Listen to a radio interview about maintaining a good work–life balance to practise and improve your listening skills.

Before listening

Do the preparation task first. Then listen to the audio and do the exercises.

Preparation task

Match the definitions (a–h) with the vocabulary (1–8).

Vocabulary	Definition
1. ..... work–life balance	a. a successful book
2. ..... overtime	b. giving the right amount of time to work and to the rest of your life
3. ..... a best-selling book	c. an idea
4. ..... an advantage	d. working more than your normal work hours
5. ..... a concept	e. the ability to work from different places
6. ..... to fade	f. a positive thing about something
7. ..... freedom	g. to become less clear or visible
8. ..... mobility	h. being free to do what you want

Tasks

Task 1

Circle the best answer.

1. How popular is Chris Svensson's book?
    a. Not very popular
    b. Very popular
    c. It's new. People don't know it yet.

2. What is the work–life balance like in traditional workplaces?
    a. Work lives and private lives are clearly divided.
    b. People work too much overtime and so they have no private life.
    c. People are free to manage the balance themselves.

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3. How often do people do overtime?
    a. Often
    b. Sometimes
    c. They don't.

4. In traditional workplaces, do people work at weekends or when on holiday?
    a. Yes, it's normal.
    b. No, never.
    c. Usually, they don't.

5. How has technology helped people work with more flexibility?
    a. They can send and receive emails from their phones from home.
    b. Their working hours can be easily tracked.
    c. Robots can do their work for them.

6. Traditional divisions between work and life are fading. What does this mean for employees?
    a. Everyone has to do overtime, all the time.
    b. People have to work while they're on holiday.
    c. They can be flexible to work when and where it suits them.

Task 2

Write the ideas in the correct group.

Possible to work weekends or while on holiday	Flexible working hours	Hobbies and sports only in the evening or at weekends
Fixed working hours	Hobbies and sports can be done at other times, also during the day	No working at weekends or on holiday

Traditional workplaces	Modern workplaces

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