

THE WAY BUSINESS PEOPLE DEAL WITH HIGH PRESSURE

CLASS INTRODUCTION

In turn introduce yourself using the following information:

- ✓ Name
- ✓ Age
- ✓ Job
- ✓ Address
- ✓ Hobby

Class Rules

1. Use English only
2. Practice speaking on a topic under the guidance of the teacher
3. Don't do personal things in the class



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Technical support



Use headphones



No speaker

1. **Vocabulary game:** In **30** seconds, list as many words related to the topic: “**pressure**” as possible. Who gets the most correct words will be the winner. Your words must be different from others’.



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2. What are some situations that make you feel stressed? How can you eliminate stress?

3. Discuss the following questions with your partner:

Do you agree that sometimes stress is necessary? Why?



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4. Role-play

A: You feel under pressure because of high workloads. Talk with your colleague about that problem.

B: You're A's colleague. Suggest to him/her that he/she should take time to recharge and relax.



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Wrap-up

- **Topic: The way business people deal with high pressure**
- **Have discussions about:**
 - ✓ When can stress be a good thing?
 - ✓ How to cope with pressure
- **Please don't forget to rate our lesson today**
- Finish your homework [here \(It doesn't apply to all students\)](#)