ROUND 20

How Jewel is Using her New Company to Teach Happiness as a Skill

Source:Inc.

토크샵 관련 링크

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알림 Notice

• 토크샵 23년 5-6월 배치 등록 중 Go

※ 문의 070 8246 0570

1. Vocabulary   *Check the meaning of these words/expressions in the dictionary.*

💡 Today's Expression(오른쪽 링크 클릭) - <u>To Throw for a loop</u>

- Definition

- Example

QR코드를 통해 To Throw for a loop의 설명 영상을 보실 수 있습니다.

1. **Set off** (phrasal verb) -
ex)

"And so I ***set off*** on this life's mission to understand that."

2. **Suicidal** (adjective) -
ex)

"We used behavioral tools to help kids with ***suicidal*** ideation and anxiety, self-harming, disordered eating, and we have incredible results."

3. **Bottleneck** (noun) -
ex)

"What we're solving is the ***bottleneck*** in the mental health crisis."

4. **Integrity** (noun) -
ex)

"Every time I have made big, hard choices, I always choose my ***integrity*** and my character."

5. **Fall through the cracks**(idiom)
ex)

"We wanted to find systems that worked for at-risk youth that ***fell through the cracks*** of traditional mental health support systems."

2. Listening Drill

I moved out at 15. I left an _____. I was very stubborn, and so I really stubbornly decided that happiness was for someone like me, too.

Curiosity, inquisitive interest in others' concerns marked by a desire to investigate and learn.

I didn't go to business school, obviously. I have a high school education. But everything I did in my music career, I did as an entrepreneur.

I always did it _____ by inventing new systems so that I could make the type of art that I wanted to make.

I began to take years between albums. I took seven years so that I could be really present with my son, and I loved every minute of it. I was making a powerful choice, a powerful choice for my own happiness, for my liberty, for my art, and I feel like I was winning.

I still do. I noticed everybody was in pain. But the thing I was very interested in was happiness. Is happiness a _____? I did know that happiness was not taught in my home, and it made me wonder, is it teachable and is it learnable?

And so I _____ this life's mission to understand that. Not everyone has access to therapy, and there have to be things that work for everyone, regardless of what situation you're in. Inspiring Children Foundation was founded about 22 years ago by Ryan Wolfington and myself.

We wanted to find systems that worked for at-risk _____ that fell through the cracks of traditional mental health support systems.

We used behavioral tools to help kids with _____ and anxiety, self-harming, disordered eating, and we have incredible results.

When I turned 40, I realized that I needed a different job. My finances were in ruin. And being a musician is like the lottery. It's a very difficult job. It's a very risky job.

And now I was a single mom. And so I decided to basically _____ my portfolio, but I also wanted to make sure I started having some revenue in some other areas that was authentic to me.

I look at the entire system of mental health care, and we've had a lot of innovation in other fields. Technology has helped almost every other field. It hasn't helped our mental health field.

2. Listening Drill

We have more and more people needing mental health tools, but we don't have enough therapists to meet that need.

I'm a co-founder of Innerworld. We're a virtual reality mental health platform. What we're solving is the _____ in the mental health crisis. We're putting tools in the hands of everybody and creating access for everybody that's affordable.

We're seeing a lot more men show up than show up in traditional care systems. _____. We have housewives that have five children and can't leave the house, and so we're able to support people in the ways that they need support.

When you invest in your character, it's the best stock market. Every time I have made big, hard choices, I always choose _____. And then I've learned to wait for the magic to happen because something better than I ever could have imagined always happens.

