

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
---	---	---	---	---	---	---	---	---	---