Ideal Day

Less hustle, more living

◆ ICEBREAKER QUESTIONS

1 **What's the most memorable day off you've had lately?**

2 **Slow morning or early start: which kicks off a great day?**

◆ FREE TALK

1 As students, many of us thought an ideal day off meant sleeping in after a grueling exam week. Once careers and family obligations take over, however, our priorities quietly undergo an overhaul. **How has your idea of a perfect day evolved, and what triggered that change?**

2 Imagine you're given one completely unscheduled day. You could soak up the vibrant chaos of a bustling city, or hole up in a secluded mountain cabin, entirely cut off from the internet. **But there's a catch: you have to go alone. Which one would you choose now, and why?**

3 Some people are plagued by guilt after lounging around all day. Others maintain that unstructured idleness is exactly what makes a day off so restorative. **Think of a day when you did almost nothing. Did you feel recharged or guilty afterward? What made the difference?**

4 Four-day workweeks are gaining traction, but some firms are pairing the shorter week with a smaller paycheck. **If your company offered you a four-day week with a 20 percent pay cut, would you accept it? Why or why not?**

5 Many young Koreans try to live a “god-saeng” life — waking up at 5 a.m., working out, studying, and posting it all online. **Do you think this trend is motivating or exhausting? Why?**

◆ SAY IT BETTER

Upgrade what you’d normally say.

Now rest is more important to me.	→ These days I **put a premium on** rest.
I would choose the cabin.	→ I'd **opt for** the cabin without hesitation.
I feel bad when I do nothing.	→ Doing nothing **weighs on my conscience**.
Less money is okay if I get more time.	→ I'd **trade a chunk of my salary** for more time.
Always being productive is tiring.	→ Constant self-improvement can **wear you out**.

Remote or office: which is more efficient?

1 SITUATION

A company is deliberating whether office staff should work remotely or return to their desks full-time. Proponents of remote work contend that attendance is a poor proxy for output. Critics counter that it erodes team cohesion and weakens accountability.

2 TWO SIDES

Choose a side. If one side is empty, assign teams randomly. Everyone must speak twice. The larger side goes first. First, explain your own view. Then, speak again in reverse order and respond to what you heard.

A OUTPUT OVER PRESENTEEISM

"Deep work flourishes at home, far from the distractions of an open office."

A long commute saps energy before work even begins. Digital tools sustain collaboration, and output remains verifiable.

B PROXIMITY BREEDS SPEED

"Complex problems get resolved faster when the whole team shares a room."

Chance encounters spark ideas no meeting can schedule. Newcomers learn by osmosis, and trust is forged in person.

3 FOLLOW-UP QUESTIONS

Ask a question that could make the other side reconsider its position. Then, be ready to answer their question.

ASK SIDE A

1 How can managers gauge commitment when the work unfolds entirely out of sight?

2 How do new hires absorb unwritten know-how with no seasoned colleague nearby?

3 Doesn't working from home simply swap a long commute for new distractions like laundry, kids, and Netflix?

ASK SIDE B

1 If output is the true measure, why should the location of work matter at all?

2 How productive is someone already drained by a crowded, hour-long commute?

3 If a company didn't insist on the office, couldn't it hire more talented people instead of only those within commuting distance?

4 FINAL ROUND

FINAL POSITION	What did you think at the start? What do you think now, and why?
MVP VOTE	Who made the strongest point? Name the person and explain why.

KEY EXPRESSIONS

presenteeism
: being at work only to be seen, not to be productive

learn by osmosis
: to pick things up just by being around others

a poor proxy for
: an unreliable sign or measure of something

chance encounters
: lucky meetings that nobody planned

sap someone's energy
: to slowly drain someone's strength

encroach on
: to gradually take over someone's time or space