



# 5 Work-life Balance

*Do you worry about having a good and healthy work-life balance? Do you think it's difficult to set boundaries so work and personal life don't overlap? Should companies care about this issue?*

## Exposure Activity

Watch a video about the purpose of life by Michael Walters called **The Fallacy of the Work-Life**. Then, discuss the following questions:

[Click here to watch](#)

- What does Michael propose regarding work-life balance?
- How can we create positive momentum in our lives?

## Engaging Activity

### **Exercise it!**

What do you do to balance your career and personal life? What have you been doing in order to enjoy life? Write a paragraph about it!



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## Structure Activity

### PRESENT PERFECT CONTINUOUS

Read the sentence below. Does it express a **finished** action or an **ongoing** action?

*I've been observing the performance of all employees, but I need more time to give you my final assessment.*

There are specific situations in which we use this verb tense.

- A continuous action - *I **have been driving** sports cars for 20 years.*
- Actions recently stopped (you often see, feel, or hear the result) - *I look tired because I've been working since 7 a.m.*
- Questions with 'how long' (emphasis on the duration of the activity) - *How long **has he been living** in New York?*

### Present Perfect Simple X Present Perfect Continuous

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#	.....	#	.....
=	..... (7@ @-- ) u k-oy @	=	.....
=	.....	=	.....
u	.....	u	.....
u	<b>live</b> and	u	.....

- *I've worked with Thomas for 5 years.*
- *I've been working with Thomas for 5 years.*

- Remember that stative verbs (*like, know, believe, etc.*) don't usually take the continuous forms, so the appropriate tense is the Present Perfect Simple.

- *I've known him since 2010. (right)*
- ~~*I've been knowing him since 2010. (wrong)*~~

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1. The sentences below contain one or two mistakes. Correct the mistakes and rewrite the sentences.

Example: I ~~am studying~~ here ~~since~~ two months.

I have been studying here for two months.

a) How long have you been knowing Karen?

\_\_\_\_\_

b) The CEO has been being away for two weeks.

\_\_\_\_\_

c) How long have you been lived in your current city?

\_\_\_\_\_

d) We are married for 25 years.

\_\_\_\_\_

e) I am working on this project since I joined the company.

\_\_\_\_\_

2. Imagine that you have just bumped into a friend who you studied with at school. As you haven't seen each other for a long time, you have a lot to catch up. Tell them about yourself, making sentences using the Present Perfect Simple and the Present Perfect Continuous.

Example: living where you live now - I have been living in my apartment since 1999.

a) working for your company - \_\_\_\_\_

b) married / single / divorced - \_\_\_\_\_

c) working out - \_\_\_\_\_

Now, make questions to your friend, beginning with "How long".

Example: graduate from college – How long have you graduated from college?

d) working for their current company?

\_\_\_\_\_

e) have their position?

\_\_\_\_\_

f) don't see their old classmates from school?

\_\_\_\_\_



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## Follow-up Activity

What have these people been doing or what has been happening? Write sentences about the following pictures. Multiple answers are possible.



a) Keira's clothes and face are all dirty.

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b) Adam is tired.

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c) The kitchen is all covered in plastic.

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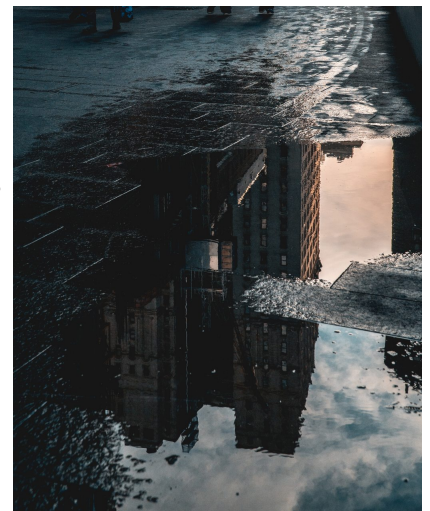


e) The kitchen is a mess.

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d) The ground is covered with puddles.

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## Homework

### 1. Choose the appropriate verb form.

- How long \_\_\_\_\_ the Harpers?  
 have you known  
 have you been knowing  
 Either could be used here
- I \_\_\_\_\_ ten emails since this morning.  
 wrote  
 have written  
 have been writing
- I have already \_\_\_\_\_ the report.  
 received  
 been receiving  
 Either could be used here
- Sorry about the mess. We \_\_\_\_\_ the walls.  
 have painted  
 have been painting  
 Either could be used here
- This is the third time you \_\_\_\_\_ that question.  
have asked  
 have been asking  
 Either could be used here
- You \_\_\_\_\_ six cups of coffee today, slow down!  
 have drunk  
 have been drinking  
Either could be used here
- We \_\_\_\_\_ in this city for five years.  
 have lived  
 have been living  
 Either could be used here



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8. John \_\_\_\_\_ his leg so he can't walk.

has broken

has been breaking

Either could be used here

9. You look a bit tired. What \_\_\_\_\_ ?

have you done

have you been doing

Either could be used here

10. Help! I \_\_\_\_\_ the PPT presentation!

have lost

have been losing

Either could be used here

11. A: 'You look so tired.'

B: 'Yes, I \_\_\_\_\_.'

have run

have been running

Either could be used here



**2. Complete the sentences using the verb in brackets in Present Perfect Continuous.**

a) I \_\_\_\_\_ in Porto Alegre for ten years. (live)

b) How long \_\_\_\_\_ English? (study)

c) Walter \_\_\_\_\_ about work-life balance. (speak)

d) His desk is messy because he \_\_\_\_\_ hard all day. (work)

e) We \_\_\_\_\_ about the new diet for hours. (talk)

f) Kim \_\_\_\_\_ yoga for two years. (practice)

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3. Fill in the gaps using the words or expressions below.

*work-life balance*    *positive momentum*    *under stress*  
*hard work*    *stretch*    *workout*    *landscape*

- a) I do my daily \_\_\_\_\_ in the gym to keep fit and healthy.
- b) Personal trainers tell people to \_\_\_\_\_ their arms and legs to full length before they start training.
- c) Sorry for being so grumpy. I've been \_\_\_\_\_ at work lately.
- d) \_\_\_\_\_ refers to the level of prioritization between personal and professional activities.
- e) The positive sales-related actions that propelled our results forward resulted in a \_\_\_\_\_ in our business.
- f) It takes a lot of \_\_\_\_\_ to be successful in business.
- g) The employees of the factory can relax after lunch in the garden, which was designed to harmonize with the natural \_\_\_\_\_.



Notes