

MODULE 2A

Listening p.16

1

1 five speakers; 2 they have all given up stressful jobs

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

Audio script

Speaker 1:

I worked as a City trader for 12 years and really enjoyed both the job and the lifestyle that went with it, but in the last two years I started to wonder whether it was what I wanted to do for the rest of my life. Because I commuted a long way across London by train, I saw my baby son for only a few minutes at the end of each day if I was lucky, and I'd spend all weekend sleeping. Fortunately, I'd always been a saver, and that made the decision to leave much easier. I had a keen interest in interior design and decided to use my savings to set up my own business.

Speaker 2:

Last summer, I resigned from my job as an insurance broker and started a year-long course to train as a wildlife artist. Learning a new skill was hugely satisfying. But I'll never forget the day I walked past a very expensive restaurant next to the college. I had dined there frequently with clients. Now I was a student in jeans and T-shirt, carrying a backpack. I felt odd. It wasn't that I missed it, but I did wonder if I would be able to afford to eat somewhere like that ever again. I'm excited, although obviously a little apprehensive, about the future. But I love being outdoors and travelling around the country, and everybody says I'm far more relaxed.

Speaker 3:

The first three years were very isolating. But as my wife and I got used to the life, we became very interested in the countryside and grew to love it. I know nothing about gardening and growing things, so taught myself by reading books. I no longer have to waste time on commuting or long business lunches, but my business only brings in about two-thirds of what I earned in my previous salary. But then we don't need so much money to live on. Our heaviest expenses are the two cars, because we are so remote. I grow all our own fruit and vegetables and we rear chickens to eat. We're about 90 per cent self-sufficient in summer.

Speaker 4:

The city had been my life. I worked for a public-relations company which specialised in art exhibitions and so my evenings were devoted to social events. Then without warning, I was made redundant. That made me stop and reconsider my priorities. I realised I was ready for a simpler, more enjoyable life and decided that with computers, faxes and email I could work from home, and didn't even need to be near London. Now I've got two children and so I can't work full time, but I'm doing some market research for a local hotel. I've no regrets; it's a happier, healthier and better quality of life for the whole family.

Speaker 5:

I'd start work at 6:30a.m. and often carry on until midnight if there was a big deal on. The pressure was incredible. There was no time for exercise or eating well and I found myself becoming a very tense and bad-tempered person. I was close to burning out in a totally unfulfilling lifestyle. By sheer chance I saw an article about how someone called a 'life coach' had changed someone's life. I got in touch and as a result of just one consultation, she helped me realise that I'd be much happier as a yoga teacher. I'm now running my own health club. It's quite demanding, but at least I know why I'm doing it.