

Daily English Vocabulary - Lesson 3: People and Descriptions

Level: B1 | Everyday English | Student Worksheet

Vocabulary

Describing complex personality

resilient (adjective)	Able to recover quickly from difficulties, setbacks, or adversity.	<i>"She is remarkably resilient — she faced enormous challenges and came through them stronger."</i>
perceptive (adjective)	Having the ability to notice and understand things that are not immediately obvious.	<i>"He is very perceptive — he noticed the tension in the room before anyone else did."</i>
empathetic (adjective)	Able to understand and share the feelings and experiences of another person.	<i>"A good counsellor needs to be both empathetic and non-judgmental."</i>
principled (adjective)	Acting in accordance with a strong set of moral values and beliefs.	<i>"She is a principled person who refuses to compromise on what she believes is right."</i>
assertive (adjective)	Confident in stating your opinions and needs clearly, without being aggressive.	<i>"Being assertive means expressing what you want without dismissing what others want."</i>
introspective (adjective)	Tending to examine your own thoughts, feelings, and motivations.	<i>"He became more introspective after the diagnosis, spending time reflecting on his priorities."</i>

Social dynamics and relationships

dynamic (noun)	The way in which people in a group interact with and influence each other.	<i>"The power dynamic shifted completely when she became the team leader."</i>
rapport (noun)	A close and harmonious relationship in which there is mutual understanding and trust.	<i>"She quickly built rapport with her students by listening carefully."</i>
confrontational (adjective)	Tending to deal with conflict through direct challenge or argument rather than cooperation.	<i>"He has a confrontational style that some colleagues find difficult to work with."</i>
interpersonal (adjective)	Relating to relationships or communication between people.	<i>"Strong interpersonal skills are essential for anyone working in a client-facing role."</i>
friction (noun)	Tension or conflict between people with different views, personalities, or goals.	<i>"There was some friction in the team after the responsibilities were redistributed."</i>

mentor (noun/verb)	A more experienced person who guides and supports someone less experienced.	<i>"She mentored several junior colleagues who went on to senior positions."</i>
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Character under pressure

composed (adjective)	Calm and in control of your emotions, especially in a difficult situation.	<i>"Despite the chaos around her, she remained completely composed throughout the crisis."</i>
impulsive (adjective)	Acting quickly on feelings without thinking about consequences.	<i>"He made an impulsive decision to resign without having another job to go to."</i>
tenacious (adjective)	Determined and persistent; unwilling to give up despite obstacles.	<i>"She is tenacious — she has been pursuing this legal case for five years."</i>
defensive (adjective)	Reacting to criticism or perceived attack by protecting yourself rather than engaging openly.	<i>"He became defensive when his methods were questioned, which made discussion difficult."</i>
integrity (noun)	The quality of being honest and having strong moral principles, even when it is difficult.	<i>"His integrity was never in question — he refused to sign something he believed was dishonest."</i>
vulnerable (adjective)	Emotionally open and exposed; willing to show weakness or uncertainty.	<i>"It takes courage to be vulnerable enough to admit when you are struggling."</i>

Exercise 1: Listening

Listen to the conversation. Then answer the questions. Some questions ask about attitude and implied meaning.

Conversation

Moderator: We are discussing leadership — what is the single most important quality in a leader?

Dr Anand: For me, it is integrity. If people do not trust that you are being honest with them, nothing else you do carries weight.

Sasha: I would say empathy. A leader who cannot understand how their decisions affect people is operating in a vacuum.

Marcus: I would add resilience. Leadership involves making decisions under uncertainty, and you must absorb setbacks without losing composure.

Moderator: How do leaders handle conflict within their teams?

Dr Anand: The best leaders do not avoid friction — they engage with it directly but constructively, creating space for disagreement without letting it become personal.

Sasha: And they are assertive without being confrontational. Assertiveness means being clear about what you think and need. Confrontation makes the other person feel attacked.

Marcus: An impulsive leader who reacts to every problem immediately often makes things worse.

Moderator: What about leaders being vulnerable? Some argue showing weakness undermines authority.

Sasha: I strongly disagree. Leaders willing to be vulnerable — who can admit they were wrong — build stronger rapport than those who project constant certainty.

