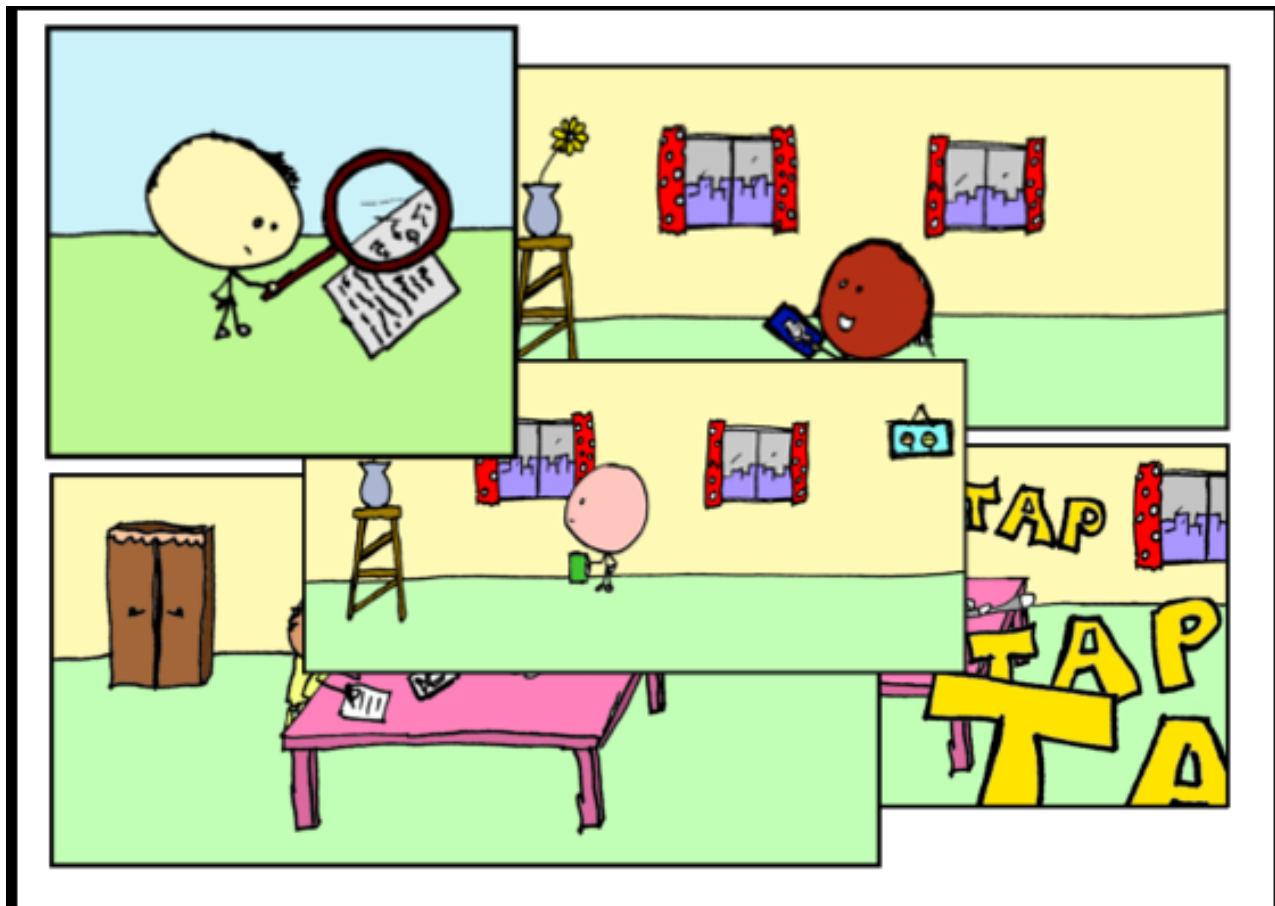

Diaper CEO Lesson 1

Running the Railroad Course

Language... culture... profession. Now we'll connect the dots.



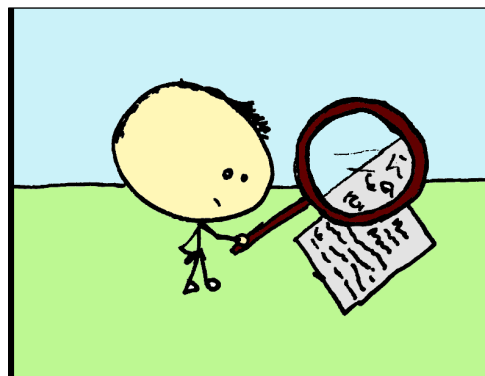
Vocabulary 1

- Take a look at the "Shy Baby" text again.

