

## Worksheet Listening 16

### Multiple matching

You will hear five short extracts in which people are talking about living alone. While you listen, you must complete both tasks.

*Task 1 Choose from the list what each speaker values most about living alone*

Speaker 1	A the chance to relax
Speaker 2	B the lack of responsibility to others
Speaker 3	C the absence of noise
Speaker 4	D the ability to learn new skills
Speaker 5	E the freedom to speak their mind
	F the opportunity to think clearly
	G the possibility of developing new interests
	H the wide choice of friends to spend their time with

*Task 2 Choose from the list what problem each speaker identifies about living alone.*

Speaker 1	A not having a family
Speaker 2	B feeling bored
Speaker 3	C getting practical help
Speaker 4	D not eating well
Speaker 5	E having to do housework
	F needing to meet new people
	G not being able to ask for advice
	H managing financially

### Multiple choice

You will hear an interview with a man called Jon Simmons and a woman called Clare Harries, who both work as life coaches. Choose the answer which fits best according to what you hear.

1. Jon feels that the job of a life coach is
  - a. similar to being a therapist.
  - b. focused on future possibilities.
  - c. based on individual experiences.
  - d. more complex than people realise.
2. Clare says she became a life coach because
  - a. it involved something she enjoyed doing.
  - b. it enables her to re-evaluate her own issues.
  - c. it was a logical extension of her other interests.
  - d. it was necessary to replace the lack of family support.
3. What surprises Clare about the kind of people who seek her expertise?
  - a. They are open to informal advice.
  - b. They are only looking for better jobs.
  - c. They are upset by rapid changes in society.
  - d. They are often working within a large organisation.
4. What does Jon think is most important to understand about relationships?
  - a. They should be developed slowly and carefully.
  - b. They have to reflect an individual's moral attitude.
  - c. They start with the individual's attitude to him- or herself.
  - d. They fail if people around an individual are critical of them.
5. Jon and Clare both think the most important message to get over to clients is
  - a. control negative thinking.
  - b. take positive action at all times.
  - c. decide what really makes you really happy.
  - d. make good use of your particular skills.
6. What do Jon and Clare both feel is the most rewarding part of their job?
  - a. understanding more about themselves
  - b. improving the lives of large numbers of people
  - c. developing a relationship with another person
  - d. watching another person develop their confidence