5 **Read sentences 1–10 about the text. Underline the most important words in each sentence.**

1 Sylvana has a very good relationship with her daughter, Irina. [A]

2 Life coaching was first used to help children decide on their futures. [ ]

3 Simone Waltz used to work in radio. [ ]

4 Jem wants to do a degree before going to Africa. [ ]

5 Jem's parents would like him to do his degree in another country. [ ]

6 One teenager used singing to help her study and she got nearly perfect marks in science. [ ]

7 Irina would be happy to go to any university. [ ]

8 Irina has always been keen on keeping fit. [ ]

9 Mo Ahmed has worked with children younger than six. [ ]

10 Some of Regina's friends in her new school play basketball. [ ]

6 **Work in pairs. Look at the paragraph headings in the text. In which paragraph do you think you will find information about each sentence? Write the correct letter (A–E) in each box.**

7 **Read the text to decide if each sentence is correct or incorrect. Underline where you find the answer in the text. When you are ready, compare your answers with your partner.**

> In Unit 7 we looked at *parallel expressions*. In this part of the PET reading paper, the sentence and the text often use different words and expressions which have *similar meanings*.

8 **Work in pairs. Look at the words and expressions you have underlined in the sentences and the text and find four more parallel expressions.**

1 have a good relationship → get on well
2 decide → make decisions

Life coaches find success with young people



A 'I've seen a huge difference in Irina since she started talking to a life coach,' says her mother Sylvana. 'I get on very well with Irina, but you can't always talk to your mother about everything. Talking to someone who listens but is not a close family member is very important.'

B What is a life coach?

An athlete improves because he trains with a coach. A life coach can also guide you to success. A life coach encourages you to think not only about what you want, but also about how you are going to get it. Until now, life coaches have helped adults, for example business executives who need to make decisions or parents who want some advice on bringing up their children. Now it's the turn of our young people.

C Life coach Simone Waltz

Simone Waltz, a former radio producer, set up her life coaching company five years ago. 'I offer teenagers a place to talk, to decide on their future plans and to sort out problems,' says Waltz. Jem's parents are delighted with what Waltz has done. Jem has got a place at university to study medicine but he has decided to take part in a volunteer project in central Africa first. 'Yes, we were surprised, but Jem is still very young. This experience abroad will help him grow up before he goes to university here.'

D Life coach Tara Newhouse

Tara tells the story of a 15-year-old who was failing in science, until they found out she learnt best through music. Once she made up songs to learn by, she achieved 99 per cent in her tests. Tara has also helped Sylvana's daughter, Irina, who was not sure she wanted to go to university. Now she hopes to get into a top university. Irina now feels more confident about everything. She has even taken up exercise for the first time in years.

E Life coach Mo Ahmed

Mo Ahmed has coached children as young as five years old. 'It could be something as simple as learning multiplication tables – asking them how they're going to do it, how are they going to make it fun?' Mo has also helped teenager Regina who was having problems making friends when she moved to a new school. They talked together about the things Regina really enjoyed doing. By joining the school basketball team Regina has made several new friends.

LIVEWORKSHEETS