

# 14A Life coaches

**Activity type:** Speaking, writing and vocabulary – Interviews – Pairs

**Aim:** To practise using the expressions *too much*, *enough*, and *not enough*

**Language:** *too much*, *enough*, *not enough* – Use at any point from 14.1.

**Preparation:** Make one copy of both worksheets for each learner and cut worksheet 1 up along the dotted line.






**Time:** 30–40 minutes

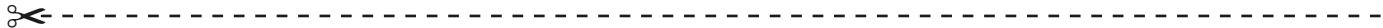
- 1 Introduce the concept of ‘life coaching’. This is where a trained professional looks at your lifestyle and routines to try to improve certain aspects of your life.
- 2 Give each learner a copy of worksheet 1, the *Life Balance Report* for Juan Ramirez. They read the report and decide how many marks they think Juan was awarded (out of five) for each of the four categories. They should then add up the scores to obtain a total out of twenty, and write this at the bottom of the report as a *Total Life Balance Score*.
- 3 Learners work in pairs to compare their marks. Encourage learners to justify their decisions, particularly if they have awarded significantly different marks. Obtain feedback from pairs, and elicit the use of the target language – *too much*, *enough*, and *not enough*.
- 4 Learners work with their partner to decide what questions the coach might have asked Juan in the course of his Life Balance interview and write the questions on the lines in the table, using the prompts to help them. As they do this, give help where necessary. Encourage learners to think of any additional questions which they might also wish to ask someone as part of a ‘life coaching’ session.
- 5 Redistribute the learners so that they are paired with different partners. They take it in turn to interview each other using the questions they have devised, noting down the answers they are given.
- 6 When they have finished, give each learner a copy of the blank *Life Balance Report* sheet. Learners use their notes to write a *Life Balance Report* for their partner, awarding marks for each section and a *Total Life Balance Score*.
- 7 Learners work with their partner again and report back to them on their conclusions, using the target language where appropriate. Learners should listen to their report and decide whether or not they agree with its conclusions.

## Extension

If learners are asked not to write their interviewee’s name on the Life Balance Report, the finished reports could be posted around the classroom for all learners to read and guess who each one belongs to.

# 14A Life coaches 1

<b>LIFE BALANCE REPORT for <u>Juan Ramirez</u></b>	Life balance score
<p><b>1 Work</b>            You have too much stress at work, with too much responsibility and not enough time off. You earn enough money to live well, but you don't have enough time to enjoy it! Because you have too much work to do you don't take enough holidays, so you don't have enough opportunities to relax.</p>	
<p><b>2 Diet</b>            You eat enough fruit and vegetables, but you don't eat enough carbohydrates, so sometimes you don't have enough energy to get through the day. You also drink too much coffee and you eat too much fast food sometimes, especially at the weekend.</p>	
<p><b>3 Free time</b>            You do enough exercise because you go to a gym three times a week. You spend too much time on the Internet and not enough time outside in the fresh air. Also, you don't do enough activities which exercise your brain.</p>	
<p><b>4 Friends &amp; relationships</b>            You don't have enough friends, and you spend too much time alone or always with the same people. You don't make enough effort to meet new people and make new friends, and your lifestyle doesn't include enough social activities like going out for meals, going to the cinema, or playing sport.</p>	
<b>TOTAL LIFE BALANCE SCORE:</b>	



<b>1</b>	What / your responsibilities? How much time off / have? How much / earn? How many holidays / have / every year?	<hr/> <hr/> <hr/> <hr/>
<b>2</b>	How often / eat fruit / vegetables? / eat / lot / carbohydrates? How much / coffee / drink / every day? When / eat / fast food?	<hr/> <hr/> <hr/> <hr/>
<b>3</b>	How often ... Do you spend ... How much time ... What activities ...	<hr/> <hr/> <hr/> <hr/>
<b>4</b>	How many ... Do you spend ... How often do you ... What kind of ...	<hr/> <hr/> <hr/> <hr/>

# 14A Life coaches 2

## LIFE BALANCE REPORT for \_\_\_\_\_

### Work

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 5

### Diet

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 5

### Free time

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 5

### Friends & relationships

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 5

**TOTAL LIFE BALANCE SCORE:**

 20