3. Summary

Summarize what you have seen/heard in two or three sentences
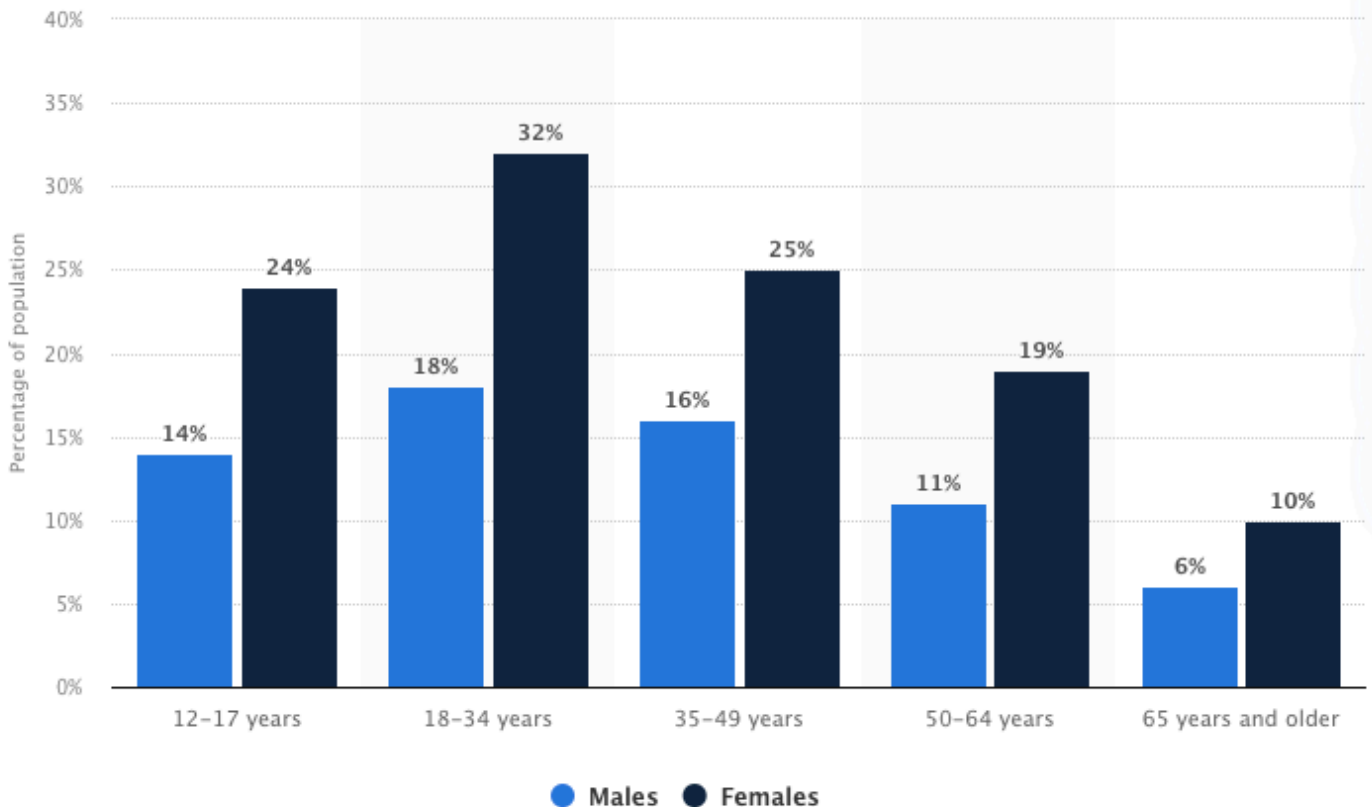
> **Tip.**
>
> Answer the questions using vocabularies that you learned in the vocabulary section.

4. Describing The Chart

Describe what is the general idea being expressed by the graph. Discuss it to your class.
Try to interpret what you see in the chart.

Percentage of Canada's population with perceived needs for mental health care in 2018, by age and gender

Percentage of Canada's population with perceived needs for mental health care in 2018, by age and gender

Published by John Elflein, Feb 15, 2022

In 2018, Canadians aged 18 to 34 years were most likely to report having mental health care needs. This statistic shows the percentage of the Canadian population with perceived needs for mental health care, by age group and gender.

Questions

1. What 's the take away of the graph?

2. What extra information can help you understand the graph even better?

3. Do you have any interesting findings? What's your guess about it?

TALK S#ARP

5. Discussion Questions

Let's begin at the easy category. You are expected to have prepared your answers already before the class begins.

Easy

1. Share an example of a situation where curiosity led you to uncover valuable information or insights. How did it contribute to your understanding of a particular topic or situation?

Average

2. Do you believe that happiness is a learnable skill? Why or why not? - Can you share any strategies or practices that you believe can help individuals cultivate happiness in their lives?

5. Discussion Questions

Let's begin at the easy category. You are expected to have prepared your answers already before the class begins

Average

2. In your opinion, do you think Korea also experiences a mental health crisis? Why? - In your experience or understanding, what are some of the existing mental health support systems or resources available in Korea? Do you think they are sufficient to meet the growing demand for mental health care?

Difficult

1. Reflect on the statement "When you invest in your character, it's the best stock market." What does this mean to you? How do you prioritize integrity and character in your own decision-making?

Note1

Date: Topic

Expression of the Day

Write Down idioms/ phrasal verbs that you learned in the sessions

Have you used today?

Week 1. _____

Yes   No

Week 2. _____

Yes   No

Words of the Day

Please write down vocabularies and idioms that you have learned at Talksharp and try to practice them in your own sentences today. Once you use any of them today? Please cross them out.

Useful Sentences

Video Script is a good source to enhance your verbal sentences. Put a note of sentences that you want to learn

Today's Correction

Write down today'correction.

Note 2

Please write down Korean sentences difficult for you to convey in English

Sentence1

_____

Sentence2

_____

Sentence3

_____

Please write sentences above in English so that you could never fail again

Sentence1

_____

Sentence2

_____

Sentence3

_____

Put a note of vocabularies or idioms that you want to learn