Work–life balance

Listen and fill in each blank with ONE WORD

Presenter: Good morning, everyone. On today's show, we've got Chris Svensson with us, the author of *No more nine to five*, the new ..... book about work–life balance in the current working world. Good morning, Chris. Thanks for coming.

Chris: Thanks for having me, Anna.

Presenter: So, Chris, tell us about your book and how the ..... of a work–life balance has been changing?

Chris: Well, in the more .....workplaces, people's working lives and their private lives are, or were, clearly ..... People often work from nine in the morning until five or six in the evening. People sometimes stay late in the office and work in the evenings. This is called working .....

Presenter: OK, and what else?

Chris: Well, in these environments it isn't common for people to work at the ..... or while they're on holiday. They can clearly separate their working lives and their ..... lives. And the evenings, weekends and holidays are free to focus on non-work areas of life, such as ....., interests, sports, spending time with the family and friends, and so on. It's important and ..... not to spend all your time just working, right?

Presenter: Right! So what has changed? How are things different now?

Chris: Well, for a start, most people can now ..... their work emails from their mobile phones. So they are more likely to quickly ..... to an important mail in the evening or at the weekend. The same goes for laptops. It's easier to access your work in the evenings from home or even from your hotel when you're on .....

Presenter: That doesn't sound like much of a work–life balance. It sounds like all work.

Chris: Exactly, but this new mobility brings a lot of ..... with it. More people are now able to work flexibly, so if they need to leave the office early one afternoon to be with their ....., they can catch up on work that evening from home or somewhere else.

Presenter: That sounds good. So, what you're saying is that although traditional divisions between work and life are fading, many ..... now have more freedom to do their work from different locations and at different times.

LIVEWORKSHEETS