

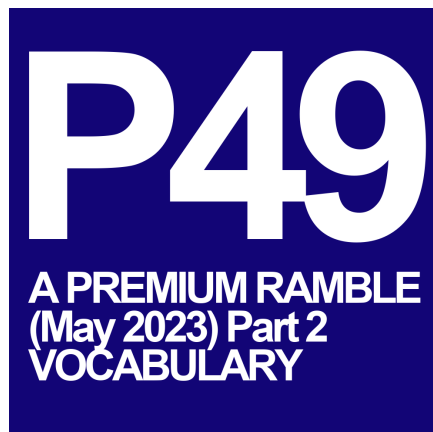
P49 [2/3] A PREMIUM RAMBLE (May 2023)

VOCABULARY ★

1

Hello! Welcome back to LEP Premium.
This is **P49 part 2** and this one is going to be a deep dive into vocabulary.

I'm going to go through a list of words and phrases that I have picked from the things I said in part 1 of this. I'll go through those phrases, make sure you understand them and help you to remember them with some example sentences. The main idea here is for me to say "Look at these words and phrases! Look at this! Did you notice that? Here's what it means. Here are some other sentences with the same phrase. That's interesting, isn't it? Do you think you can remember that? Do you think you could use it yourself?"



There will be a memory test at the end of this, on the PDF. See if you can complete the sentences, using the vocabulary I'm describing or teaching here. Another thing you can do is this. After you listen, check all the phrases again and see if you can use them to make your own sentences - but say them out loud with your mouth, don't just write them down.

In part 3 there will be pronunciation drills as well, to give you a chance to repeat these phrases after me, in full sentences.

You should listen to part 1 of this first! OK? P49 part 1 ← listen to that before you listen to this, because everything will make a lot more sense if you do that.

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There's a PDF for this with the vocabulary list, example sentences and other notes. That's what I will be reading from, and using as the basis for my comments and teaching throughout this episode. You can check the PDF while you listen, or just wait and look at the PDF later in order to consolidate the things you hear me say, and then also check the PDF to do the memory test.

The PDF can be found in the usual ways - in the episode show notes. Go to teacherluke.co.uk/premiuminfo if you have any questions about LEP Premium, including how to get the PDFs and more... www.teacherluke.co.uk/premiuminfo

A quick preview of the words and phrases in my list

This list contains a mix of nouns, verbs, adjectives, common collocations, phrasal verbs and idioms. I used them in context in part 1 of this, when I talked about the current situation with LEP Premium.

Let me quickly read through this list, then we will deal with each item in a more considered way. These words and phrases will be in the memory test later in the episode, and also in the pronunciation part.

- 1. Stakeholders**
- 2. A boardroom**
- 3. To be dotted around**
- 4. Going forward(s)**

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5. To highlight something
6. To reflect on something
7. To reflect badly on something
8. To boil down to something
9. (to take) a deep-dive (into something)
10. To provide value-for-money
11. Burnout
12. To get burned out
13. To burn out
14. To burn yourself out
15. Transparency / transparent
16. To be on the same page
17. ...so to speak
18. There's no end to the ...
19. Series (plural and singular)
20. Daunting / daunted
21. Don't get me wrong, but...
22. within (someone else's / a) system
23. to someone's standards
24. To make a meal of something
25. To streamline something
26. Streamlined
27. Streamlining
28. An antidote for something
29. to rack (something) up
30. Efficiency / effectiveness / efficacy
31. To mix something up
32. Per se
33. To be wearing (adjective, not the verb)
34. To take someone on (hiring and firing)

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35. Lean / a lean process
36. To have your hands full
37. Rigour / rigorous
38. Off-the-cuff
39. Spontaneous
40. In the midst of something
41. Odd bits and pieces
42. To pinch yourself
43. To thank your lucky stars
44. Meeting adjourned

So, this episode includes 44 (or more) different vocabulary items, presented in about 30 extracts taken from P49 part 1.