Dr Anand: And introspective leaders make better long-term decisions because they constantly examine their own assumptions and biases.

Marcus: What we are really describing is emotional intelligence — using understanding of your own and others' emotions to navigate complex interpersonal situations.

Circle the correct answer.

1. Which quality does Dr Anand consider most important in a leader?

a) Resilience b) Empathy c) Integrity d) Assertiveness

2. How does Sasha distinguish between being assertive and being confrontational?

a) Assertiveness involves raising your voice. b) Assertiveness means being clear about your position; confrontation makes the other person feel attacked. c) Assertiveness is appropriate in formal settings only. d) Assertiveness focuses on results; confrontation on relationships.

3. What does Marcus say about impulsive leaders?

a) They are often the most decisive. b) They tend to make things worse by reacting too quickly. c) They are good in a crisis but struggle long-term. d) They create too much friction.

4. What is Sasha's view on leaders showing vulnerability?

a) Only appropriate in private settings. b) Should be avoided as it undermines authority. c) Builds stronger rapport than projecting constant certainty. d) Only effective when combined with high expertise.

5. What does Dr Anand say about introspective leaders?

a) They tend to be too slow. b) They make better long-term decisions by examining their assumptions. c) They are good at understanding others but not themselves. d) They struggle to communicate clearly.

6. What does Marcus suggest all three qualities really come down to?

a) Strong communication skills b) Emotional intelligence c) Experience under pressure d) Academic training in leadership

Exercise 2: Multiple Choice

Circle the correct answer. Options may be close in meaning - read carefully.

1. She remained completely ____ throughout the presentation despite a series of technical problems.

a) confrontational b) impulsive c) composed d) defensive

2. He is very _____. He noticed that his colleague was uncomfortable long before anyone else did.

a) resilient b) assertive c) tenacious d) perceptive

3. Good teachers build ____ with their students by listening carefully and treating them with respect.

a) rapport b) integrity c) friction d) dynamic

4. She was ____ in her pursuit of justice, continuing the legal case even when advised it was hopeless.

a) impulsive b) defensive c) vulnerable d) tenacious

5. There was considerable ____ within the team after the changes were announced, and two people resigned.

a) mentor b) integrity c) rapport d) friction

6. His ____ was never in doubt — he always told the truth even when it made him unpopular.

a) rapport b) dynamic c) integrity d) friction

7. Being ____ does not mean being aggressive — it means expressing your views and needs clearly and calmly.

a) confrontational b) assertive c) impulsive d) introspective

8. She became more ____ after the illness, spending time examining her priorities and values.

a) introspective b) resilient c) empathetic d) principled

Exercise 3: Matching

Match each word or phrase (A) to its definition (B). Write the correct number on the line.

A - Word / Phrase	B - Meaning
1. resilient ____	3. Tending to deal with conflict through direct challenge rather than cooperation
2. rapport ____	6. Able to understand and share the feelings of another person
3. confrontational ____	4. Determined and persistent; unwilling to give up despite obstacles
4. tenacious ____	2. A close, trusting relationship marked by mutual understanding
5. integrity ____	7. Relating to relationships and communication between people
6. empathetic ____	1. Able to recover quickly from difficulties and setbacks
7. interpersonal ____	8. Emotionally open and exposed; willing to show weakness or uncertainty
8. vulnerable ____	5. The quality of being honest and acting according to strong moral principles

Exercise 4: Gap Fill

Choose the correct word or phrase from the box to complete each sentence.

Word Bank: resilient | defensive | dynamic | empathetic | assertive | interpersonal | vulnerable | integrity

1. She is extremely ____ and bounced back from redundancy within weeks, finding a better role soon after.

2. He tends to become ____ when his ideas are challenged, which makes open discussion difficult.

3. The team's ____ shifted completely once the new manager arrived and changed how decisions were made.

4. She is very ____ — she always considers how a decision will affect the people involved.

5. Being ____ does not mean being rude — it means being clear and confident about what you need.

6. She has strong ____ skills and is very effective at managing relationships with clients.

7. It takes real courage to be ____ enough to admit that you do not have all the answers.
8. His ____ was never in question — he always refused to sign documents he believed were misleading.

