

High Performers

Theme:
Health and Well-being



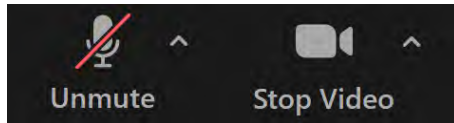
Before we start, please make sure...

- your name on Zoom is clear (use Latin letters)
- your camera is on and mic is off (unmute when needed)
- you are in a quiet area that helps you focus
- you have a notebook or a note app ready to take notes

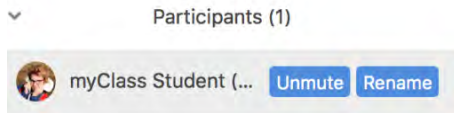


Zoom features

Check your audio and video settings

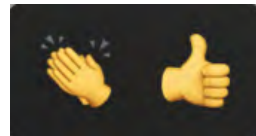
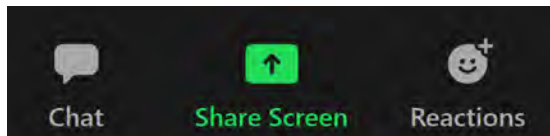


Use Latin letters for your name

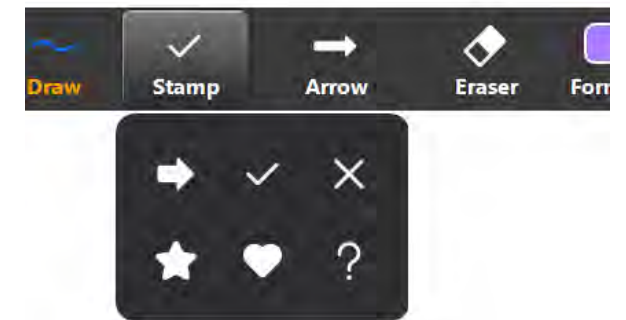
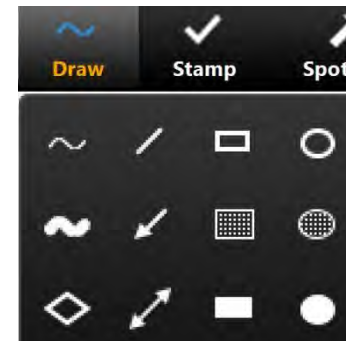


Ask questions in the Chat or use Reactions

Share Screen when the teacher asks



Use Annotate when a screen is shared

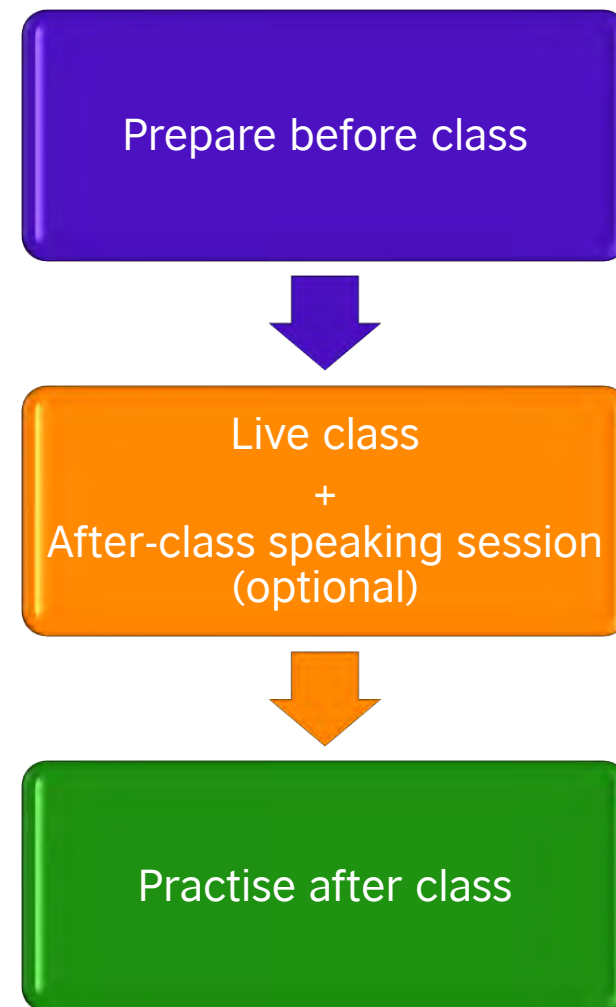


Use Save to make screenshots

Welcome to English Online

How does it work?

You need to complete all three parts to get the most out of English Online.



After-class speaking session

Stay back after class for 5 or 10 minutes to talk to your classmates from around the world.

This extra speaking practice will help you...

- improve your conversation skills
- practise using language learnt in class
- support and help your fellow students
- practise using English in a natural context
- become a part of a global learning community



After-class
speaking
sessions

Pre-lesson activities

Before the lesson you read this article. What do you remember about it?

Article on workaholics



Read the article and decide if the sentences are true (T) or false (F).

