

1

Names (1A, p8)

Match the words (1-10) with the definitions (a-j).

- | | |
|--|--|
| 1 ☐ a title | 6 ☐ an initial |
| 2 ☐ a maiden name | 7 ☐ a full name |
| 3 ☐ a nickname | 8 ☐ named after |
| 4 ☐ a surname | 9 ☐ a signature |
| 5 ☐ a username | 10 ☐ anonymous |

- a) another word for your last name or family name
- b) a word or abbreviation used before your name to show your profession or social status
- c) the first letter of your name
- d) a person's name, written in a special way by that person
- e) a person's whole name, including the first, middle and last names
- f) a woman's original last name if she changes her name when she gets married
- g) an informal name that friends call you that is not your real name
- h) if you are _____, no one knows your name
- i) be given someone else's name
- j) a name you use online (eg social media, games, websites)

Music (1B, p10)

1 Match the words (1-13) with the definitions (a-m).

- | | |
|---------------------------------------|--------------------------------------|
| 1 ☐ a choir | 8 ☐ a chorus |
| 2 ☐ upbeat | 9 ☐ moving |
| 3 ☐ to whistle | 10 ☐ a title |
| 4 ☐ an anthem | 11 ☐ to hum |
| 5 ☐ a lullaby | 12 ☐ an intro |
| 6 ☐ catchy | 13 ☐ a verse |
| 7 ☐ a duet | |

- a) used to describe a song that makes you feel emotional
- b) a song that is sung by two people
- c) the part of a song that does not change and is repeated many times
- d) make musical sounds with your lips closed
- e) the official song of a country or organisation that people sing on special occasions
- f) a relaxing song that helps a baby or child go to sleep
- g) used to describe a tune that you remember easily
- h) used to describe music that makes you feel happy
- i) make a high sound by blowing through your mouth
- j) a group of people who sing together, eg in a school
- k) the name of a song
- l) the beginning part of a song
- m) a group of words that form one part of a song

GRAMMAR // Narrative tenses

3 Choose the correct option (a or b) to complete the sentences.

- | | |
|--|--|
| 1 When we finally arrived at the huge venue, | 4 Although the day had been very long, |
| a the band finished playing. | a we still wanted to dance. |
| b the band had finished playing. | b we were still wanting to dance. |
| 2 The fans were turned away at the door, | 5 Two of the lead guitarist's strings broke |
| a as they didn't have proper tickets. | a while he had played. |
| b as they hadn't had proper tickets. | b while he was playing. |
| 3 I didn't hear the first three songs | 6 All the fans had gone |
| a because you talked. | a when the group finally left at midnight. |
| b because you were talking. | b when the group had finally left at midnight. |

VOCABULARY // Fast & slow

1 Are you someone who does things quickly or slowly? Give examples.

2 Put the words and phrases in bold into two groups:

1) words connected with going fast; 2) words connected with going slow.

- 1 On the whole, I like to do things in a **leisurely** way. I don't like to be **hurried**.
- 2 I get a thrill out of driving **at top speed** and I would like to **race** Formula One cars.
- 3 I get irritated with people who **crawl** along in the fast lane of a highway.
- 4 I have breakfast as **rapidly** as possible so that I can **take my time** doing other things in the morning.
- 5 I think that a gentle **stroll** is a good way to relax – it's good to **take things easy** from time to time.
- 6 I never do my homework **in a rush**.

An example

I think it just depends on tasks which I am doing . If a task has limited time, then I should do it **at top speed** . If a task doesn't have limited time, then I should not **rapidly** do it. I think if the task that I have to is difficult, I should **take my time** doing it to make it perfect .

Martina: Welcome to Studio Views. Today we're talking about ...
life.

Our
guest today is Marcie Foord, a professional life coach and
author of the book *Mental Bridges*. Marcie, welcome.

Marcie: Thank you, Martina.

Martina: Marcie, why don't we start with you telling us exactly
what a life coach is?

Marcie: Certainly, Martina. Well, I guess you could say that

We don't normally give people advice
or tell people what to do, but we help them to ask questions;
we help them to find out what they really want.

Martina: To find a sense of direction?

Marcie: Yes, you could say that. A lot of people are so busy living
their lives that they don't find the time to think about where,
or who, they're going to be five years from now.

, to think about the
present, to be mindful of the present, so they can have a
clearer idea of the future. I want to help people to build a
mental bridge to the future.

Martina: And this is usually in a professional context?

Marcie: Well, often, but not always. Most of my clients come to
me from the companies that I work with, but this afternoon,
for example, I have an appointment with a lady, she's a very
successful musician, she's getting married very soon, but it's
for the third time, and she wants to, well, she wants to get it
right this time around.

Martina: What are the most common things that you help people
with?

Marcie:

Many of my clients have very stressful
jobs, they never stop running, and they realise that if nothing
changes soon, they're going to burn out. They can feel the
symptoms already. I'll give an example. I have a client, a
senior executive, and his company is going to relocate to the
West Coast in the next few years. He's worried that, when
the move happens, his family won't want to follow him and
he might have to spend his life flying back and forth. So,
will it be the right thing to do?

, we're exploring the different
possibilities for the future. But the answer to his problem is
going to come from him, not me. I'm there to help, and to
support him when he makes his decision.

Martina: So, you work mostly with successful people?

Marcie:

You
can have a good career, but be very dissatisfied because you
have a low quality of life.

Martina: Yes, I know exactly what you mean.

In this Studio Views video, Martina talks to Marcie, a life coach. Watch or listen in fast forward. Make notes of any key words that she uses. Then compare your notes with a partner. What have you learnt about the work of a life coach?

- 1 the coach tells people to slow down,
- 2 coaching is about making changes
- 3 how to live life, get the most out of it,
- 4 at the moment the coach is exploring what's important to the executive
- 5 life coaches help people make important decisions,

a. musician

b. direction

c. present

d. advice

e. married

f. future

g. executive

h. relocate/move

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Watch or listen again at normal speed.

Complete the summary of the interview.

A life coach doesn't normally give ¹_____. Instead, they help people to find a sense of ²_____ in their lives. They encourage people to think about the ³_____ so they can plan for the ⁴_____. Many of Marcie's clients have stressful jobs. They include a successful ⁵_____ who is getting ⁶_____ and a senior ⁷_____ whose company is going to ⁸_____.