

Teacher's Guide

Mindfulness or Productivity: Which Should We Prioritise? – Advanced (C1-C2)

Canva Presentation Link:

https://www.canva.com/design/DAGyWsQAHZg/VxV5TsAcju8F3HfbfD9SQw/view?utm_content=DAGyWsQAHZg&utm_campaign=designshare&utm_medium=link2&utm_source=uniquelinks&utlId=h585aafd528



Editable Presentation Link:

https://www.canva.com/design/DAGyWsQAHZg/npvJ2vSmZzFVjvT07-p4ag/view?utm_content=DAGyWsQAHZg&utm_campaign=designshare&utm_medium=link&utm_source=publishsharelink&mode=preview

Editable Worksheet Link:

https://www.canva.com/design/DAGyWl8m8jY/BK0XOizBIsuvTXlI4sSW4g/view?utm_content=DAGyWl8m8jY&utm_campaign=designshare&utm_medium=link&utm_source=publishsharelink&mode=preview

Warm-up

Part 1. Students read the quote and discuss the questions.

Reading activity

Part 1. Students will read a text on Mindfulness or Productivity.

Part 2. Students discuss the questions based on the text.

Suggested answers:

1. Productivity dominates through efficiency apps, metrics, cultural values.
2. Mindfulness benefits: reduces stress, regulates emotion, improves focus.
3. Workplace programmes seen as superficial patches for systemic overwork.
4. Excessive mindfulness can lead to detachment from goals/responsibility.
5. Author suggests integration: balance of mindfulness and productivity.

Debate

Part 1. Students match the terms to their meanings.

Answer key:

1. task orientation
2. corporate mindfulness
3. cognitive overload
4. efficiency culture
5. attention economy
6. burnout cycle
7. workplace wellbeing
8. present-moment awareness

Part 2. Students complete the sentences with the correct terms.

Answer key:

1. attention economy
2. burnout cycle
3. present-moment awareness
4. corporate mindfulness
5. cognitive overload
6. efficiency culture
7. workplace wellbeing
8. task orientation

Part 3. Students look at the useful expressions and use them to rewrite the simple sentences so they sound more formal, persuasive, or nuanced for a debate.

Sample answers:

1. *It could be argued that productivity contributes more directly to success than mindfulness.*
2. *Doesn't that overlook the fact that mindfulness can improve performance rather than waste time?*
3. *We must balance company output against employee wellbeing.*
4. *That's a fair point; however, systemic change is needed alongside mindfulness practices.*

Part 4. Students take part in a structured debate with yourself or a partner, using the vocabulary and debate expressions from this lesson. Encourage students to respond fluently, challenge ideas politely, and justify their opinions with clear reasons and examples.

When leading the debate, use strong, provocative statements to push the student:

- "Productivity is the only true measure of value."
- "Mindfulness is a luxury for the privileged."
- "Corporate mindfulness is a cover for overwork."
- "Efficiency culture drives progress; mindfulness holds us back."
- "Employees, not companies, are responsible for wellbeing."

Reflection

Part 1. Students discuss the questions.

Wrap-up task (optional homework)

Write an opinion blog post (180–220 words):

"Can mindfulness and productivity work together, or must we choose one?"

Encourage students to:

- Use at least 4 vocabulary items (e.g., attention economy, burnout cycle, present-moment awareness, workplace wellbeing).
- Use at least 2 debate expressions.
- Present one counterargument and refute it