

## How to maintain a good work-life balance?

(LEVEL C1)

### Part 1: WARM-UP

EX.1. Look at the cartoon below. How do you understand it? Do you think you have a good work-life balance? Compare your ideas with your partner



Source: <http://dilbert.com>

### Part 2: WATCHING

Source: [https://www.ted.com/talks/nigel\\_marshall\\_how\\_to\\_make\\_work\\_life\\_balance\\_work#t-11364](https://www.ted.com/talks/nigel_marshall_how_to_make_work_life_balance_work#t-11364)

EX.2. Watch the video and answer the questions

1. Why did Marsh decide to quit his job? Was it easier for him to maintain work-life balance as a result?
2. What is the main issue about career choices that he points out at the beginning?
3. Why is it important to take responsibility for designing our lives?
4. What is his opinion about commercial companies?
5. What does his ideal day look like?

6. According to Marsh, what does it mean to have a trully balanced life? What elements does it need to have?
7. How can we change the quality of our lives?
8. What is his final conclusion?

### Part 3: VOCABULARY

#### EX.3. Match the expressions used in the video.

A. office	a. with
B. to struggle	b. around
C. dress-down	c. with
D. paternity	d. rat
E. to get to the nub	e. a grip
F. to get away	f. of the issue
G. to mess	g. Fridays
H. to get	h. leave

#### EX.4. Now use the expressions in an appropriate form to fill in the sentences below.

1. When she got pregnant her husband decided to go on a ..... to help her with the newborn.
2. During his final exam he cheated but he didn't ..... with it and eventually got expelled from his school.
3. We are not allowed to wear jeans in our office, except for .....
4. I love my job, I am a workaholic and don't mind being called an .....
5. He is so lazy! He spend days just ..... the house all day!
6. I don't think the current situation is his fault. I guess the real ..... must lie elsewhere.
7. She told him to ..... and finally do something about his career.
8. He ..... his conscience before deciding to talk to the police.



**Part 4: AFTER WATCHING:**

**EX.5. Discuss the following questions with your partner.**

1. Do you consider Nigel Marsh's ideas effective?
2. Would you like to put them into practice?
3. What would your ideal day look like?