Exercise 5: Sentence Transformation

Rewrite each sentence using the word given. Do not change the meaning.

1. She refuses to act against her moral principles even when it would benefit her personally.

Key word: PRINCIPLED

2. He recovered very quickly from being made redundant and found a new job within a month.

Key word: RESILIENT

3. She is good at noticing things about people that others do not see.

Key word: PERCEPTIVE

4. The tension between the two departments made it difficult to complete the project.

Key word: FRICTION

5. She stayed calm throughout the crisis and made clear-headed decisions under pressure.

Key word: COMPOSED

6. He tends to react immediately to problems without thinking through the consequences.

Key word: IMPULSIVE

Exercise 6: Error Identification

Each sentence contains one error, or no error at all. Underline the error if there is one and write a correction or "No error" on the line.

1. She is extremely resilient and has overcome several significant setbacks in her career.

Correction / No error: _____

2. He became quite defensive when his approach was questioned, which prevented open discussion.

Correction / No error: _____

3. Building rapport with clients requires patience, active listening, and genuine interested.

Correction / No error: _____

4. She is very empathic and always considers how decisions will affect those around her.

Correction / No error: _____

5. The team dynamic changed dramatically after two long-standing members left at the same time.

Correction / No error: _____

6. His integrity was questioned after it emerged that he had signed a misleading document.

Correction / No error: _____

7. Being assertive is not the same as being aggressive — the two are often confused.

Correction / No error: _____

8. She mentored two junior colleagues which have since become department heads.

Correction / No error: _____

Exercise 7: Paragraph Gap Fill

Read the extract and write the correct word or phrase in each gap. Choose from the options given below each gap.

Effective leaders are not defined by a single quality but by attributes that work together. At the core, most frameworks place (1) ____: the willingness to be honest and to act according to strong values even when doing so is costly.

Gap 1 options: integrity / rapport / friction / resilience

Equally important is understanding the people around you. A leader who is genuinely (2) ____ — who can see how a decision lands for those affected — makes better decisions and earns deeper loyalty.

Gap 2 options: empathetic / assertive / confrontational / defensive

And when things go wrong, the most admired leaders are those who are (3) ____: able to absorb difficulty and continue without becoming paralysed.

Gap 3 options: resilient / impulsive / introspective / composed

The leaders who perform best under pressure have learned to be (4) ____ — clear and confident — without becoming rigid or dismissive of others.

Gap 4 options: assertive / confrontational / impulsive / defensive

They are also (5) ____ enough to examine their own assumptions and biases, which leads to better long-term decisions.

Gap 5 options: introspective / composed / perceptive / tenacious

Finally, effective leadership depends on relationships. Building genuine (6) ____ with your team may be the most underrated leadership skill of all.

Gap 6 options: rapport / friction / dynamic / integrity

TEACHER ANSWER KEY

Do Not Distribute to Students

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Exercise 1: Listening

1. Which quality does Dr Anand consider most important in a leader?

Answer: Integrity

2. How does Sasha distinguish between being assertive and being confrontational?

Answer: Assertiveness means being clear about your position; confrontation makes the other person feel attacked.

3. What does Marcus say about impulsive leaders?

Answer: They tend to make things worse by reacting too quickly.

4. What is Sasha's view on leaders showing vulnerability?

Answer: Builds stronger rapport than projecting constant certainty.

5. What does Dr Anand say about introspective leaders?

Answer: They make better long-term decisions by examining their assumptions.

