



Welcome Back to Your English Journey!

English Conversation

Preface Questions

1. How did your recent holiday help you recharge and gain a new perspective on your work and personal life?
2. Before your break, did you set aside any personal or professional goals? How do you feel about approaching them now?
3. What does a healthy work-life balance mean to you, and how do you try to maintain it?

Introduction

As we return from our holidays, many of us are likely reflecting on the importance of maintaining a healthy work-life balance. The time away has hopefully provided us with a sense of rejuvenation, offering us a fresh perspective on how we approach both our professional and personal lives. However, it's also natural that, before our break, we may have put certain worries or challenges to the side—perhaps one of those was the desire or need to improve our English skills.

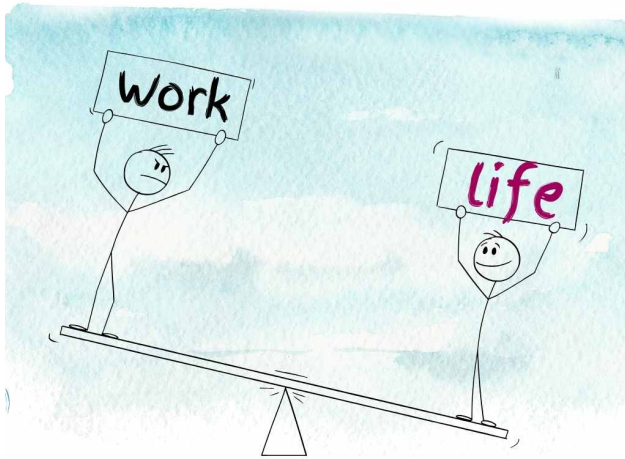
Now that we're back, it's time to revisit these goals, but we can do so with a more balanced and healthier approach. Instead of feeling overwhelmed, let's harness the clarity and energy we've gained during our break to address these challenges in a way that supports our overall well-being. Here are a few strategies to help us take on our goals, such as improving our English, with renewed focus and balance:

Strategies

- 1. Set Realistic Goals:** Start by breaking down your goals into manageable steps. Instead of aiming to master everything at once, focus on gradual progress. For example, dedicate a specific amount of time each week to practising English, rather than trying to fit it all into a few intense sessions. This allows you to build your skills steadily without feeling overburdened.
- 2. Prioritise Self-Care:** Remember that your mental and physical health are just as important as your professional development. Ensure you're getting enough rest, exercise, and relaxation. Incorporating regular breaks and downtime into your routine will not only prevent burnout but also make your learning process more effective and enjoyable.
- 3. Integrate Learning into Your Daily Life:** Improving your English doesn't have to be confined to a classroom or study session. Try integrating it into your daily activities—watch

films or listen to podcasts in English, practice speaking with colleagues, or even set small challenges for yourself, like writing emails or social media posts in English. This makes learning a more natural part of your day and reduces the pressure to find extra time.

4. Seek Support: Don't be afraid to ask for help. Whether it's enrolling in a course, finding a coach, or simply practising with a friend, having support can make a huge difference. Working with others can provide motivation, accountability, and a different perspective that can enrich your learning experience.



Caption

5. Celebrate Progress: Finally, take time to acknowledge and celebrate your achievements, no matter how small they may seem. Recognising your progress not only boosts your confidence but also reinforces positive habits, making it easier to stay committed to your goals.

Follow-up Questions

- 1. After reflecting on your goals, how do you plan to approach them in a more balanced and sustainable way?**
- 2. What small steps could you take to integrate your learning or personal development into your daily routine?**
- 3. How do you celebrate your progress, and why is it important to recognise even the small achievements?**

Glossary (B1-B2)

Work-life balance - Equilibrio tra lavoro e vita privata

Rejuvenation - Ringiovanimento

Perspective - Prospettiva

Challenges - Sfide

Goals - Obiettivi

Manageable - Gestibile

Overwhelmed - Sopraffatto/a

Progress - Progresso

Self-care - Cura di sé

Mental health - Salute mentale

Physical health - Salute fisica

Burnout - Esaurimento

Effective - Efficace

Enjoyable - Piacevole

Integrate - Integrare

Support - Supporto

Motivation - Motivazione

Accountability - Responsabilità

Perspective - Punto di vista

Enrich - Arricchire

Celebrate - Celebrare

Achievement - Truardo

Confidence - Fiducia

Habits - Abitudini

Committed - Impegnato/a

Mindfulness - Consapevolezza

Daunting - Impegnativo/a

Rewarding - Gratificante

Sustainable - Sostenibile

Well-being - Benessere

Student's Notes

Teacher's Guide: Welcome Back to MPEC (Lesson Plan)

Target Audience:

This lesson is designed for adult learners who are returning to work after a holiday. The focus is on professionals, particularly those working in a team environment, who may have goals related to improving their English skills as part of their professional development.

English Level:

B1-B2 (Intermediate to Upper-Intermediate)

Lesson Objective:

By the end of this lesson, students will have reflected on their recent holiday experience, discussed the importance of work-life balance, and explored strategies for achieving professional and personal goals in a balanced way. The lesson also aims to improve their English vocabulary and conversational skills related to discussing work-life balance, goal setting, and conflict resolution within a team.

Duration:

Approximately 60-75 minutes.

Lesson Structure:

- **Introduction (10 minutes):** Warm-up discussion using the preface questions to engage students in sharing their holiday experiences and initial thoughts on work-life balance.
- **Reading & Discussion (20 minutes):** Read the provided text as a group, discussing key points, and clarifying vocabulary. Use the glossary to support understanding.
- **Strategies & Application (20 minutes):** Discuss the strategies outlined in the text. Encourage students to think about how they can apply these strategies to their own lives, with examples.
- **Follow-up Discussion (15-20 minutes):** Use the follow-up questions to deepen the conversation, encouraging students to reflect on and share their plans for achieving balance and making progress on their goals.

Extra Activities:

1. **Vocabulary Practice:** Students can create sentences or short paragraphs using the new vocabulary from the glossary.
2. **Role-Play:** Pair students to role-play a conversation between a coach and a professional discussing work-life balance and goal setting.

- 3. Personal Goal Setting:** Have students write down one or two personal or professional goals and the steps they plan to take to achieve them, incorporating the strategies discussed in the lesson.