



WORK-LIFE BALANCE

Discussion Questions from talkmor.com

Key Expressions to Use

<ul style="list-style-type: none"> • I think it's important to... • In my opinion... • It's better to... because... • What about you? 	<ul style="list-style-type: none"> • That's a good idea... • I learned that... • We should... • I choose to...
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Student A	Student B
<ol style="list-style-type: none"> 1. Do you have a good work-life balance right now? 2. How many hours do you usually work or study per day? 3. What do you do to relax after work? 4. Is it hard to switch off from work in the evening? 5. How important is work-life balance to you? 6. Does your job allow flexible hours? 7. How has technology affected work-life balance? 8. Do you work on weekends or holidays? 9. What would perfect work-life balance look like for you? 10. Have you ever quit a job because of poor balance? 	<ol style="list-style-type: none"> 1. Is work-life balance better or worse than 20 years ago? 2. Should companies focus more on employee wellbeing? 3. Is it possible to have great success and good work-life balance? 4. How do you say “no” to extra work? 5. Remote work — better or worse for balance? 6. Should governments limit working hours? 7. How does social media make work-life balance harder? 8. What advice would you give to new graduates about balance? 9. Do women and men experience work-life balance differently? 10. One change you would make to improve your balance.

Extra Follow-up Questions

<ul style="list-style-type: none"> • Why? • Tell me more... • What about you? • What about in your country? 	<ul style="list-style-type: none"> • Do you agree? • Have you ever...? • How does it make you feel? • What would you change?
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Quick Reflection (optional)

<p>After your discussion:</p> <ul style="list-style-type: none"> • Which question did you find the most interesting? Why? • Which answer surprised you the most? • Share one thing you learned about your partner.
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