

WORK-LIFE BALANCE

Preparation task

Match the definitions (a–j) with the vocabulary (1–10).

Vocabulary

1. idle chit-chat
2. maternity leave
3. to bounce ideas off someone
4. to wear someone out
5. to clock in
6. to make a concession
7. paid on a pro-rata basis
8. a freelancer
9. a commute
10. to be left to your own devices

Definitions

- a. a regular journey between work and home
- b. to be allowed to decide what to do by yourself
- c. to record the time you begin work
- d. a period of time a woman takes off work due to the birth of a child
- e. calculated according to how many hours you work
- f. to make someone very tired
- g. to give or allow something in order to end an argument or conflict
- h. talk that is informal and irrelevant to work
- i. a person who sells their services or work by the hour or day
- j. to share ideas with someone in order to get feedback on them

Listening

Listen to what four people have to say about their working hours and select the correct answer.

1. Ronan would prefer it if he ...
 - a. wasn't left to his own devices.
 - b. could spend more time commuting and less time in the office.
 - c. could work from home and be judged based on task performance.
 - d. could trust his boss more.
2. Jo wanted to reduce her working hours because she ...
 - a. thought she would be more efficient and productive when she was at the office.
 - b. wanted to bring her work home.
 - c. wanted to go on maternity leave.
 - d. wanted to spend time with her children.
3. Jo is unhappy with her three-day work week because ...
 - a. she didn't realise how much the change would affect her economically.
 - b. she now has to spend more time looking after her children and her family.
 - c. she has more deadlines to meet.
 - d. her workload has remained the same although she's reduced her hours.
4. In Marcus's opinion, which of these is a disadvantage of working from home?
 - a. You spend a lot of time in the house.
 - b. It's easy to get distracted by your family.
 - c. You tend to work later.
 - d. You end up eating more as you have access to the fridge all day.
5. Why did Lily not like working from home?
 - a. She found it lonely.
 - b. Her family didn't like her working.
 - c. She didn't have a good Wi-Fi connection.
 - d. There were a lot of distractions.
6. What solution did Lily find most suitable for her working needs?
 - a. Renting an office space to work from.
 - b. Working from a café.
 - c. Working for an employer.
 - d. Working for other freelancers.

Writing

What are the advantages and disadvantages of Nanotechnology jobs? What would you change if you could?