Can you find the following expressions?

1. Five verb + noun collocations.
2. Two phrasal verbs.
3. One idiom.

Check your answers on Page 8.



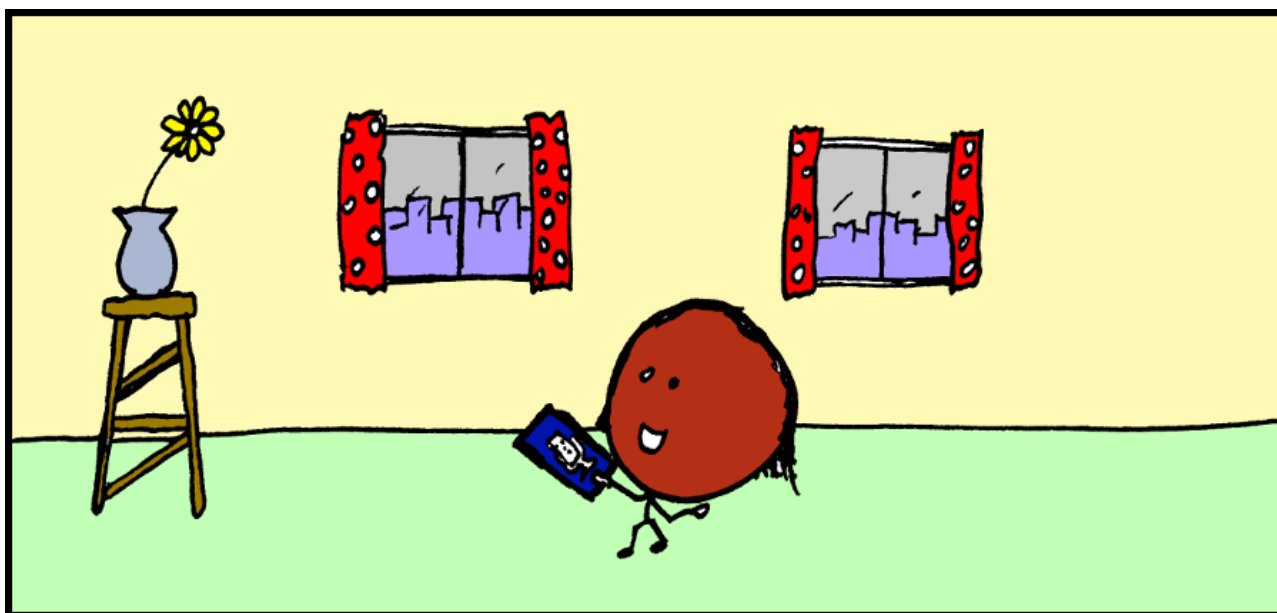
Vocabulary 2

- Match the phrasal verbs and idioms from the text to their definition.
- If you're not sure, then check the text! You can probably figure out the meaning from the context.

- | | |
|---------------------------|---|
| 1. Take off | A) Make jokes and have a laugh – maybe even at the expense of proper work |
| 2. Break away from | B) Overcome something negative like fear or panic or dread |
| 3. Kid around | C) A sense of satisfaction that comes with not having something to worry about any more |
| 4. Peace of mind | D) Suddenly leave – possibly in a panic |
| 5. Get beyond the feeling | E) Get away from a habit or even an addiction |

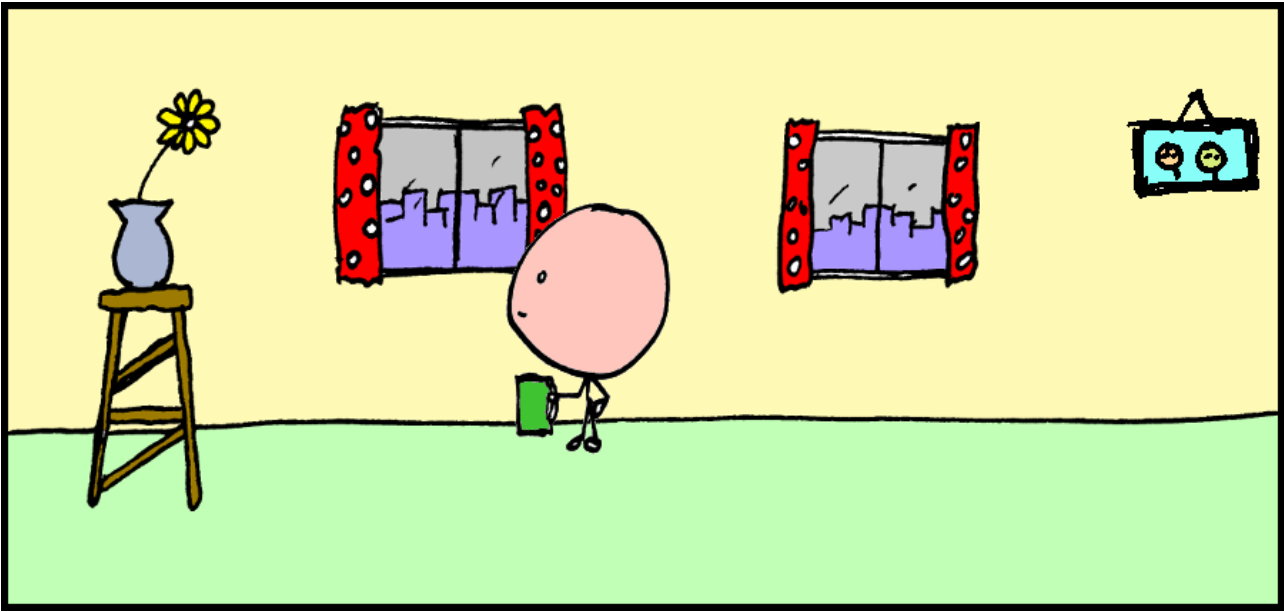
Check your answers on Page 8.

