

Day 48. Skill Practice

Listening

You are going to listen to five people talking about how they help themselves in order to work more effectively.

Task 1

For questions 1–5, choose from the list (A–H) what led each speaker to change their way of working.

- A a recommendation
- B a result of research
- C a personal responsibility
- D a long commute
- E a change of work place
- F a commitment
- G an unsustainable routine
- H a health concern

Speaker 1 1

Speaker 2 2

Speaker 3 3

Speaker 4 4

Speaker 5 5

Task 2

Choose from the list (A–H) the unexpected benefit of their way of working that each speaker mentions.

- A the ability to utilise time more effectively
- B staying mentally sharp and focused
- C the increased concentration
- D the speed at which they can work
- E earning a higher position
- F improved communication
- G the number of creative works produced
- H the flexibility it offers

Speaker 1 6

Speaker 2 7

Speaker 3 8

Speaker 4 9

Speaker 5 10