

A PERFECTLY BALANCED DAY

Activity 1 – Warm-up:

A) **BALANCE** - What crosses your mind? Write down some ideas.

→ ...

→ ...

→ ...

B) What your definition of a **balanced life**?

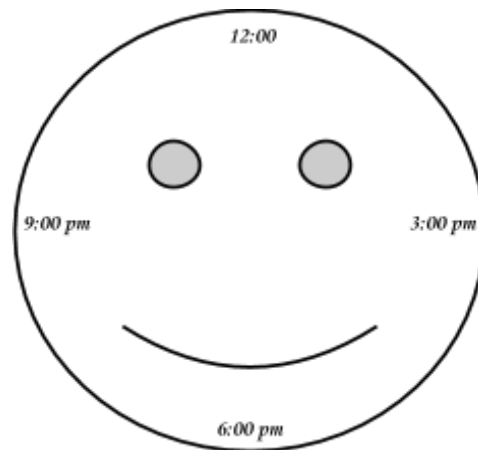
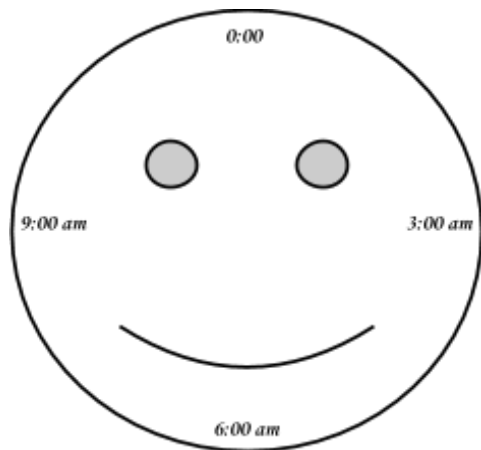
BALANCED LIFE:

C) Do you think you **lead a balanced life**? Why? / Why not?

Activity 2: Imagine your ideal balanced day.

What time does it start? What activities does it involve? How many hours do you work? Etc. Mark the perfect time span for each activity (e.g. 11 pm - 8 am - sleep, 8 - 9 am jogging, shower and breakfast etc.)

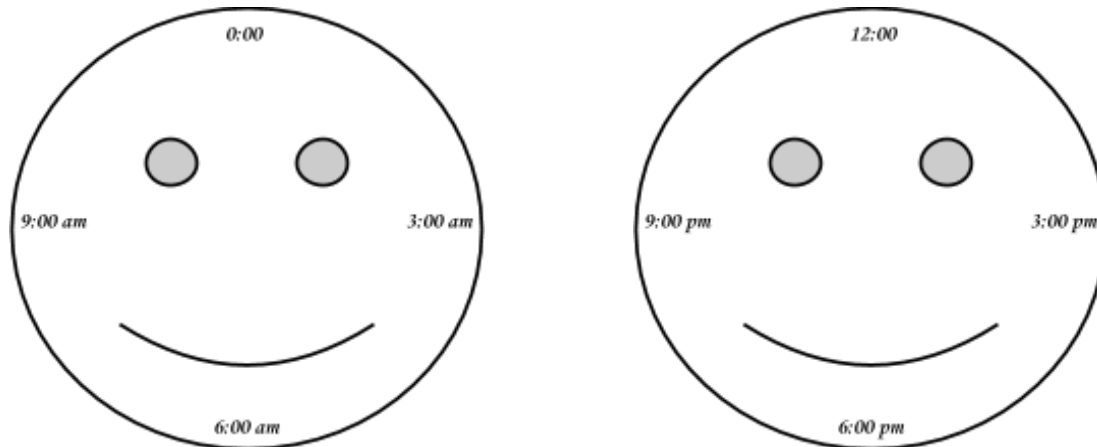
My perfectly balanced day



Activity 3: Interview your partner.

Ask questions to learn 5 facts about his/her ideal balanced day. Mark the times and activities

Your partner's **perfectly balanced day**



Activity 4: Discuss

How are your ordinary days different from your perfectly balanced days?

Activity 5: Match the phrases in bold 1-13 with their meanings A-M

- | | |
|--|---------------------------------------|
| 1. daunting | A. be used up, be finished |
| 2. dress- down Fridays | B. causing difficulty |
| 3. it's up to you | C. central, key, fundamental |
| 4. paternity leave | D. depend on |
| 5. the money runs out | E. discouraging |
| 6. to address a thorny issue | F. informally |
| 7. to be a corporate warrior | G. intend to do |
| 8. to be about to do sth | H. mentally withdraw from a situation |
| 9. to get a grip | I. permission to be absent |
| 10. to get to the nub of sth | J. recover one's self-control |
| 11. to mask the core issue | K. soldier, fighter |
| 12. to set the boundaries | L. the heart of |
| 13. to step back from the workforce | M. the limit |

Activity 6: Complete the gaps with the phrases from Activity 5

1. "I had been that classic _____ - I was eating too much, I was drinking too much, I was working too hard and I was neglecting the family."
2. "So I _____ from the workforce, and I spent a year at home with my wife and four young children."
3. "I decided I would try to address the _____ issue of work-life balance."
4. "I found it quite easy to balance work and life when I didn't have any work. Not a very useful skill, especially when the money _____."
5. "[G]oing to work on Friday in jeans and a T-shirt isn't really getting to the _____ of the issue."
6. "We have to be responsible for setting and enforcing the _____ that we want in our life."
7. "There's nothing in my life apart from my work. So I've decided to get a _____ and sort it out."
8. "I truly understand how that can be _____."

Nigel Marsh, *How to make work-life balance work*, TED

Activity 7: Watch the TED talk.



TED Talk: How to make work-life balance work

Speaker: Nigel Marsh

What are the speaker's observations concerning work-life balance? Number them 1-4 according to the talk.

Observation ____: It's hardly possible to have only ideal days.

Observation ____: Many people don't understand what a balanced life really means

Observation ____: Organizations create only an illusion of balance

Observation ____: You should care about the work-life balance yourself.

Activity 8: Watch the speech again. Write down two pieces of information concerning each fact observed by the speaker.

Observation 1

→ ...

→ ...

Observation 2

→ ...

→ ...

Observation 3

→ ...

→ ...

Observation 4

→ ...

→ ...

Activity 9: Discuss

- A. What's a balanced life really about?
- B. Now, do you think you have a balanced life?
- C. If yes, what small things make it balanced?
- D. If not, what small things do you think you could change or add to your daily routine?

Activity 10: Name three things you have learnt today

→ ...

→ ...

→ ...