Let's begin the deep-dive 

Vocabulary List (target language)

1. A big corporation which has important meetings with stakeholders perhaps in a large boardroom in a huge shiny building somewhere

Stakeholders

A boardroom

The company's success depends on effective communication and collaboration among all stakeholders, including employees, shareholders, and customers.

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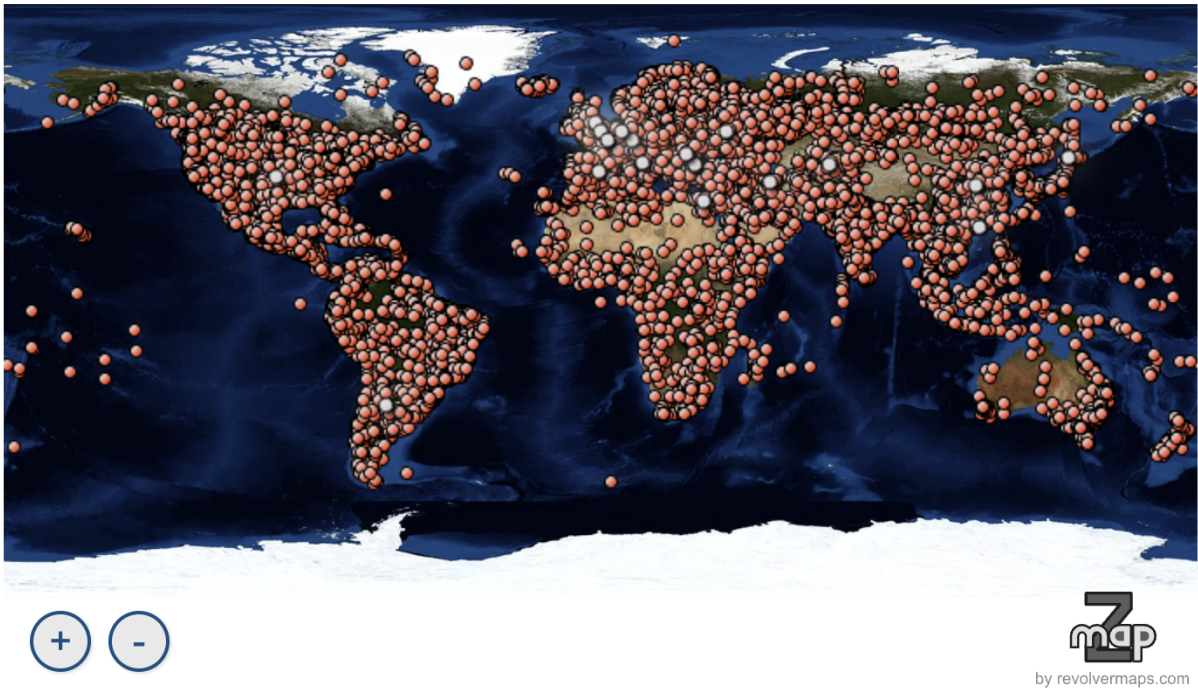
5

The CEO called for a meeting in the boardroom to discuss the company's quarterly financial results and to outline future strategic initiatives.

2. all my premium subscribers dotted around the world

To be dotted around

Spread out in different locations, like dots on a map.



👉 This map from my website shows the listeners of my podcast, dotted around the world.

Small cafes and boutique shops were dotted around the quaint little town, offering visitors a charming and unique experience.

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3. To give some comments about my plans for premium episodes going forwards

Going forward(s)

In the future / As we move into the future

Despite the challenges faced in the past, the company remains optimistic and committed to its vision, embracing a proactive approach going forwards.

4. I'll highlight some of the vocabulary and phrases I used in part 1

To **highlight** something

To emphasise or bring attention to something. To point something out. Imagine using a highlighter pen to draw **a fluorescent line** across a word, to highlight it.

With this marketing campaign we aim to highlight the unique features of our product.