6. What does Marcus suggest all three qualities really come down to?

Answer: Emotional intelligence

Exercise 2: Multiple Choice

1. She remained completely ____ throughout the presentation despite a series of technical problems.

Answer: composed

2. He is very _____. He noticed that his colleague was uncomfortable long before anyone else did.

Answer: perceptive

3. Good teachers build ____ with their students by listening carefully and treating them with respect.

Answer: rapport

4. She was ____ in her pursuit of justice, continuing the legal case even when advised it was hopeless.

Answer: tenacious

5. There was considerable ____ within the team after the changes were announced, and two people resigned.

Answer: friction

6. His ____ was never in doubt — he always told the truth even when it made him unpopular.

Answer: integrity

7. Being ____ does not mean being aggressive — it means expressing your views and needs clearly and calmly.

Answer: assertive

8. She became more ____ after the illness, spending time examining her priorities and values.

Answer: introspective

Exercise 3: Matching

1. resilient -> 1

Able to recover quickly from difficulties and setbacks

2. rapport -> 2

A close, trusting relationship marked by mutual understanding

3. confrontational -> 3

Tending to deal with conflict through direct challenge rather than cooperation

4. tenacious -> 4

Determined and persistent; unwilling to give up despite obstacles

5. integrity -> 5

The quality of being honest and acting according to strong moral principles

6. empathetic -> 6

Able to understand and share the feelings of another person

7. interpersonal -> 7

Relating to relationships and communication between people

8. vulnerable -> 8

Emotionally open and exposed; willing to show weakness or uncertainty

Exercise 4: Gap Fill

1. She is extremely ____ and bounced back from redundancy within weeks, finding a better role soon after.

Answer: resilient

2. He tends to become ____ when his ideas are challenged, which makes open discussion difficult.

Answer: defensive

3. The team's ____ shifted completely once the new manager arrived and changed how decisions were made.

Answer: dynamic

4. She is very ____ — she always considers how a decision will affect the people involved.

Answer: empathetic

5. Being ____ does not mean being rude — it means being clear and confident about what you need.

Answer: assertive

6. She has strong ____ skills and is very effective at managing relationships with clients.

Answer: interpersonal

7. It takes real courage to be ____ enough to admit that you do not have all the answers.

Answer: vulnerable

8. His ____ was never in question — he always refused to sign documents he believed were misleading.

Answer: integrity

Exercise 5: Sentence Transformation

Accept any answer preserving the meaning and using the key word correctly. Suggested answers below.

1. She refuses to act against her moral principles even when it would benefit her personally.

Key word: PRINCIPLED

Suggested: She is a principled person who refuses to act against her moral principles.

Also accept: She is too principled to act against her beliefs even for personal benefit.

2. He recovered very quickly from being made redundant and found a new job within a month.

Key word: RESILIENT

Suggested: He is resilient and recovered quickly from being made redundant.

Also accept: He proved how resilient he was by recovering quickly from redundancy.

3. She is good at noticing things about people that others do not see.

Key word: PERCEPTIVE

Suggested: She is perceptive and notices things about people that others do not see.

Also accept: She is very perceptive and can see things in people that others miss.

4. The tension between the two departments made it difficult to complete the project.

Key word: FRICTION

Suggested: The friction between the two departments made it difficult to complete the project.

Also accept: Friction between departments made completing the project difficult.

5. She stayed calm throughout the crisis and made clear-headed decisions under pressure.

Key word: COMPOSED

Suggested: She remained composed throughout the crisis and made clear-headed decisions.

Also accept: She was completely composed throughout the crisis and made clear-headed decisions.

6. He tends to react immediately to problems without thinking through the consequences.

Key word: IMPULSIVE

Suggested: He is impulsive and tends to react to problems without thinking through the consequences.

Also accept: His impulsive nature means he reacts to problems without considering consequences.

Exercise 6: Error Identification

1. She is extremely resilient and has overcome several significant setbacks in her career.

Answer: No error.

2. He became quite defensive when his approach was questioned, which prevented open discussion.

Answer: No error.

3. Building rapport with clients requires patience, active listening, and genuine interest.

Error: "interested." -> "interest" | Wrong form — the noun interest should be used here, not the adjective interested.

4. She is very empathic and always considers how decisions will affect those around her.

Error: "empathic" -> "empathetic" | Register error — empathic is more clinical; empathetic is the standard everyday adjective.

5. The team dynamic changed dramatically after two long-standing members left at the same time.

Answer: No error.

6. His integrity was questioned after it emerged that he had signed a misleading document.

Answer: No error.

7. Being assertive is not the same as being aggressive — the two are often confused.

Answer: No error.

8. She mentored two junior colleagues which have since become department heads.

Error: "which" -> "who" | Wrong relative pronoun — which refers to things; who must be used when referring to people.

Exercise 7: Paragraph Gap Fill

Gap 1: integrity

Gap 2: empathetic

Gap 3: resilient

Gap 4: assertive

Gap 5: introspective

Gap 6: rapport