

How To Use HZad Speaking Templates?

Question 1:

- ▶ Your sibling is getting addicted to caffeine.
▶ Advise him/her ways to get rid of it.

Preparation time: 30 seconds

Speaking time: 90 seconds

Hey Sarah, I have been observing your caffeine addiction and wanted to share a few insights that will assist you; at least I hope they will!

To start with, the most practical step is a gradual reduction rather than quitting abruptly. Cutting down slowly by replacing late-day coffee with herbal tea or decaf options can help the body adjust without triggering strong withdrawal symptoms.

Along the same lines, why not simply try to find alternatives to this? What I mean to say is the world does not end at coffee alone! You have dairy drinks, green teas, and even juices that can serve as a worthy replacement, while giving you actual nutritional benefits that coffee does not even come close to!

In addition, setting clear boundaries such as avoiding caffeine after early afternoon can improve sleep quality, which then creates a positive cycle of better energy the next day. I know you don't have the best track record when it comes to being disciplined, but I will assume you have overcome that now. Don't disappoint me!

My hope is that these ideas resonate with you and work in your favor, and that they support you in making sustainable changes that actually last.

Would love to hear your thoughts!

Question 2:

- ▶ Talk about your biggest regret. You can talk about a missed opportunity, something you did, or something you wish you could avoid. What was it and how did it make you feel?

Preparation time: 30 seconds

Speaking time: 60 seconds

With regards to my personal experiences, my biggest regret relates to a missed opportunity during my early studies when I chose familiarity over progress. At that stage, I was offered a wonderful chance to pursue a challenging space program, but hesitation led me to decline it.

Mainly, the element of fear of space was the deciding factor, as I doubted my ability to adapt to a new environment. **Given that** the experience could have strengthened my skills and confidence, turning it down felt limiting in hindsight. This decision left me feeling disappointed and reflective. With that said, it ultimately taught me to value growth over comfort and approach future opportunities more decisively.

There is no denying that a mistake was made, but I did learn my lesson.

Question 3:

- Describe what is happening in the picture below. The person you are with cannot see the picture.
Preparation time: 30 seconds Speaking time: 60 seconds



This image vividly captures the scene where a lively outdoor children's event is taking place in a park-like setting. Several children are standing in a circle, holding hands and interacting with costumed characters, which creates a playful and cheerful atmosphere.

What's more, an entertainer appears to be leading the activity, possibly guiding a game or a dance to keep the children engaged. **Likewise, towards the right**, parents are closely watching and helping younger kids participate comfortably.

The foreground features children and mascots actively involved in the activity, **while the background highlights** trees, tents, and parked cars that suggest a community gathering.

All things considered, the scene reflects a joyful family-friendly celebration focused on fun and togetherness.

Question 4:

▶ What do you think will happen next in this picture?

Preparation time: 30 seconds Speaking time: 60 seconds



Over the next few minutes, it is likely that the children will continue following the entertainer's instructions and move into another organized game or group activity. The costumed characters may encourage them to sing, clap, or change positions to keep the energy high and the children engaged.

Similarly, parents standing nearby will probably step in to assist younger kids who seem hesitant or distracted.

By the same token, some adults may start taking photos or videos to capture the moment.

One can reasonably expect that the activity will gradually transition toward a short break or a new segment, such as distributing small treats or inviting the children to gather closer.

Question 5:



Your friend would rather have you eat fast food instead. Convince him/her why your option would make more sense.



Protein

- Great for muscle growth
- Makes bones stronger
- Too much protein can damage the kidney
- Variety of savory dishes can be cooked



Fast Food

- Delicious and fun to eat
- Cheapest food available
- Quick to cook or order outside
- Is mostly carbs, and hence, gives you energy

Hey Bob, it seems we're in a bit of a bind given the two options. Nevertheless, the protein diet clearly stands out as the more advantageous choice when you look at long-term health and overall balance.

Protein supports muscle growth and helps make bones stronger, which fast food simply cannot offer in a meaningful way. While too much protein can damage the kidney, moderation solves that, whereas fast food's excess carbs and fats are regularly guaranteed to cause issues. Furthermore, protein also offers a wide variety of savory dishes, so you can bet that it will not bore you. Understandably, fast food may be cheap, quick, and tasty, but the energy it gives is short-lived.

