

## THE WAY BUSINESS PEOPLE DEAL WITH HIGH PRESSURE

In 30 seconds, answer the following questions:

1. Have you ever been in a high pressure situation? What was it?
2. What do you usually do when you get stressed?

Watch the video, then answer the given question in 60 seconds:

**How does the video recommend that we deal with stress?**

## Video



### Source:

[http://www.dailymotion.com/video/x5grqhj\\_the-way-business-people-deal-with-high-pressure\\_school](http://www.dailymotion.com/video/x5grqhj_the-way-business-people-deal-with-high-pressure_school)



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Listen and repeat. Then, choose a word to define.

1. **Arduous (adj)** /'ɑːrdʒuəs/

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2. **Monotonous (adj)** /mə'nɑːtənəs/

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3. **Multitask (v)** /ˌmʌlti'tæsk/

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4. **Labor-intensive (adj)** /ˌleɪbər ɪn'tensɪv/

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5. **Workload (n)** /'wɜːrkloʊd/

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6. **Hectic (adj)** /'hektɪk/

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**Make a sentence using that word.**

**Example:** It was *arduous* work.



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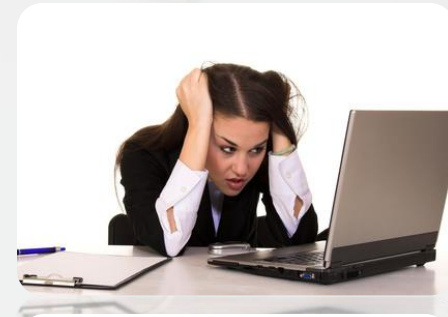
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# Wear Your Words

Explanation of two useful idioms:

## Crunch time

a short period when there's a lot of pressure to achieve a result



## To have a lot on one's plate

to have a lot of work or problems, etc. to deal with



### Examples:

- It's **crunch time**, we need to finish this project soon.
- Jessica got tired because she **had a lot on her plate**.

**Make a sentence using one of the given idioms.**



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Structure:

**S + put up with + sb/sth.**

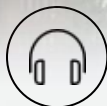
**Examples:** - I don't know how he **puts up with** his boss.

- Josh quit his job yesterday because he **couldn't put up with** the high pressure situation anymore.

**Make a sentence using the given structure.**



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**Pair Work:** In 180 seconds, discuss "How you deal with pressure at work" with your partner.

## Suggestions:

- ✓ Keep calm
- ✓ Ask for advice/help
- ✓ Take a short break
- ✓ Make a plan
- ✓ Etc.



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# Assessment Form

Here are some comments on your performance.

Student	Pronunciation	Vocabulary	Grammar
1.			
2.			
3.			
4.			
5.			
6.			

Feel free to ask if you have any questions!



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- ✓ Vocabulary related to pressure
- ✓ **Two idioms:**
  - **Crunch time**
  - **To have a lot on one's plate**
- ✓ **Structure: S + put up with + sb/sth.**
- ✓ Discussion about how to deal with pressure at work



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Complete your mission and find more in related lessons.

<b>Your mission</b>	<ul style="list-style-type: none"><li>✓ Take note of what you need to improve (Vocabulary, Grammar and Pronunciation)</li><li>✓ Practice the related lessons in the course browser <a href="#">here (It doesn't apply to all students)</a></li><li>✓ Take those lessons</li></ul>
<b>Recommendations</b>	<ul style="list-style-type: none"><li>✓ <a href="#">Business Vocabulary #0191</a></li><li>✓ <a href="#">OVERVIEW OF ADVERBS #0254</a></li></ul>
	<ul style="list-style-type: none"><li>✓ Please don't forget to rate our lesson today</li></ul>



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