Speaking



- Read the questions below and record your answers using your phone or laptop. You'll listen to them after the exercise. Remember to make your answers natural. Don't try to use any particular words or phrases, just speak freely. Don't worry! No one can hear you. You might want to walk around the room while you do this. Get the blood circulation going and the oxygen pumping! Make your answers as long or as short as you need to.
 1. When you think about **the calm of your home** (when your home is actually calm), what kind of things do you imagine doing there?
 2. Think about what you do at home – things like cleaning, washing up and cooking. Would you **characterize it as work**? Why? Why not?
 3. Do you ever work from home? If so, where do you **get more work done**? Home or the office? Why?
 4. These days, teleconferencing is **becoming more and more of a ubiquitous trend**. What do you think about this? Do you like it? Should the trend continue, or do you reckon we should go back to face-to-face meetings?
 5. Can you think of any other examples of **ubiquitous trends these days**?

Let It Settle



- OK. Take a break now. Make a cup of coffee. Let the information settle.

Listen Back

- Now listen back to your answers that you recorded a while ago.
- Rate your speaking performance on a scale of 1-5 ... 1 is not happy at all and 5 is perfectly satisfied.
- Make any notes about anything you'd like to change. It might be how clear you sound, your accent, your grammar, the vocabulary, or just how natural you sound.

Question 1

Rating: 1 | 2 | 3 | 4 | 5

Notes:

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Question 2

Rating: 1 | 2 | 3 | 4 | 5

Notes:

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Question 3

Rating: 1 | 2 | 3 | 4 | 5

Notes:

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Question 4

Rating: 1 | 2 | 3 | 4 | 5

Notes:

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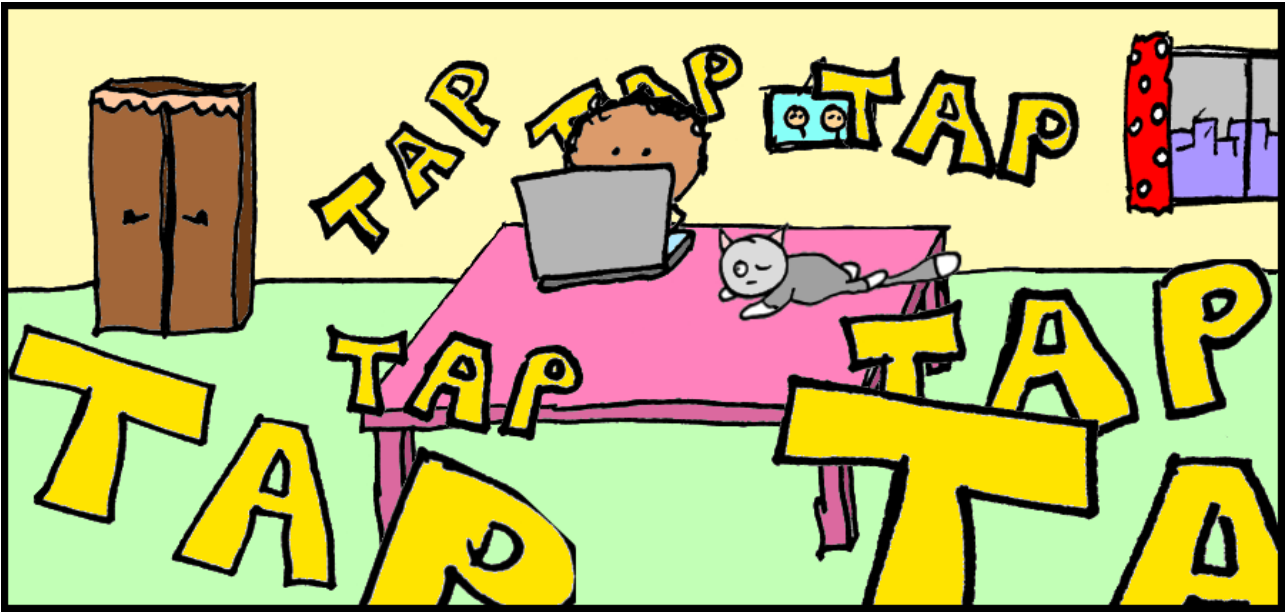
Question 5

