been going	



英语表达能力
ARTICULATION

F.A.S.T. System Magic Words 快速掌握词汇

Master

商业沟通技巧
SPEAKING

In 3 Steps

1. P _____

要学字典里最实际的国际音标
自然拼读 phonics 虽然很简单,
但长期还是会读错很多字.
那为何不用心学习国际音标呢?

P _____ (很 **basic**)

P _____ (国际音标)

2. I _____

(发音时的高低声)

3. S _____

(发音时字的着重音)



商业沟通技巧
SPEAKING

字典国际音标(发音)

学正确的发音，外国人听懂你说，
你也听懂外国人说的

= 有效沟通!

I _____

P _____

A _____

***小孩开始学自然并读

P _____ 是 OK,
但成人学就太 **Basic** 了!



***有在 **Telegram** 交视频功课，

Coach Ariel 会在课上讲解如何拿到关于发音的

Extra Notes IPA Business Speaking (6 pages)

商业沟通技巧
SPEAKING

I . P . A . 字典国际音标(发音)

学正确的发音, 外国人听懂你说,
你也听懂外国人说的

= 有效沟通!



您说英语时
有被嘲笑过?

ME TOO

ARIEL LEE
My PAIN
has become
POWER
to help more People!

我的使命 MISSION: To Empower
Chinese-Educated **LEADERS**, Business Owners & Entrepreneurs
to Speak & Write **Professionally** with the Power & **Confidence**
to Step Up **Internationally**!

- (1) Chinese /ˌtʃaɪˈniːz/
- (2) educated /ˈedʒʊˌkeɪtɪd/
- (3) business /ˈbɪznəs/
- (4) power /ˈpaʊə(r)/
- (5) confidence /ˈkɒnfɪd(ə)ns/
- (6) internationally /ˌɪntə(r)ˈnæʃ(ə)nəli/
- (7) professionally /prəˈfeʃ(ə)nəli/
- (8) entrepreneur /ˌɒntrəprəˈnɜː(r)/

Mispronounced Words 你读对了多少字?
为自己打分 (1 – 8) _____


商业沟通技巧
SPEAKING

发音的常犯错误 Common Mistakes

学正确的发音，外国人听懂你说，你也听懂外国人说的
= 有效沟通！

/ə/	
<u>a</u>ppreciate	/ə'pri:ʃieɪt/
<u>a</u>ssistant	/ə'sɪstənt/
<u>c</u>ommunication	/kə'mju:ˌnɪ'keɪʃən/
<u>c</u>ommitment	/kə'mɪtmənt/
<u>c</u>onvenience	/kən'veɪniəns/
<u>c</u>onsistent	/kən'sɪstənt/
<u>p</u>rinciple / <u>p</u>rincipal	/'prɪnsəpəl/
<u>p</u>ronunciation	/prəˌnʌnsi'eɪʃən/
<u>s</u>uccess	/sək'ses/
<u>v</u>ictory	/'vɪktəri/
/ɪ/	
<u>r</u>espect	/rɪ'spekt/
<u>r</u>esponse	/rɪ'spɒns/
<u>r</u>esponsible	/rɪ'spɒnsəbəl/
<u>e</u>njoy	/ɪn'dʒɔɪ/
<u>e</u>nhance	/ɪn'hɑ:ns/
<u>e</u>ncourage	/ɪn'kʌrɪdʒ/
<u>e</u>xcited	/ɪk'saɪtɪd/



世上没有简单的事，
只有用心的事

~ Ariel Lee 李嘉语 ~

用心就是信心！

Test Your Confidence – “信心”不是靠猜的, 而是完全的理解!

1. I do not have the _____ to speak in public.

“confident” or “confidence”

Are you sure? Yes | No

2. It is _____ to engage with the client online.

“convenient” or “convenience”

Are you sure? Yes | No

3. The meeting was _____.

“successful” or “success”

Are you sure? Yes | No

4. Thank you for _____.

“assisting” or “assistance”

Are you sure? Yes | No

5. The meeting ____ confirmed.

“is” or “was”

Are you sure? Yes | No

Coach Ariel 讲解之前(before), 你的 Confidence Level 是 ____/10.

Coach Ariel 讲解之后(after), 你的 Confidence Level 是 ____/10.



英语语法基础
FOUNDATION

英语表达能力
ARTICULATION

商业沟通技巧
SPEAKING

confidence 与 **confident** 有什么区别？

Step 1 : **confidence** ()

Step 2: Grammar Magic Rule: _____ + _____

Step 3: Sentence: _____

Step 1 : **confident** ()

Step 2: Grammar Magic Rule: _____ + _____

Step 3: Sentence: _____

Common Mistakes & Notes

convenience 与 **convenient** 区别
是一样的道理



Business Communication 商务沟通

英语语法基础

FOUNDATION

Magic Rule 1 :

Magic Rule 2 :

英语表达能力

ARTICULATION

Adjectives using _____

商业沟通技巧

SPEAKING

Questions

1. _____
2. _____
3. _____

个人转型蜕变

TRANSFORMATION

Answers

1. _____
2. _____
3. _____



Expressing Emotions 1 表达心情感想

Expressing Fear (-)

英语语法基础

FOUNDATION

英语表达能力

ARTICULATION

	fear
	fear _____
	w _____
	w _____ ed

商业沟通技巧

SPEAKING

个人转型蜕变

TRANSFORMATION

I used to **be** _____ (negative emotion : adjective)

of speaking English, but now

I **am** _____ (positive : adjective).