The documentary film aims to highlight the environmental impact of deforestation, shedding light on its consequences for biodiversity and climate change.

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The annual report provides a comprehensive overview of the company's financial performance, highlighting key metrics such as revenue growth, profitability, and market share.

5. it's always important for me to reflect on the episodes I do, in order to make sure I'm giving you content that works for you

To reflect on something

To think about something again, usually after it has happened, in order to understand it more or to think about what you learned from it.

You/I/he/she reflect(s) on something

Let's pause for a moment and reflect on the success we've achieved as a team and how we can build upon it in the future.

Different expression

This reflects badly on something

This means “this makes something look bad”.

These allegations could really reflect badly on the reputation of the company. (allegations of corruption, bribery or unethical practices, perhaps)

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Failing to meet deadlines consistently reflects badly on your reputation and may lead to negative consequences in your career.

6. Basically, the email boiled down to this - “Luke, can you go back to doing the language review episodes again?”

To boil down to something

We use this expression to show the main point, or the essence of something.

At its core, the issue boils down to a lack of effective communication between the team members.

A lot of things happened. There were a lot of factors involved in the situation, but what it boils down to is a lack of communication.

7. “I love your deep-dives into vocabulary and the way you explain language in memorable ways”

(to take) a deep-dive (into something)

A thorough and very detailed exploration or examination of something.

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Imagine diving down under the sea, to a very deep level, to understand what is going on at the bottom, or to investigate the wreck of the Titanic or something.

During the meeting, we are going to take a deep dive into the project plan to identify potential risks and develop mitigation strategies.

8. This made me think again about LEP Premium episodes and how I can provide value for money to you

To provide value for money

Value for money means that you get something good (quality, usefulness, benefits) from the money that you spend. It means that you are not being overcharged for something, and that the price/quality ratio is good.

Our goal is to provide products that not only meet customers' needs but also provide value for money by offering high quality at an affordable price.

9. It's important that I avoid "burnout", right? To avoid getting burned out. To make sure I don't burn out or burn myself out.

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...this freedom has allowed me to continue making episodes without burning out

(to have a) burnout (noun)

To get burned out (verb phrase)

To burn out (phrasal verb)

To burn yourself out (seperable phrasal verb)

Burned / burnt

After working long hours for several months without taking breaks, he eventually burned out and needed to take a sabbatical to recover.

Burnout is a common issue among professionals who consistently push themselves beyond their limits, neglecting self-care and work-life balance.

10. with these comments I'm letting you into my thought process here. I want a certain amount of transparency. I want to let you know about my decision making process, so we are on the same page, so to speak.

Transparency (noun) / transparent (adjective)

To be on the same page (idiom)

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...so to speak

After you use idiomatic, figurative, illustrative, metaphorical language.

The company's commitment to transparency is evident in its open and honest communication with employees, shareholders, and customers.

Communication is key to keeping everyone on the same page and avoiding misunderstandings or conflicts within the organization.

The party was an absolute blast, with music, dancing, and laughter filling the room - it was something of a circus, so to speak.

11. In fact, there's no end to the detail I can go into.

There's no end to + determiner + noun

The possibilities for adventure in this city are endless; there's no end to the exciting places you can explore and activities you can do.

12. The preparation time for those series was long.

That/this/one series (singular)

Those/these/three series (plural)

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(Sorry if I ever repeat certain things again and again! I am sure I have covered this before)

I've been binge-watching a series on Netflix that has me hooked; I can't wait to see what happens in the next episode.

There are now 3 or 4 Star Wars series on Disney+. Have you seen them all?

13. It can feel daunting for me to make premium episodes sometimes

It is a bit daunting for me, and therefore I don't make those episodes perhaps as often as I could.

(something) is daunting

(something) feels daunting

(someone) feels daunted (by something)

Intimidating / scary

The amount of coursework assigned in this semester is daunting, but with proper time management and dedication, it can be tackled effectively.