Do my points come across clearly to you? I'd be interested to hear your take. Take care.

Question 6:

- ▶ You are a call center agent dealing with an old lady on the phone who does not want to pay the increased rates of her cell phone service with your company. However, your boss had stated previously that there will be no exceptions for anyone on the fees.

EITHER

-Convince your boss to make an exception and offer discounts to the old lady

OR

-Explain to the old lady that there is no way you can give her a better deal

Hello ma'am, thank you for taking the time to speak with me today. **This may be a tough conversation, but I want to be straightforward with you.**

Due to our recent policy changes, we have had to increase our monthly package prices across the board. Given the current inflation and our rising overheads, we were left with no option but to adjust our pricing model, at the same time being fair and reasonable to all our customers. While I wish I could adjust the rate itself, my role does not allow me to override the pricing policy.

Nonetheless, as a courtesy, we can offer you a one-time \$20 voucher that can be applied to your account to help offset the impact of the increase.

Given the circumstances, this is the most workable option available, and I appreciate your understanding.

Question 7:

- ▶ Vacation pay should be eliminated as it is a burden on the employer as well as businesses. What is your opinion?

Preparation time: 60 seconds

Speaking time: 90 seconds

The dialogue surrounding the topic of vacation pay is very thought-provoking, as it sits at the intersection of economic efficiency and employee welfare. **I am firmly persuaded that** eliminating vacation pay would be a short-sighted solution that ultimately creates more problems than it resolves.

As an initial point, vacation pay functions as a preventive investment rather than a cost. Employees who are given paid time off are more likely to return to work mentally refreshed, motivated, and capable of sustained performance. Removing this benefit may reduce expenses on paper, but it risks higher burnout, absenteeism, and turnover, all of which are significantly more costly to businesses over time.

Accordingly, from a societal standpoint, vacation pay promotes work-life balance and protects employees from exploitation, particularly in low-wage or high-pressure industries. Without this safeguard, inequality would likely widen, placing disproportionate strain on workers while offering limited structural relief to employers.

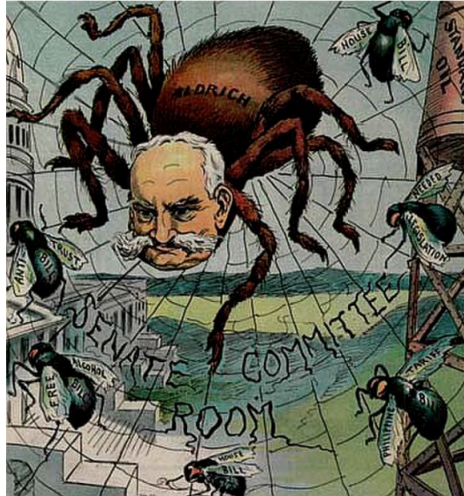
In addition, countries with strong vacation policies often demonstrate higher productivity per hour, challenging the assumption that fewer benefits lead to stronger economic outcomes. Personal opinions should always be left at the door when studies like these clearly prove my side of the argument.

In conclusion, it's indisputably evident that vacation pay should be viewed not as a burden, but as a strategic mechanism that sustains both employee well-being and long-term business success.

Question 8:

- ▶ You are in a gallery while on travel when you notice this strange wall art. Call your local art gallery and describe this picture so they can add something similar to their collection. Give a thorough description of the picture.

Preparation time: 30 seconds Speaking time: 60 seconds



Hi there. My name is Sean, and I decided to call you since **I've got something intriguing to share** after coming across a striking piece of wall art while visiting a gallery during my travels.

The artwork depicts a surreal and unsettling scene where a large spider-like creature dominates the composition, yet its body carries the face of an older man with a stern expression. The spider sits at the center of an intricate web that stretches across an industrial-style background filled with buildings, machinery, and symbolic text.

What's compelling is that smaller insects appear trapped or moving within the web, suggesting themes of control, power, and entanglement.

Notably, the muted yet earthy color palette amplifies the ominous and thought-provoking atmosphere of the piece.

I felt that it was important to share since something like this could be a valuable addition to your gallery as well.