

# TED Talk: How to make work-life balance work

Pre-listening:

- 1) What does the term work life balance mean to you?
- 2) Do you think you have a good work life balance?
- 3) What factors determine your work life balance?
- 4) What jobs come with the best work life balance, or other 'perks'?
- 5) Look at the comic strip below, is it funny? How/Why? How truthful is it?



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Gist Listening:

Unhappiness *entitlements*  
Work *CEOs*  
Success *Family*  
Nightlife *Colleagues*  
Failure *Materialism*  
Health *Retirement*  
Responsibility

## Detailed listening

- 1) How old was Nigel when he decided to change his lifestyle?
- 2) What isn't a very useful skill?
- 3) Fill in the gaps with the missing words:  
All the discussions about \_\_\_\_\_ or dress-down \_\_\_\_\_ or \_\_\_\_\_ leave only serve to mask the core issue, which is that certain job and \_\_\_\_\_ choices are fundamentally \_\_\_\_\_ with being meaningfully \_\_\_\_\_ on a day-to-day basis with a young family.
- 4) Who is responsible for creating the types of life people want?
  
- 5) Fill in the gaps with the missing words:  
Commercial companies are \_\_\_\_\_ \_\_\_\_\_ to get as much out of you [as] they can \_\_\_\_\_ \_\_\_\_\_.
- 6) What was included in Nigel's "detailed, step-by-step description of the ideal balanced day"?
  
  
  
  
  
  
  
  
- 7) How many 'sides' of life are there? What are they? How do you understand them?
- 8) What do you think 'daunting' means?
- 9) What is Nigel's main point?

## Post listening:

- 1) Based on the listening, do you think your work-life balance only affects you?
- 2) Do you agree with any of the arguments Nigel makes? Which ones? Why?
- 3) In general which countries have a better, or worse, work life balance? Why?