

How to Talk About Work in English

Not your CV. Just what work actually feels like.

TODAY'S TOPIC

Work takes up a huge part of your life. And for many people in this group, work in a second language is harder than it should be. Not because the job is too difficult, but because expressing yourself, disagreeing, asking questions, explaining something clearly, all feel harder when you are not in your first language.

Today you practice talking about work in English. Not a job interview. **Just an honest conversation about what your work life is actually like.**

START HERE (SAY THESE OUT LOUD)

One sentence each. No writing. Just speak.

1. What do you do for work? One or two sentences.
2. Do you like it? Be honest.
3. What is the hardest part of your job in English, not in general, specifically in English?

If you get stuck, start with *"In my job,"* and say one true thing.

USEFUL WORDS AND PHRASES

Choose 2 or 3 that describe your work situation right now.

workload	the amount of work you have to do at any given time <i>"My workload is heavy this month."</i>
colleagues	the people you work with <i>"My colleagues are helpful."</i>
to be swamped	to have too much work, more than you can comfortably handle <i>"I am completely swamped this week."</i>
work-life balance	how well you manage the line between work and personal life <i>"The work-life balance here is not great."</i>
to work overtime	to work more hours than your contract says <i>"I end up working overtime most weeks."</i>
flexible hours	a schedule where you can choose when you start and finish <i>"I have flexible hours, which helps."</i>
to be on autopilot	to do your job without really thinking, because it is so routine <i>"Some days I am just on autopilot."</i>
deadline	the date or time by which something must be finished <i>"The deadline is Friday and I am not ready."</i>

SPEAKING PRACTICE (CHOOSE 3 TO 5)

Answer out loud. 30 to 60 seconds each. Do not write.

4. What does a typical day at work look like for you? Walk through it simply.
 5. What do you find genuinely satisfying about your work, even if small?
 6. Is there something at work that is harder because you are doing it in English?
 7. Do you prefer working alone or with other people? Why?
 8. How do you switch off after work? Does it work?
 9. If you could change one thing about your work situation, what would it be?
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GO FURTHER

Choose one. Speak for 1 to 2 minutes.

10. How has your relationship with work changed since you were younger or since you moved?
 11. If money was not the reason, would you still do the work you do now?
 12. What would meaningful work look like for you? Do you have it?
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THIS WEEK'S SMALL ACTION

Describe your job to someone in English this week. Keep it to two or three sentences. What you do, what it involves, one honest thing about it.

Once this week. That is enough.

Want more practice? The members edition has extended vocabulary, a partner activity, group discussion questions, and a real-life speaking structure.