Workaholics are addicted to work. Generally, the term implies that the person enjoys their work but it can also mean that they simply feel compelled to do it. Currently, there is no generally accepted medical definition of workaholism, although some forms of stress, obsessive-compulsive personality disorder and impulse control disorder can be work-related.

Being a workaholic is not the same as working hard. Despite the fact that the term usually has a negative connotation, people sometimes use it to express their devotion to their career in positive

Lesson objective

What do you expect to learn by the end of this class?



Lesson objectives

In this **live** part of the lesson, you will take part in a debate about workaholism.

You will review the article about workaholism you read **before** class and learn collocations related to it.

Language focus:

Vocabulary: Adjective+noun collocations
prepositions *to* and *with*

Speaking task: TV debate

Lead-in

Are you a high-performer? Tick the statements that are true for you

- 1 You are clear what your goals for the month and the year are. ☐
- 2 You always plan your day before you start work. ☐
- 3 You use To Do lists. ☐
- 4 You review your To Do list at least once a day. ☐
- 5 You are absolutely sure what your most important activities are. ☐
- 6 You spend most of your day on those important activities. ☐
- 7 At work you are calm and focused. ☐
- 8 You don't deal with emails as they come up. You do your emails in blocks. ☐
- 9 You work effectively and quickly. ☐
- 10 You talk to yourself in an encouraging and positive manner. ☐
- 11 You know your top three values and work to them. ☐
- 12 Every day you visualise yourself performing well. ☐
- 13 You prioritise what is hard and stay positive when things are difficult. ☐
- 14 While working you maintain a sense of humour and enjoyment. ☐
- 15 You are fully committed to your company. ☐
- 16 You often do more than what is asked. ☐
- 17 You stick to deadlines and people can count on you. ☐

Lead-in

- Do you agree or disagree with your result? Why?
- Which three areas do you think you could improve on, and why?

Language focus 1

- 1 Look at these adjectives from the article. What nouns in the article do they collocate with?
There could be more than one.

1 work-related

2 negative

3 positive

4 social

5 inefficient

6 organisational

7 low

8 destructive

9 deteriorating

10 poor

11 undiagnosed

12 unrecognised

13 psychological

14 early

15 fatal

16 respectable

17 growing

18 mental

Language focus 1: Answers

- 1 *work-related stress / activity*
- 2 *negative connotation / sense*
- 3 *positive terms*
- 4 *social relations / stigma / problems*
- 5 *inefficient workers*
- 6 *organisational problems*
- 7 *low self-esteem*
- 8 *destructive behaviour*
- 9 *deteriorating relationships*

- 10 *poor health*
- 11 *undiagnosed symptoms*
- 12 *unrecognised symptoms*
- 13 *psychological addictions*
- 14 *early death*
- 15 *fatal stroke*
- 16 *respectable addiction*
- 17 *growing concern*
- 18 *mental treatment*

Language focus 2

Look at these words. Which preposition are they followed by? Write three sentences using each of the words.

addicted to

compelled to

associated with

Language focus 2

Put these words in order to create adjective and noun collocations.

- work-related / activity / incessant
- brain / impaired / cognitive / function / and
- therapy / cognitive / behavioural
- workaholic / fully-recovered / former
- definition / medical / accepted
- disorder / obsessive / compulsive

Language focus 2: Answers

- incessant work-related activity
- impaired brain and cognitive function
- cognitive behavioural therapy
- fully-recovered former workaholic
- accepted medical definition
- obsessive compulsive disorder

Task



Task Preparation

Discuss the following questions:

- Why is workaholism on the rise?
- What are the dangers of workaholism?
- What can be done about it?

Task Preparation

You are going to take part in a TV debate about workaholism. The four people taking part are:

- a workplace counsellor
- an HR Manager of a large multi-national company
- a fully-recovered former workaholic
- a workaholic

Brainstorm what topics you think the TV debate should discuss.

Task Preparation

Possible ideas:

- why workaholism is a problem
- why workaholism may be a good thing (e.g. when compared to under-achievers)
- what can be done about it
- what measures companies/governments should make to control it
- what advice to give a workaholic

Task

Roleplay card 1

You are a workplace counsellor and you work at a medium-sized American company. You have done extensive research into the disadvantages of workaholism and you are trying to get the illness medically accepted. At the moment, you are working with seven employees who have varying problems with workaholism.

Roleplay card 2

You are an HR Manager of a large multi-national company. You don't really see what the problem is and regard workaholism as a rather fluffy area. It's not medically accepted after all. You are under pressure to get the workforce working as hard as possible and see workaholics as those who enjoy working really hard.

Task

Roleplay card 3

You are a fully-recovered former workaholic. Your private life used to be a disaster when you were a workaholic but since addressing your problem, you have found love, peace and tranquility in your life. The only problem is, when you were a workaholic you used to get paid much more. These days, the stress of paying your bills on time might result in other addictions.