Magic Rule 1 :



Expressing Emotions 2 表达心情感想

Expressing F_____ or G_____ (+)

英语语法基础
FOUNDATION

英语表达能力
ARTICULATION

	f
	f_____ful
	g_____ude
	g_____ful

商业沟通技巧
SPEAKING

个人转型蜕变
TRANSFORMATION

I **am** g_____ful
(positive emotion : adjective)

to be in this
F.A.S.T. English Materclass.

Magic Rule 1 :



Day 1



ACTION PLAN : 做个 **2** 分钟视频分享学习感想,
发在 Telegram Group 的功课 post 喔! 加油!

(尽量用英语, 但因今天是第 1 天课, 分享还可以以中英语.)

Hi! I'm _____.
Today's lesson is interesting!

把学习感想的 3 个重点列出来!
List out 3 takeaways today!

I have learned about...

1. _____

2. _____

3. _____

Thank you Coach Ariel.

分享学习感想的结尾, 有信心大声的说:
Yes! I am a F.A.S.T. English Champion!



Day 2



ACTION PLAN : 做个 3 分钟视频分享学习感想,
发在 Telegram Group 的功课 post 喔! 加油!

Part 1

I used to be fearful (negative emotion : adjective)

of speaking English, but now

I am confident. (positive : adjective)

Part 2

Today's lesson is interesting!
I have learned about...

把学习感想的 3 个重点列出来!
List out 3 takeaways today!

1. _____

2. _____

3. _____

Thank you Coach Ariel.

分享学习感想的结尾, 有信心大声的说:
Yes! I am a F.A.S.T. English Champion!



Day 3



ACTION PLAN : 做个 3 分钟视频分享学习感想,
发在 Telegram Group 的功课 post 喔! 加油!

**Yes! I have completed the
F.A.S.T. English Masterclass!**

*把学习感想的 3 个重点列出来!
List out 3 takeaways today!*

I have learned about...

1. _____

2. _____

3. _____

Thank you Coach Ariel.

**分享学习感想的结尾, 有信心大声的说:
Yes! I am a F.A.S.T. English Champion!**



BONUS CLASS + Q&A 环节

恭喜你完成了 3 天课, 要 Claim Bonus 3 小时课吗?

Terms & Conditions :

(1) 在 10 月 7 日(12midnight)前, 把视频交给团队才可以 Claim

(2) 如果缺席 Bonus Class, 是无法要求 replacement.

(3) 没有重播或 recording

Step 1: 拍个 2 分钟 Testimonial Video (用中文分享)

1. 自我介绍 – 名字/行业
2. WHY 要上英语课? (工作/国际市场/自我价值)
3. 这个课最让你震撼的是什么?
4. 上了 Coach Ariel 的课最大的收获是?
5. 呼吁谁 (什么样的人:老板/创业家/主管/父母) 一定要来上课!

Step 2: 怎么 Claim Extra Bonus 呢? (选择 1 个方式)

方式 1: 把视频以 WhatsApp 发给团队 +6019 295 4943

或/OR

方式 2: 把视频 upload 在自己的 Facebook, 设定为 Public, 让大家可以看到你的分享

1. Tag Coach Ariel 的 FanPage 与 10 位朋友
2. Hashtag #English #Speaking #CoachAriel
3. 截图这个 Facebook post, 以 WhatsApp 发给团队 +6019 295 4943

Step 3: 团队认证了...

会以 WhatsApp 把 Bonus 3 小时课的时间表与 Zoom link 发给你.
谢谢! 我们一起加油!



Famous Quotes 名言

Insanity is about doing the same thing over and over again and expecting different results.

– Albert Einstein –

Outstanding people have one thing in common :
an absolute sense of **MISSION!**

– Zig Ziglar –

Challenges are what make life ***interesting***.
Overcoming them is what makes life ***meaningful***.

– Joshua J. Marine –

What you appreciate ***appreciates***.
Be ***grateful*** and appreciate every moment.

– Coach Ariel Lee –

I **fear** not the man who has practiced 10000 kicks once,
but I **fear** the man who
has practiced **one** kick 10000 times.

– Bruce Lee –

Fear not, for I am with you;
be not dismayed, for I am your God;
I will strengthen you, I will help you,
I will uphold you with my righteous right hand.

– Bible Verse - Isaiah 41:10 -



Frequently Asked Questions

- (1) **Who should I contact for assistance in resolving any issues or challenges?** 如果有任何关于课程的问题与资讯。。。Contact Coach Ariel's team via WhatsApp at +6019-295 4943 Email at support@Ariel-Lee.com
- (2) **Could I ask for the recording of the masterclass if I am not able to join the class due to emergency?**
Recording of the masterclass is not available.
However, we can arrange to have you re-attending the next masterclass with a minimal fee.
如果临时有事不可继续上课，请与团队联络，可以安排您上下一期的课，但是会有些小费用。所以，尽量上完 3 天课。
- (3) **有关于英语的问题想问 Coach Ariel, 要如何呢?**
(a) 课程后, 团队会提供 1 个 link, 让你把问题写出来.
Coach Ariel 会在 Bonus class 的 Q&A 环节里 Live 解说.
(b) 无法用文字清晰的回应, 所以请上课时, 用心听老师的解说.
(c) 请看第 30 页如何 claim Bonus class.
- (4) **上了 3 天课后, 想要重上, 可以吗?**
欢迎你重上 3 天的 F.A.S.T. English Masterclass.
第一次重上是免费的, 接下来会有小收费(请跟团队联系).
- (5) **Does Coach Ariel Lee conduct classes for kids and teenagers? 有小孩课程吗?**
Coach Ariel 在 18 年来都有引导小学与中学生, 但因健康状况, 她希望可以把精神专注于建立系统, 把英语的知识与技巧, 委托于成人学生, 好让大家可以继续传承 F.A.S.T. English System, 这《华人的英语也可以很棒》的使命, 一起《轻松学英语》!