Rating: 1 | 2 | 3 | 4 | 5

Notes:

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Writing



Sit back, look out of the window and try to think of a time when you had to do something that you didn't want to do.

- Where were you?
- What did you have to do?
- How did you feel before doing it?
- Did you feel better after doing it? Or worse?
- What did you do afterwards?

OK. Got it?

Now write about the experience.

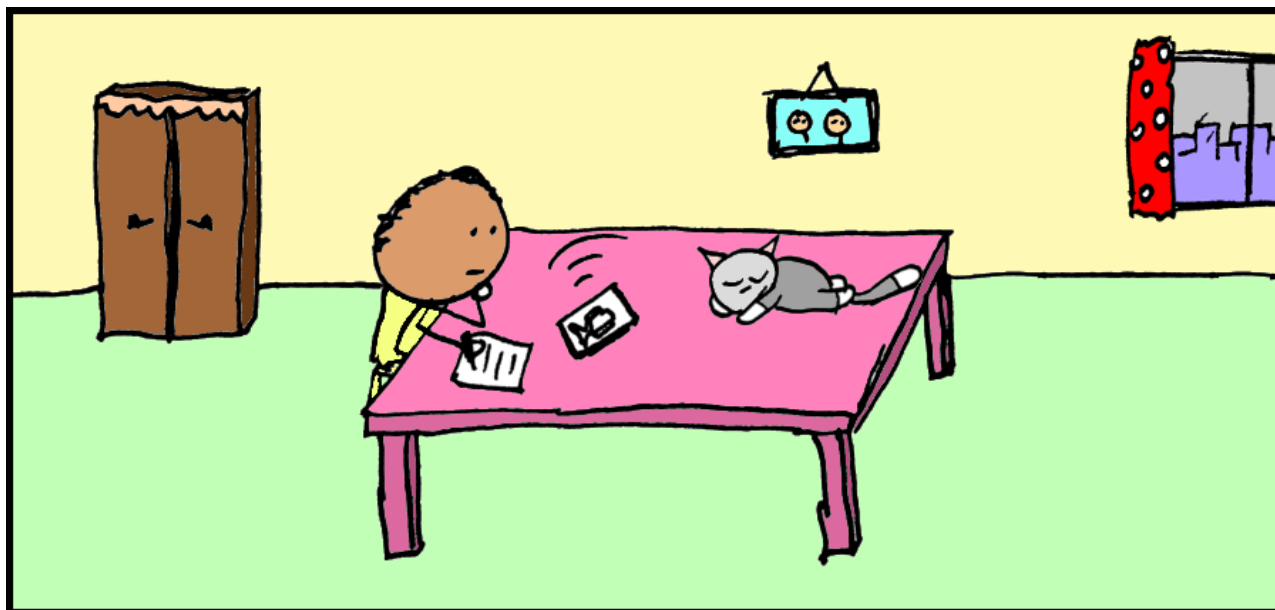
Remember – you DON'T have to write hundreds and thousands of words or a full novel. This is just for you.

Write just enough to describe the experience. No more. No less.

OK – Go!

Set a Review Date

- Right, before you finish, there's one more thing to do. Go to your calendar and make a note for **four weeks from today**. When that date comes, you're going to listen back to the answers you recorded today and you're going to read over the writing you just did. And that's it! No notes or anything. Just listen and read and see your improvement! It'll be very satisfying ... trust me!



- Would you like to learn and practise a little bit more? [Contact us](#) to schedule a lesson with one of the LOS language consultants who created this material.

Answer Key

Vocabulary 1

Possible answers:

Verb + Noun Collocations

- Pack my suitcase
- Jump in a taxi
- Catch the next flight home
- Rebuild the reputation of
- Use their voices correctly
- Get a lot done

Phrasal Verbs

- Take off
- Kid around
- Break away from

Idioms

- Get beyond the feeling
- Peace of mind

Vocabulary 2

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