

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