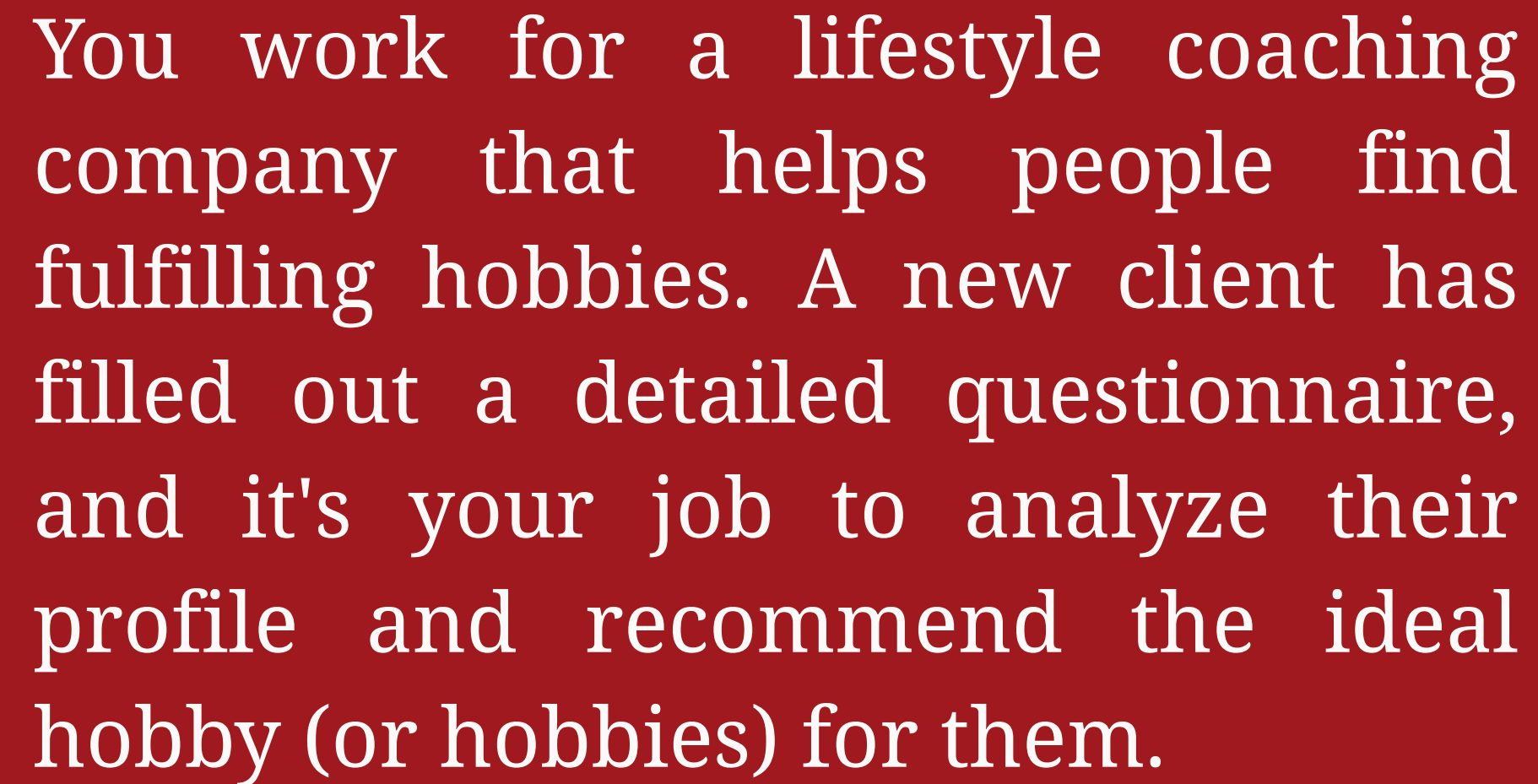


**B2 lifestyle  
coaching  
company  
speaking task**







You work for a lifestyle coaching company that helps people find fulfilling hobbies. A new client has filled out a detailed questionnaire, and it's your job to analyze their profile and recommend the ideal hobby (or hobbies) for them.



**Name:** Maria

**Age:** 35

**Occupation:** Software Engineer (works from home, mostly sedentary)

**Personality:** Introverted, analytical, enjoys problem-solving, a bit of a perfectionist, can get stressed easily. Values learning new things and achieving tangible results.

**Physical Activity Level:** Low. Rarely exercises.

**Social Life:** Limited. Mostly interacts with colleagues online. Misses having close connections with people.

**Interests (Mentioned in Questionnaire):** Technology, puzzles, history, cats, trying new foods (but doesn't enjoy cooking), nature (but dislikes intense physical exertion), quiet environments.

**Constraints:** Limited budget. Needs a hobby that can be pursued at home or close to home.





### **Online Chess**

**Description:** Playing chess against other people online. Improves strategic thinking, problem-solving skills, and concentration.

**Pros:** Low-cost, mentally stimulating, can be played anytime, provides social interaction (online), offers a sense of competition and achievement.

**Cons:** Can be addictive, requires concentration, can be frustrating for beginners, may not provide physical benefits.

### **Rock Climbing**

**Description:** A challenging physical activity that involves climbing artificial rock walls or natural rock formations. Improves strength, stamina, flexibility, and problem-solving skills. Can be done indoors or outdoors.

**Pros:** Great physical workout, exciting, mentally stimulating.

**Cons:** Can be expensive (gym memberships, equipment), requires physical exertion, can be intimidating for beginners, potentially dangerous.

### **Digital Photography**

**Description:** Taking and editing photographs using a digital camera or smartphone. Can focus on different subjects (nature, portraits, landscapes, etc.). Can be shared online.

**Pros:** Combines technology and creativity, can be done indoors or outdoors, allows for learning new skills, provides a visual outlet, can be shared with others.

**Cons:** Can be expensive (equipment, software), requires learning technical skills, can be time-consuming.

### **Creative Writing (Short Stories)**

**Description:** Writing fiction in the form of short stories. Can explore different genres, characters, and themes. Great for imagination, creativity, and self-expression.

**Pros:** Low-cost, can be done anywhere, stimulates creativity, provides a sense of accomplishment, allows for self-expression.

**Cons:** Can be isolating, requires discipline and motivation, may not provide immediate tangible results.