

## Activities to do **BEFORE** you listen to the podcast

**A** Do you understand the following words and expressions? Find them in a dictionary or translate them into your language.

- To show off
- sympathy (for someone)
- to bang (on the door)
- landlady
- sass
- to figure something out
- to settle down
- to be qualified
- facilitator
- o emphasise

**B** Try to predict Emma's favourite... and listen to the podcast to find out the answers.

1. place in Slovakia
  - a. Old Town in Bratislava
  - b. Zilina
  - c. Kosice city centre
2. Slovak meal
  - a. Halusky
  - b. knedla
  - c. gulas
3. Slovak drink
  - a. Borovicka
  - b. Beer
  - c. Rosé wine
4. Slovak personality
  - a. Zuzana Caputova
  - b. colleagues and students
  - c. Sajfa

## Activities to do **WHILE** you listen to the podcast

**C** Pick some words or expressions you like from the exercise 1 and write down how Emma uses them.

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**D** Emma is an English teacher who recently got her coaching qualification. Are these sentences true or false? Correct the false ones.

- a. In the course she did, she learnt the skills, techniques, and tools to do any type of coaching.
- b. She would love to go into business coaching in the future.
- c. As a coach, she usually tells people what to do.
- d. If you are a coach, you help people find out what they want to do and how to do it.
- e. Only people who are teachers can do the coaching course at The Bridge.
- f. She applies coaching to her lessons.
- g. Coaching doesn't help with issues like communication.
- h. Coaching helps people grow.

**KEY**  
B: 1-a, 2-b, 3-c, 4-d

D: a-T, b-F: she wouldn't go into business coaching, c-F: she asks questions and acts as a facilitator, d-T, e-F: she recommends it for anyone working with people, for example managers, f-T, g-F: it does help with communication and many other issues as well, h-T

**The Bridge**

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