



WATCH & LEARN: BUSINESS: HR & PERSONNEL MGMT: CAREER MANAGEMENT
ARIANNA HUFFINGTON (4:42 min)
VIDEO Script & Vocabulary (page 1 of 1/v697)

INTERMEDIATE (B1 - B2) AND ABOVE

- ◊ Read the script and note new vocabulary
- ◊ Write three sentences using new vocabulary
- ◊ Prepare for the discussion questions

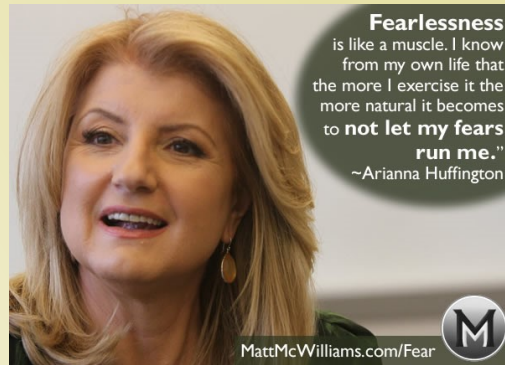
Starting Off

Arianna Huffington, founder of the influential blog "The Huffington Post", gives her advice on working more effectively.

- 1 Read the **Video Script** below. The words in **bold** are defined in the **Vocabulary** section. Look up any new words in a dictionary.
- 2 Look at the **Discussion Questions** and prepare your responses for the next class.

Video Script:

Arianna Huffington: My big idea is a very, very small idea that can **unlock** billions of big ideas that are at the moment **dormant** inside us. And my little idea that will do that is sleep. This is a room of **type A** women. This is a room of sleep **deprived** women. And I learned **the hard way** the value of sleep. Two-and-a-half years ago I **fainted** from **exhaustion**. I hit my head on my desk, I broke my cheekbone, I got five **stitches** on my right eye. And I began the journey of rediscovering the value of sleep. And in the course of that I studied, I met with medical doctors, scientists, and I'm here to tell you that the way to a more productive, more inspired, more joyful life is getting enough sleep. And we women are going to lead the way in this new revolution, this new feminist issue. We are literally going to **sleep our way to the top**, literally. Because unfortunately for men, sleep deprivation has become a virility symbol. I was recently having dinner with a guy who **bragged** that he had only gotten four hours sleep the night before. And I felt like saying to him, but I didn't say, I felt like saying, "You know what? If you had gotten five, this dinner would have been a lot more interesting". There is now a kind of sleep deprivation **one-upmanship**. Especially here in Washington, if you try to make a breakfast **date**, and you say, "How about eight o'clock?" They are **likely** to tell you, "Eight o'clock is too late for me, but that's OK, you know, I can **get a game of tennis in**, and do a few conference calls and meet you at eight". And they think that means that they are so incredibly busy and productive, but the truth is, they're not. Because we at the moment have had brilliant leaders, in business, in finance, in politics, making terrible decisions. So a high IQ does not mean that you are a good leader. Because the essence of leadership is being able to see the **iceberg** before it hits the Titanic. And we've had far too many icebergs hitting our Titanics. In fact I **have a feeling** that if Lehman Brothers was 'Lehman Brothers and Sisters', they might still **be around**. While all the brothers were busy, you know, just being hyper-connected **24/7**, maybe a sister would have noticed the iceberg because she would have woken up from her seven and a half or eight hour sleep and have been able to see **the big picture**. So as we are facing all the multiple crises, in our world at the moment, what is good for us on a personal level, what's going to bring more joy, **gratitude**, effectiveness in our lives and be the best for our own careers, is also what is best for the world. So I **urge** you to **shut** your eyes and discover the great ideas that **lie** inside us. To shut your engines and discover the power of sleep. Thank you!



Discussion Questions:

- ◊ Do you think sleep is an important part of how well you perform at work and in your life?
- ◊ How much sleep do you get on average every night? Do you feel you get enough?
- ◊ What are some habits that you could share that help to ensure you get a good night's sleep every night?

Vocabulary:

- **unlock** - open up
- **dormant** - asleep, inactive, not being used
- **type A** - personality characterized by a strong desire to lead or be in charge, competitiveness and assertiveness
- **deprived** - lacking a sufficient quantity of something essential
- **the hard way** - through a difficult experience
- **fainted** - lost consciousness
- **exhaustion** - extreme fatigue
- **stitches** - sutures used to close a wound
- **sleep our way to the top** - (*figuratively*) have sex in order to get promoted
- **bragged** - spoke about one's own accomplishments in a proud or immodest manner
- **one-upmanship** - competition
- **date** - appointment to meet
- **likely** - probably
- **get a game of tennis in** - fit a game of tennis into my schedule
- **iceberg** - huge piece of ice in the sea
- **I have a feeling** - I think, I believe
- **be around** - exist
- **24/7** - 24 hours a day seven days a week
- **the big picture** - the entire situation from a larger perspective
- **gratitude** - feeling of being thankful
- **urge** - strongly suggest



www.huffingtonpost.com