

READING 1

LIFE COACHING- WE CAN HELP YOU

These days it seems that there's always someone there to pick you up, help you out and give your life a new start. _____ (1) or sort out your wardrobe, if you already have enough; there's someone to arrange your dinner parties and someone else who will look after your agenda, or if life just seems to be too much trouble to do anything at all, you can find a psychotherapist to help you *deal* with your problems.

We don't actually need all these people to look after us. To help us do this is the role of the life coach – someone who won't judge us, who won't tell us what to do and is there to support us in those nervous life decisions that we all have to make. _____ (2) who want to make some change in their life; a life coach *encourages* you to find the answers to all life's problems from within, not from without.

Without coaching, opera singers wouldn't *hit* the high notes, Olympic athletes wouldn't have big gold medals hanging around their necks and _____ (3). They may have unique talents and abilities but you rarely see any top athletes without a coach.

In actual fact, life coaches have been around (existed) for a long time. _____ (4). Nowadays coaching is no longer just for the wealthy few, but is *available* to anyone. Over 60 per cent of US companies are now using coaching or similar techniques to develop their management teams.

Coaching is a one-to-one relationship between the client and the coach. _____ (5). Coaches help their clients identify what they want to *achieve*, whether it's in their personal, professional or public life. A coach's job is enabling their clients to uncover all their hidden abilities and motivations so that they can take positive actions towards achieving their goals.

TASK 1. Read the text and put the following sentences in the correct blank. Don't forget to write your answers in the grid below.

- A.- However, their clients were limited either to the rich and famous or corporations
- B.- A life coach is basically a support system for people
- C.- Regular sessions are held either face-to-face or over the telephone
- D.- You can find someone to choose your clothes for you,

E.- David Beckham wouldn't have been in the position to sign a multi-million pound deal with Real Madrid.

TASK 2. Decide which of the three definitions is the correct one for these words which appear in the text. (they are written in *italics*). Don't forget to write your answers in the grid below.

1.- deal

a) solve b) forget c) survive

2.- encourage

a) try to prevent sb. from doing sth. b) force c) help or stimulate sb. to do sth.

3.- hit

a) have a bad effect b) reach c) experience sth. difficult or unpleasant

4.- available

a)(sth.) that you can get, buy or find b) difficult to get, buy or find c) compulsory

5.- achieve

a) make yourself familiar with sth. b) pretend c) succeed in reaching a particular objective

ANSWERS

TASK 1

1		2		3		4		5	
---	--	---	--	---	--	---	--	---	--

TASK 2

1		2		3		4		5	
---	--	---	--	---	--	---	--	---	--

KEY. 10 ITEMS. 1 POINT EACH. TOTAL: 10 POINTS

ANSWERS

TASK 1

1	D	2	B	3	E	4	A	5	C
---	---	---	---	---	---	---	---	---	---

TASK 2

1	A	2	C	3	B	4	A	5	C
---	---	---	---	---	---	---	---	---	---

READING 2

READ THE FOLLOWING BLOG ENTRIES, WRITTEN BY PEOPLE FROM DIFFERENT COUNTRIES WHO GIVE THEIR OPINIONS ABOUT THE U.K. MATCH THE QUESTIONS TO THE ENTRIES:

- A) JAPAN - British scientists are enthusiastic, almost manic, in particular categories. But they are doing something that really doesn't matter.
- B) SINGAPORE - They have a group of white trash, you know, skinheads. That group is very, very racist. But I think the majority is fine. In fact, I know there are some community leaders that are black.
- C) HUNGARY - It's so fantastic that they are able to laugh at themselves with self-irony. I think this is exceptional. They write books and make movies that tell a negative picture about them and they show it.
- D) THAILAND - There are bad points such as discrimination but also good points such as the parliamentary government.
- E) SPAIN - Out of the European countries I think the closest to the US is England; but you can't separate them from Europe.
- F) VIETNAM - UK is a small island but it has a global trading system.
- G) RUSSIA - People are very involved in the life of society, politics. They are very well aware of what is going on.
- H) GREECE - I'm thinking about music. It's not by accident that the most innovative trends in music come from England.
- I) MEXICO - The British are limited. They don't try new things.
- J) KOREA - Underlying the British people's ideologies is their deeply rooted tradition, long history, long history of the Royal family and democracy, and the class structure.

QUESTIONS

1. Which text mentions both injustice and democracy?
2. Which text mentions British originality?
3. Which text refers to Britain's role in different parts of the world?
4. Which text says the British are capable of self-criticism?
5. Which text accuses some British people of being keen but not doing significant things?
6. Which text claims that the British know what's happening around them?
7. Which text refers to Britain's international business interests?
8. Which text refers to the origins of British people's beliefs?
9. Which text claims that the British don't like novelty?
10. Which text speaks of both prejudice and multicultural integration?

ANSWERS

- | | |
|----------|-----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |

KEY :

1. D
2. H
3. E
4. C
5. A
6. G
7. F
8. J
9. I
10. B