

Say It Stronger: Ditch Filler Words at Work



Instead of this:

I just wanted to say...



I think we could...



Sorry, but...



I feel like we should...



Honestly, I believe...



Try that:

I want to share...

We could / Let's consider...

I see it differently...

I recommend / I believe...

I believe...

Put it into Practice: 5 Micro-Actions

1. Rehearse a 1-minute update using no fillers - record & review.
2. Start emails with clarity: remove 'just' and 'I think'.
3. Ask a colleague for feedback on your meeting communication.
4. Replace apologies with direct statements for more impact.
5. Pause instead of using 'um/uh' - silence is powerful.