Roleplay card 4

You are a workaholic and you are completely unaware of it. You work in advertising and have some very important accounts to take care of. You don't have a partner or any family who still talk to you. You love your job and are completely dedicated to it. Work comes first and you don't even have time to think about whether you are happy or not.

Task

Carry out the debate.

Report back to the class. Were there any points that all parties managed to agree on?

Feedback

When was the last time you took a vacation? Workaholism is a life choice of someone, and it is usually linked to some psychological problems a particular person has. Such a person may have some fears about what others think about them. The person can be helped with switching to something new, something different, new drives. In my case I order my husband to leave the house and go on a trip , so he stays away from his computer. He might feel being forced but this is the only way to take him out of his workaholism.

Focus – pronunciation especially the pronunciation of TH VOICED AND VOICELESS!

I will encourage you to take a vacation

I will tell you/advise you/strongly recommend

Review

Today you conducted a debate about workaholism.

1. What did you learn about the being a high performer?
2. Did it fit what you already thought, or did anything surprise you?
3. Were you able to carry out the debate?
4. Did you use some of the language from the pre-lesson activities during your debate?
5. Do you feel you were able to participate?

Practice

Listen to the man talking about a job promotion. Which words does he stress? Underline the stressed words.



I know I haven't worked in the department very long, but I feel like I've done a lot. I still don't understand why I didn't get the promotion! Just yesterday, I handed in a report I spent all week on. I know everyone is busy, but it sat on the desk all day. I don't think anyone's read it! I should probably just ask for some comments and find out why they didn't take the time to consider me for the position.



Practice: Reading aloud

Record yourselves reading this text and trying to use the same stress and intonation.

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Lesson materials

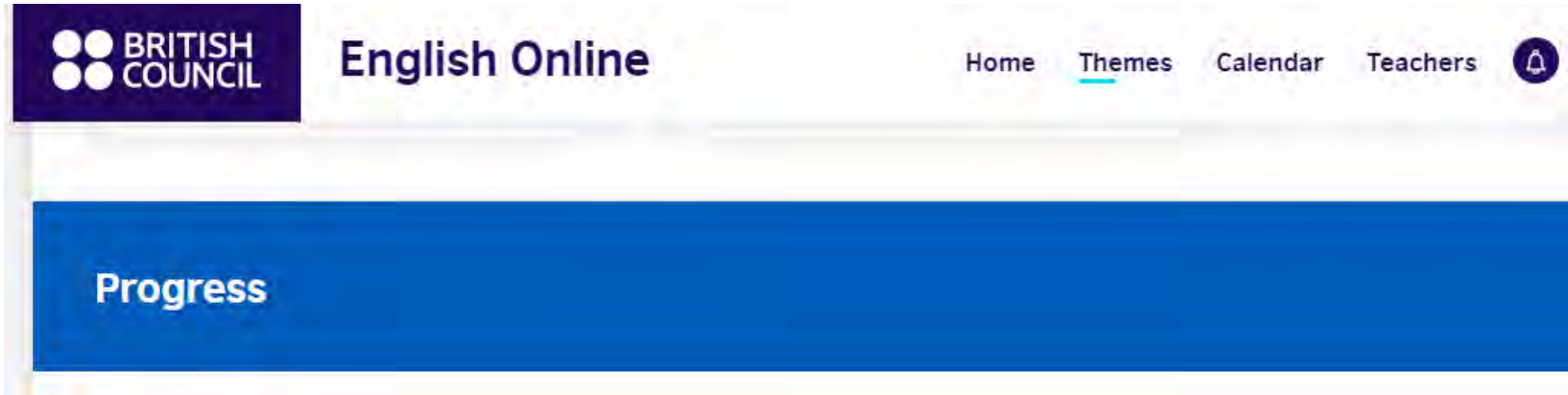
Make sure you have

- downloaded the *.pdf with this presentation
- saved the Zoom Chat



How can you make more progress?

Complete the Progress activities online.



Review one of the language rules we have practised today.



<https://learnenglish.britishcouncil.org/english-grammar-reference/adjective-order>

What's next?

Health and Well-being

6 lessons

Health and well being are hot topics in contemporary society. Among other topics, in this theme we explore medical research, the connection between mind and body, workaholism and complementary medicine.



After-class speaking session

You can talk about any topic that interests you!

Use these questions as a guide, if needed.

- What kind of organisational problems lead to individual underperformance?
- How can destructive behaviour be sensitively dealt with in the workplace?
- In your opinion, does working from home produce inefficiencies in workers?
- Do governments focus enough on assistance with work causing destructive behaviour?
- What is the current growing concern regarding employee performance in your industry?

For help, contact:

support.englishonline@britishcouncil.org

English Online | www.britishcouncil.org

Dos

- ✓ Treat everyone with respect
- ✓ Keep your camera on and participate
- ✓ Let others share ideas too
- ✓ Listen to everyone
- ✓ Click 'Leave' if you cannot stay back

Don'ts

- ✗ Don't take pictures or record
- ✗ Don't share personal details
- ✗ Don't let your children be visible onscreen

After-class
speaking
sessions

