

Video: "A little extra help?" / Classroom activities

1 Discuss these questions with a partner.

PRE-WATCHING

- a When do you ask people for advice?
- b Who do you normally ask?
- c Have you ever considered going to a life coach? Why or why not?

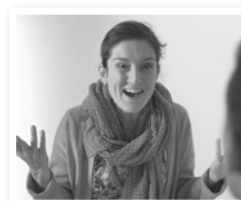
2 Watch the video. Was the meeting with the life coach successful? Why or why not? Discuss in small groups.

WATCHING

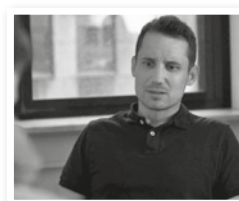
3 Watch the video again and tick the right answers.

1 Why is George unhappy with his job?

- a ☐ It's not interesting.
- b ☐ He doesn't earn a lot of money.
- c ☐ His boss never gives him a birthday present.



Tania



George

2 Why can't George give up his job?

- a ☐ He doesn't want to get his hands dirty.
- b ☐ He hasn't saved enough money.
- c ☐ He's too old for a change.

3 What does Tania think George's problem is?

- a ☐ He doesn't do enough sport.
- b ☐ He's too tired.
- c ☐ He's unhappy about his age.

4 Match Tania's advice on the left with George's reactions on the right. Then watch the video again and check.

her advice

his reaction

- | | |
|-----------------------------|--|
| 1 Go on a working holiday. | a I can't afford it. |
| 2 Go on a learning holiday. | b I don't have a garden. |
| 3 Take a sabbatical year. | c I don't like sitting in a classroom all day. |
| 4 Try gardening. | d I don't like working when I'm on holiday. |

5 Discuss these questions in small groups.

POST-WATCHING

- a What advice do you have for George?
- b Do you agree with Tania that "a little extra help can get us very far"?

6 Do a role-play with a partner: Partner A is a life coach and Partner B asks for advice. You can use one of the topics on the right or your own ideas. Then change roles.

My job is boring.
I want a different career.
I have too much work.
I don't like my boss / colleagues.