Your favourite website: ESLGold.com - When I need to make a last minute change to my lesson plan, I can always find an activity that helps explain the subject matter.

A gadget you can't live without: My cell phone helps me keep in contact with my family, friends, and students. With everyone so spread out, it lets me stay connected.

Something you'd never throw away: My pictures from my trips around the world. When the memories aren't as clear as they used to be, I can look at my pictures and remember again.

Who or what inspires you? My students inspire me! I am constantly reminded of their strength when I think about everything they went through to get to my classroom, and the goals they are aiming for in a second language.

Useful teaching tool: It sounds simple, but the “freeze” button on a projector is incredibly helpful. One reason is because I can prepare the next part of the lesson while my students are working. I can also let the students work on a handout when I am playing a video.

Your favourite lesson: Introducing an evaluation paper using short films.

Your favourite bit about your talk: Introducing the various examples of students and teachers who have successfully worked around the inherent sexism in their society to continue their English studies.

A lesson you've learnt while teaching: Flexibility is key. It doesn’t matter what you’ve planned – if your students aren’t understanding something, you need to stop and find new methods of explaining the topic.