

WARM-UP

1. In pairs, discuss the following questions:
 - a) Have you ever had any life coaching session? If yes, what was it like? If not, would you like to try doing it?
 - b) What's your opinion about life/business coaching?
 - c) How important to you is to constantly develop yourself?



VOCABULARY

2. Fill in the gaps with the words from the box to create some common pieces of advice on self-improvement.

TAKE ON	VERSION	AIM	DRAW	COMFORT
SKILLS	PURSUE	FULLEST	BROADENS	FLOW

- Let no one bring you down with negative views, you are who you are and only need to **be a better version of yourself**.
 - **Step out of your comfort zone** and do something you've never done before.
 - You can never be too good at something so continue **honing your skills**.
 - Life is an adventure so don't be afraid to **pursue your dreams**.
 - Travel a lot as it widens horizons and **broadens perspectives**.
 - Set the mission statement for your life, one that will drive you to **live your life to the fullest**.
 - Always **aim for the highest goals**, the best results, the grandest vision.
 - Push your boundaries and **take on more than you can handle**.
 - Not everything has to adhere to a plan all the time. Allow yourself to just **go with the flow**.
 - Reflect on everything that happens to you because that's when you can **draw lessons on what you can do better in the future**.
3. In pairs, decide which 3 tips from exercise 2 are most useful and which 3 you think are least helpful. Be ready to justify your picks.

VIDEO

4. Look at the introduction to the speech you are going to watch. Do you agree with what it says?

The pace of modern life is accelerating, and the self-help shelves are full of advice on how to keep up. But the demands of life in the fast lane come at a price: anxiety, fatigue and depression are at an all-time high. Leading Danish philosopher and psychologist Svend Brinkmann argues that we must not be afraid to reject the self-help mantra. The secret to a happier life lies not in finding your inner self, but in coming to terms with yourself to coexist peacefully with others.

5. Watch the video and answer **Yes**, **No** or **Don't Know** to the questions below:

- Does ideology of improving yourself make us feel bad? **T**
- Does the idea of constant development affect people's psychological problems? **DK**
- Is trust a precondition for being an ethical person? **T**
- Did the speaker come to the meeting on time? **DK**
- Does the speaker believe that lifelong learning is dangerous? **T**
- Did stoic authors write similar things as the self-help writers of today? **T**
- Do stoic philosophers promote positive thinking? **F**

DISCUSSION

6. Discuss points below related to coaching and self-improvement.

- What do you think about the culture of constant self-improvement? Do you think it's a positive or negative phenomenon?
- Are people so incompetent in their lives now that they need a coach through life?
- What do you think of the idea that everyone should get in touch with a life/business coach to be a better version of themselves?
- How can self-improvement change your life?
- Should this profession be regulated like lawyers/doctors or psychotherapists are?