



MARIA L. ENGLISH
TEACHING SYSTEM
LEARN HAVING FUN!

GOT A MEETING? TAKE A WALK

1. Discuss these questions.

- How much time do you spend on meetings at work daily/weekly?
- What type of meetings do you have? Are they teleconferences, online meetings, 1-on-1 meetings, kitchen meetings, stand-up meetings? Which ones are most common?
- How much of your day do you spend sitting? Think about your work life, commuting and your free time? Do you think you sit too much?
- Would you prefer to have a job in which you sit, or stand and walk? Why?

2. Some people say that there are a lot of disadvantages of working in a modern office. Create a ranking by

putting these disadvantages of office work from 1 (the biggest one) to 8 (the smallest one).

- a) limited or no privacy

b) too much time wasted on meetings

c) noise in open-plan offices

d) too much overtime
- e) health problems due to sitting

f) a too stressful and dynamic environment

g) eating snacks and ready-made meals

h) causes sight problems (looking at the screen all day)

3. Watch the first part of the video [<https://youtu.be/iE9HMudybyc>] (to 02:00) and write down what the figures below refer to.

- 9.3

• 10%

• 7%

• 20-30

4. Watch the second part (from 02:00 to 03:18) and complete the gaps with one word each.

- a) You could take care your health, or you could take care obligations.

b) First, there's this amazing thing about actually getting of the box.

c) And if we're going to solve problems and look the world really differently.

d) So I started this talk talking the tush, so I'll end with the bottom line (...).

e) You'll be surprised how fresh air drives fresh thinking.

5. In her talk, Nilofer Merchant uses some colloquial/idiomatic expressions. Try to connect them with their meanings (choose either 1) or 2) for each expression).

a) tush	1) rear-end,bottom 2) belly
b) get off your duff	1) stop sitting and drinking beer 2) stand up and start doing things
c) huff and puff	1) be stinking of sweat 2) breathe very hard
d) out-of-the-box thinking	1) original approach to a problem 2) trying to figure out how to escape
e) the bottom line	1) introduction/beginning 2) the main or essential point

6. Discuss these points related to the talk.

- Do you agree that sitting is the smoking of our generation? Can sitting really be so unhealthy? If so, what can be done to get us off our duffs?
- Nowadays people are sitting 9.3 hours a day, which is more than we're sleeping, at 7.7 hours. How about you? How much do you sleep vs sit?
- How much sport activity do you do? Do you huff and puff after a 15-minute walk or going 4 stories upstairs?

- Why do you think that walking may stimulate out-of-the-box thinking?
- Can you imagine using walking meetings in your work? What could be the problems and the benefits of such a solution?
- What's the bottom line of this TED talk that you will remember?



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