

SPEAKING

# Talking about work-life balance

**LEVEL**

Upper-Intermediate  
(B2)

**NUMBER**

EN\_B2\_3124S

**LANGUAGE**

English

## Learning outcomes

- I can maintain an extended discussion on free time and finding a work-life balance.
- I can use persuasive language and describe different ways of marketing a product.



# Warm-up

Read the statements below. Can you **relate** to any of them?  
How do you like to spend your free time?

Work hard, play hard! I spend all my spare time **socialising** with my friends...

I'm a self-proclaimed **couch potato**. My weekends are for catching up on TV.

I like to **unwind** by going on yoga retreats and trying out new recipes.

The right **work-life balance** is difficult to achieve with a full time job and three kids!





# Taking time for yourself

**When was the last  
time you had a full  
day to yourself?**

**What did you do?  
Was it easy or difficult to know  
how to spend it?**







# Get to know your classmates

**Choose** three items below. In **breakout rooms**, **ask** your classmate a question about each item. **Share** three things you learned about your classmate using **reported speech**.



a film

a book

a podcast

a trip

a product

a sport

a hobby

a meal

an event

Ex.

*What's the best meal you've had in the last week? Do you play a sport regularly?*



# Do you know these phrases?

**Match** the phrase (1-5) to a synonym or definition (a-e).

- |   |   |   |   |
|---|---|---|---|
| 1 | <i>Fitting three trips into one week of holiday sounds like a <b>recipe for disaster</b> to me!</i> | a | too bad                                       |
| 2 | <i>The <b>key to happiness</b> is knowing when to slow down and take in the scenery!</i>            | b | do something difficult for the good of others |
| 3 | <i>I'm sorry, but that's just <b>tough luck</b>. Everyone else wants to go to this restaurant.</i>  | c | survive; get by                               |
| 4 | <i>I'll <b>take one for the team</b> and ask the boss about an extra day off.</i>                   | d | a bad idea                                    |
| 5 | <i>I <b>can't do without</b> my fluffy pajamas in winter.</i>                                       | e | way to be happy                               |





# Socialising with colleagues...

What do you think about socialising with colleagues?

**A recipe for disaster?**



**The key to happiness in the workplace?**



# Team-building

**Read** the statement and **answer** the questions.

“Team building exercises are an important element of building team spirit. A happy team is a productive team, and breaking the ice by doing unusual activities together is the ideal way to do that! Yes, not everyone in the office is a fan of team building exercises but that's just tough luck. Sometimes you have to take one for the team!

How do you feel about team building exercises? Do you agree or disagree with the quote?

Have you ever taken part in a team event? What was it like?

Who do you think benefits most from team-building activities – the employer or the employee?







# Selling a product

**Think of five products that are popular in your home country.**

**How do you think the sales team approached the sale and marketing of these products? Discuss the approach you would take if you wanted to try and sell each of these products.**



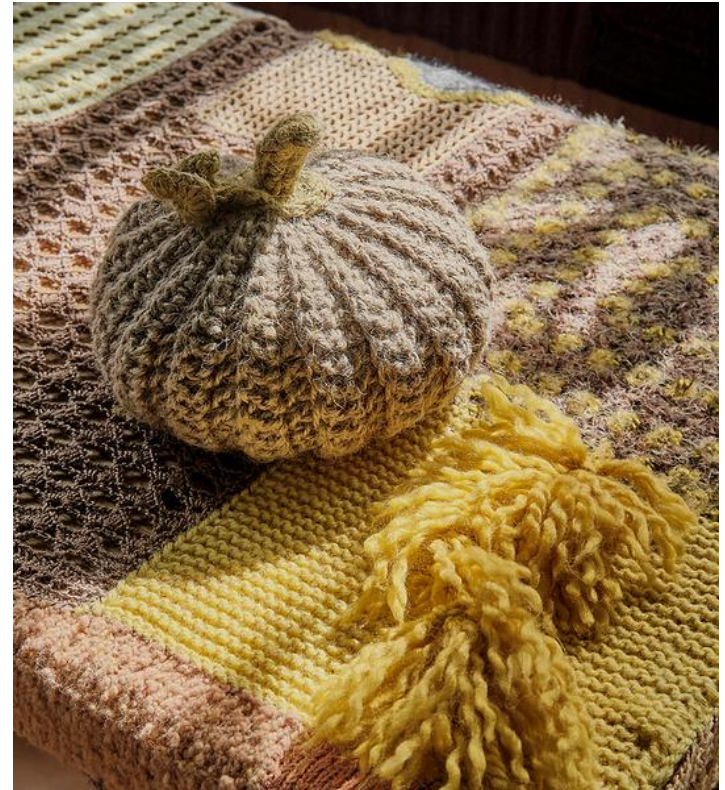


# Selling lifestyle products

You've decided to sell **handmade woollen decorations**.

**Use the questions** below as a guide. **Pitch** your marketing plan to the class.

- 1 What makes your product unique?  
Come up with a short product description.
- 2 Who is your target audience?
- 3 How are you going to reach your audience? What marketing methods are you going to use?



# What can you not do without?

You and a classmate are going to be stranded on an island for a month.  
You can take **five items** in total between you.

**Convince your classmate** that your choices are the right ones.

practicality

luxury

essential

convenience





# End of the lesson

Idiom

***To live the life of Riley***

**Meaning:** to have a very comfortable life, without having to put in much effort

**Example:** He's been living the life of Riley ever since he retired!





# Additional practice



# Giving advice

← → ↺

www.email.com

☆ ☰

## Not quite ready to be an adult!!!

To <maria.mentel@mail.com>

---

Hey!

▼ | 📎 🖼️ 😊 🔍

Send



Your cousin Maria has just finished university and is looking for a job. They are worried about how to have a good work-life balance in this new stage of their life. What **advice** would you give them? Write them an email with some tips based on your own experience.



# Writing activity

**Describe your ideal weekend.**

Where would you go?  
Who would you see?  
What kind of activities would you do?



---

---

---

---

---

---

---

---

---

---



# How would you market these products?

Look at the pictures. Complete the writing task below.

1



2



3



4



5



Write a **short product description** for one of the products in the pictures.



# Answer key

**P.6:** 1. d 2. e 3. a 4. b 5. c





# Summary

## Work-life balance:

- *recipe for disaster; key to happiness; tough luck; take one for the team; can't do without*
- *I think starting a workplace relationship is a **recipe for disaster**.*
- *I'll **take one for the team** and talk to that angry customer.*

## Team building:

- *Team building exercises are an important element of building team spirit.*
- *Not everyone in the office is a fan of team building exercises but that's just tough luck. Sometimes you have to take one for the team!*



# Vocabulary

recipe for disaster

key to happiness

tough luck

take one for the team

can't do without