At the beginning of the course, I felt quite daunted by all the work I would have to put in, but in the end it was just about ok!

14. Don't get me wrong, I always love making podcasts.

Don't get me wrong...

Used to clarify that the speaker does not want their statement to be misunderstood or taken in a negative way.

I appreciate your enthusiasm, but don't get me wrong, I think we need to carefully consider all the potential risks before making a decision.

It's great that you're passionate about your opinion, but don't get me wrong, I just want to present another perspective for consideration.

15. there has always been a certain measure of freedom for me in the making of my episodes

A certain measure of something

A phrase used to indicate a specific amount or degree of something. It's basically an interesting way of saying "some".

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A certain measure of discipline is necessary to achieve success in pretty much anything you want to do.

A certain measure of caution should be exercised when dealing with unfamiliar situations.

A certain measure of flexibility is required to adapt to changing circumstances.

16. When I'm teaching in a language school, I'm operating within someone else's system, to someone else's standards

To do something **within (someone else's / a) system**

Within someone else's framework or set of rules.

When working as a consultant, it is essential to adapt to and work within someone else's system to provide effective solutions tailored to their specific needs.

To do something **to someone's standards**

Trying to meet the standards, criteria or expectations set by someone else.

To someone else's standards refers to adhering to or meeting the expectations or criteria set by another person.

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When collaborating with different stakeholders, it is essential to understand and align (line up) your work to other people's standards to ensure a consistent and satisfactory outcome.

17. What I'm trying to say is (and I'm probably making a bit of a meal of it) ...

To make a meal of something

To unnecessarily complicate or exaggerate a situation or task.

To make something unnecessarily complex, messy or confusing.

During his presentation, he stumbled over his words and just made a meal of the whole thing, causing the audience to get a bit confused and some people even started sniggering.

18. I always want to find ways to streamline this whole process, so I can keep this up, long-term.

(to take) a more streamlined approach to language review episodes

No major changes, just a bit of "streamlining" in the production process.

To streamline something

To make something more efficient and simple

A streamlined approach

Streamlining

The redesigned website offers a streamlined checkout process, allowing customers to make purchases quickly and easily.

"**Streamlining**" refers to the process of making something more efficient, simplified, or optimized.

The company is streamlining its operations by reorganizing departments and implementing automated processes.

19. The StoryTime episodes have been a bit of an antidote for this issue, for me.

An antidote for something

A remedy or solution for a problem/issue

An antidote for something refers to a remedy or solution that counteracts or alleviates a particular problem or situation.

Laughter can be a great antidote for stress, as it helps release tension and promotes a sense of well-being.

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20. short stories on the free podcast have been some of the most popular ones, particularly on YouTube where they've racked up millions of views.

To rack up (something) / to rack (something) up

A phrasal verb meaning to accumulate or to gather (when something gets an increasingly large number of something)

To rack up views

To rack up points

To rack up debt

To rack up an increase in sales

He managed to rack up an impressive number of points in the basketball game, leading his team to victory.

Despite his efforts to save money, he continued to rack up credit card debt due to unnecessary purchases.

The company's marketing campaign helped them rack up a significant increase in sales within a short period of time.

21. Also it's pretty efficient for me. It doesn't take as much time as the language review ones. (compare with: effective)

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To be efficient (adj) / efficiency (noun)

To achieve maximum productivity, but with minimum use of time or resources.

"Efficient" refers to achieving maximum productivity with minimum wasted effort or resources.

The new manufacturing process is highly efficient, allowing the company to produce more units in less time.

Energy-efficient appliances are designed to consume less power, helping to reduce electricity consumption and lower utility bills.

To be effective (adj) / effectiveness (noun)

Achieves the desired outcome or intended result.

Something is effective when it does what it is supposed to do.

The marketing campaign was highly effective in increasing brand awareness and driving sales.

The team implemented an effective communication strategy, resulting in improved collaboration and clarity among members.

The medication prescribed by the doctor proved to be effective in relieving the patient's symptoms and promoting recovery.

