PDF 1 - Work-Life Balance & Burnout.



WORK-LIFE BALANCE / REMOTE WORK / FUTURE OF WORK

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REAL ENGLISH

I find it hard to switch off…

The most important thing for me is…

I've started trying to…

It's easy to say… but harder to actually…

1. Ranking priorities

Rank these from most to least important for a good life:

Salary / Interesting work / Free time / Good colleagues / Job security / Flexibility

Compare with a partner and explain your top two.

2. Discussion

1. What does a healthy work-life balance look like for you?
2. Have you (or someone you know) ever experienced burnout? What caused it?
3. Is it possible to have a high-powered career and a good personal life?
4. Do you think remote workers are more productive than office workers, or do they just have more distractions?
5. Should companies have the legal right to contact employees outside of working hours? Why or why not?
6. How does working from home affect team spirit and workplace friendships?
7. If you could choose between a 4-day workweek with the same salary or a 20% pay rise for a 5-day week, which would you pick?
8. In 10 years, do you think traditional 9-to-5 office jobs will still exist, or will flexible hours become the new normal?

3. Advice scenarios

Give advice for these situations:

- A friend works 60 hours a week and is exhausted.
- Your colleague answers emails at midnight every day.
- Someone is offered a big promotion but it means much longer hours.

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