

Part B: Vocabulary in context

Now add the words to the sentences from the talk you will watch.

1. Thoughtless scheduling can mean you're basically onstage performing for eight hours a day. There are none of the _____ cues that help you read a room.
2. You could take a walk around the block at a certain time of day or even a breathing or stretching routine before you sit - whatever it takes for you to _____ the transition between work and home.
3. Research shows that we actually communicate more emotion and nuance via audio alone. Try _____ communication for more complicated or provocative one-on-ones.
4. Now that the pandemic has chased many of us out of our offices, we're _____ under the new remote rules of work: too much screen time; a lack of boundaries between work and home; endless video calls.
5. Staring at _____ heads on a screen offers only a pale imitation of real human connection. Social anxiety only makes this worse.
6. For place, use your workspace to help you _____ good boundaries. Even if your desk is in your kitchen, make it feel like a workplace.
7. You could schedule downtime or recharge time after performances. Oprah does this, as do many introverted performers and CEOs. You could consider the time of day. Think about when you can typically _____ the energy to be on and save other times for quiet work.