Efficacy (noun)

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Usually used in the pharmaceutical industry to refer to the effectiveness of drugs or medicine. In other situations we usually say “effectiveness”.

The efficacy of the new drug in treating the disease was confirmed through extensive clinical trials.

22. The point is, I’m going to mix it up again.

To mix something up

To vary or diversify something, often in order to add variety or create a change.

To keep our exercise routine interesting, we like to mix it up by trying different workouts such as yoga, cycling, and strength training.

23. Pressure is not a bad thing per se, but too much can be wearing

Per se

We use this (latin) phrase to emphasise that “this is not the only thing” or to say “by itself or “in and of itself”.

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It's usually used in a negative phrase, meaning "not only" or "not completely".

Eating chocolate in moderation is not unhealthy per se, but excessive consumption can lead to weight gain and other health issues.

The statement, per se, is not offensive, but when combined with the speaker's tone and body language, it could be interpreted as disrespectful.

The study found that caffeine, per se, does not directly cause insomnia, but excessive consumption close to bedtime can disrupt sleep patterns.

To be wearing (adj)

Tiring or exhausting

It wears you out (makes you tired)

Pressure is not a bad thing per se, but too much can be wearing.

Dealing with difficult customers all day can be mentally wearing for customer service representatives.

Taking care of a newborn baby can be physically and emotionally wearing for new parents.

24. I don't want to take on any staff

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To take on staff / to take someone on

To hire staff

To employ new people

"Take on staff" is a phrase that means to hire or employ new employees.

Due to increased workload, the company decided to take on additional staff to help with the upcoming projects.

The restaurant is expanding its operations and plans to take on staff for various positions, including waiters, chefs, and kitchen staff.

Opposites:

To lay off staff

To fire staff

25. I want to keep this an efficient, lean, solo process as I have always done

To be lean / a lean process (adj)

"Lean", when referring to meat (food), means that there is not a lot of fat. The meat is mostly *meat* and doesn't have a lot of other stuff included (like fat).

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When talking about business or processes, *lean* means efficient - without unnecessary cost or waste.

The lean manufacturing approach focuses on reducing unnecessary inventory (stock), minimizing defects, and increasing overall efficiency in the production process.

26. Also with the baby arriving soon I will have my hands full even more!

To have your hands full (idiom)

To be busy, and to have lots of responsibilities or things to deal with.

Sorry, I've got my hands full at the moment and I can't take on any more work. Speak to Janet, she might be able to help you.

27. I want to keep a level of educational rigour and also that off-the-cuff spontaneity which hopefully brings a good feeling to my episodes

Rigour (noun) / rigorous (adj)

Being thorough, precise, accurate. Thinking of every possible detail. Checking carefully and doing everything properly.

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The company has a reputation for maintaining rigour in its quality control processes, ensuring that all products meet strict standards before reaching the market.

The rigorous training program for athletes focuses on discipline, endurance, and technique to achieve optimal performance and results.

Off-the-cuff (adj) (adv)

Doing something without preparing in advance. Being spontaneous and improvising.

During the interview, she answered the questions off the cuff, relying on her knowledge and quick thinking.

His off-the-cuff remarks during the meeting caught everyone by surprise, but they sparked an interesting discussion.

The comedian's jokes were all delivered off the cuff, creating a sense of spontaneity and humor in the performance.

Spontaneous (adj) / spontaneity (noun)

Doing something without planning it.

28. So, to be clear in the midst of all this rambling:

In the midst of something

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During or in the middle of a particular situation or activity, or while something is happening.

In the midst of the storm, the brave rescue team ventured out to save stranded hikers on the mountain.

The company launched a new product in the midst of intense competition, hoping to capture the market's attention.

The city implemented emergency measures, such as opening cooling centers and distributing water, to support the community in the midst of a heatwave.

