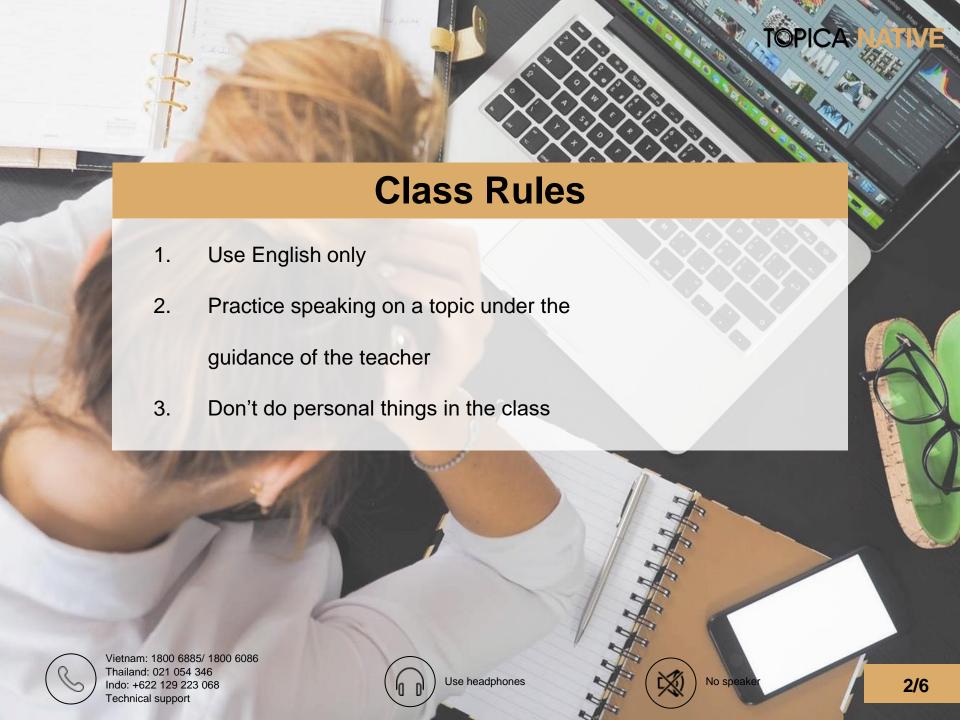


THE WAY BUSINESS PEOPLE DEAL WITH HIGH PRESSURE

CLASS INTRODUCTION

In turn introduce yourself using the following information:

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



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'.







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?

Use headphones





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.





Technical support





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 <u>here (It doesn't apply to all students)</u>