29. There might be some other odd bits and pieces

Odd

Obviously, this normally means strange. But in the phrase “the odd xxx” it can mean ‘occasional’, or not part of the usual pattern or expectation.

Every now and then, he likes to take the odd day off from work to relax and recharge.

I don't really drink much these days, but I like to have the odd pint of Guinness in a pub from time to time.

Bits and pieces

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Small parts or fragments, or little bits which are not part of a larger thing.

After the accident, he struggled to remember the details; only bits and pieces of the event were clear in his mind.

I usually publish language reviews or storytime episodes on LEP Premium, but sometimes I publish other bits and pieces, like the comedy show in episode P26.

30. I love having premium subscribers and every day I pinch myself and thank my lucky stars that I am able to do this thing that I love doing

To pinch yourself

This expression means to do something to check that what you are experiencing is real and not a dream or an illusion.

When I received the job offer from my dream company, I had to pinch myself to make sure I wasn't imagining it.

To thank your lucky stars

This is an idiomatic phrase that means to express gratitude or appreciation for good fortune or luck. It's used to show that you are really happy or feel very lucky to have something good in your life.

Winning the scholarship was a life-changing event for her, and she thanked her lucky stars for the financial support it provided.

-
31. OK, that's all I wanted to say in this meeting! Meeting adjourned!

Meeting adjourned

We use this phrase to officially declare the end of a meeting.

After discussing all the agenda items, the chairperson announced, "Meeting adjourned," and participants began to gather their belongings and leave the room.

Memory Test

Here are those extracts again, but with the target vocabulary items removed. Can you remember them? Can you use the correct form each time?

I've given you a little prompt in brackets, to help you remember the word.

1. A big corporation which has important meetings with s_____ perhaps in a large b_____ in a huge shiny building somewhere [people who have an interest in the company, the room where important meetings happen]

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2. all my premium subscribers d_____ a_____ the world [spread in different places]
3. To give some comments about my plans for premium episodes g_____ f_____ [in the future]
4. I'll h_____ some of the vocabulary and phrases I used in part 1 [bring attention to]
5. it's always important for me to r_____ o_____ the episodes I do, in order to make sure I'm giving you content that works for you [think about them again]
6. Basically, the email b_____ d_____ t_____ this - "Can you go back to doing the language review episodes again? [the basic essence of the email]
7. I love your d_____ -d_____ i_____ vocabulary and the way you explain language in memorable ways [in-depth process]
8. This made me think again about LEP Premium episodes and how I can p_____ v_____ f_____ m_____ to you [give you good quality for the money you pay]
9. It's important that I avoid "b_____", right? To avoid g_____ b_____ o_____. To make sure I don't b_____ o_____ or b_____ m_____ o_____. [get exhausted]

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...this freedom has allowed me to continue making episodes without b_____o_____

10. with these comments I'm letting you into my thought process here. I want a certain amount of t_____. [openness] I want to let you know about my decision making process, so we are o_____t_____s_____p_____, [thinking in the same way, aware of the same things] s_____t_____ speak. [as we say]

11. In fact, there's n_____e_____ to the detail I can go into. [it never stops!]

12. The preparation time for those s_____ was long. Preparation time for that s_____ was long. [the plural and singular forms are the same]

13. It can feel d_____ for me to make premium episodes sometimes [intimidating]

It is a bit d_____ for me, and therefore I don't make those episodes perhaps as often as I could. [intimidating]

14. Don't g_____m_____w_____, I always love making podcasts [don't misunderstand me!]

15. there has always been a certain m_____ of freedom for me in the making of my episodes [some]

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16. When I'm teaching in a language school, I'm operating w_____ someone else's s_____, to someone else's s_____ [inside someone else's rules, to someone else's quality criteria]

17. What I'm trying to say is (and I'm probably m_____ a bit of a m_____ of it) ... [making it more complex than necessary]

18. I always want to find ways to s_____ this whole process, so I can keep this up, long-term. [verb → make it smoother and more efficient]

(to take) a more s_____ approach to language review episodes [adjective]

No major changes, just a bit of "s_____" in the production process. [gerund -ing form]

19. The StoryTime episodes have been a bit of an a_____ for this issue, for me [remedy, solution]

20. short stories on the free podcast have been some of the most popular ones, particularly on YouTube where they've r_____ u_____ millions of views. [accumulated]

21. Also it's pretty e_____ for me. It doesn't take as much time as the language review ones. [quicker, using less time and energy]

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22. The point is, I'm going to m i u again. [diversify]
23. Pressure is not a bad thing p s [not a bad thing in itself], but too much can be w [tiring, exhausting]
24. I don't want to t o any staff [employ, hire]
25. I want to keep this an efficient, l, solo process as I have always done [slim, efficient]
26. Also with the baby arriving soon I will h my h f even more! [be busy, occupied]
27. I want to keep a level of educational r and also that o -t -c spontaneity which hopefully brings a good feeling to my episodes [in-depth quality] [spontaneous]
28. So, to be clear in the m of all this rambling: [in the middle]
29. There might be some other o b and p [occasional little parts]
30. I love having premium subscribers and every day l p m [check if I am dreaming] and t my l s [think about how fortunate I am!] that I am able to do this thing that I love doing

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31. OK, that's all I wanted to say in this meeting! Meeting
a _____! [that is the formal end of the meeting]

Answers

Here are the answers for the memory test.

1. A big corporation which has important meetings with stakeholders perhaps in a large boardroom in a huge shiny building somewhere
2. Hello to all my premium subscribers dotted around the world
3. I'd like to give some comments about my plans for premium episodes going forwards
4. I'll highlight some of the vocabulary and phrases I used in part 1
5. it's always important for me to reflect on the episodes I do, in order to make sure I'm giving you content that works for you
6. Basically, the email boils down to this - "Can you go back to doing the language review episodes again?"
7. I love your deep-dives into vocabulary and the way you explain language in memorable ways
8. This made me think again about LEP Premium episodes and how I can provide value for money to you
9. It's important that I avoid "burnout", right? To avoid ggetting burned out. To make sure I don't burn out or burn myself out.
10. with these comments I'm letting you into my thought process here. I want a certain amount of transparency. I want

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to let you know about my decision making process, so we are on the same page, so to speak.

11. In fact, there's no end to the detail I can go into.
12. The preparation time for those series was long. Preparation time for that series was long.
13. It can feel daunting for me to make premium episodes sometimes
14. Don't get me wrong, I always love making podcasts
15. There has always been a certain measure of freedom for me in the making of my episodes
16. When I'm teaching in a language school, I'm operating within someone else's system, to someone else's standards
17. What I'm trying to say is (and I'm probably making a bit of a meal of it) ...
18. I always want to find ways to streamline this whole process, so I can keep this up, long-term.
19. The StoryTime episodes have been a bit of an antidote for this issue, for me
20. Short stories on the free podcast have been some of the most popular ones, particularly on YouTube where they've racked up millions of views.
21. Also it's pretty efficient for me. It doesn't take as much time as the language review ones. (compare with: effective)
22. The point is, I'm going to mix it up again.
23. Pressure is not a bad thing per se, but too much can be wearing
24. I don't want to take on any staff
25. I want to keep this an efficient, lean, solo process as I have always done

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26. Also with the baby arriving soon I will have my hands full even more!
27. I want to keep a level of educational rigour and also that off-the-cuff spontaneity which hopefully brings a good feeling to my episodes
28. So, to be clear in the midst of all this rambling:
29. There might be some other odd bits and pieces
30. I love having premium subscribers and every day I pinch myself and thank my lucky stars that I am able to do this thing that I love doing
31. OK, that's all I wanted to say in this meeting! Meeting adjourned!

That's the end of part 2 (actually, did I manage to do all of that in just one part? Maybe this will end up being a 4-part series).

We will continue in part 3 and pronunciation practice is coming!