



Bradshaw (in yellow) with other athletes at a Channel swim

the English Channel and not made it. To be a good distance swimmer, you need to be able to stand cold water for long periods of time. Most importantly, you need to have a very positive mindset. When I decide on a swim, I know in my head that I can do it — in fact, I've already done it because I've imagined it. I use a lot of neuro-linguistic programming (NLP) techniques. I also train people to be NLP practitioners. Success isn't about achieving world records. It's about expanding potential. It's about setting realistic goals and believing you can achieve them.

In the evening, I often have council meetings to attend. We answer residents' concerns, and plan and discuss issues. At home, I like to watch a bit of TV, especially drama. I don't watch much sport these days. I prefer doing it.

I've always used my swims to raise money for children's hospices and cancer charities. I received my MBE, as well as my honorary doctorate from Loughborough University, for services to swimming and charity. There's always more to achieve out there. And I hope to carry on swimming. Days just don't feel right without a swim. ●

butterfly stroke ['bʌtəflaɪ strəʊk]	Schmetterling, Delfin
carbohydrate [ˌkɑːbəʊ'hɑːdreɪt]	Kohlenhydrat
charity ['tʃærəti]	Wohltätigkeitsorganisation
counselling ['kaʊnsəlɪŋ]	Beratung
enable [ɪn'eɪbəl]	befähigen
endurance swimming [ɪn'dʒʊərəns ,swɪmɪŋ]	Langstreckenschwimmen
English Channel [ˌɪŋɡlɪʃ 'tʃæneɪl]	Ärmelkanal
honorary doctorate [ˌɒnərəri 'dɒktərət]	Ehrendoktorwürde
hospice ['hɒspɪs]	Hospiz
living: make one's ~ [ˈlɪvɪŋ]	seinen Lebensunterhalt verdienen
Loughborough ['lʌfbərə]	
MBE (Member of the Order of the British Empire) [ˌem biː 'iː]	fünfte Stufe des britischen Ritterordens
mindset ['maɪndset]	geistige Haltung
motivational speaker [mɒtɪ'veɪʃənəl 'spiːkə]	Motivationsredner(in), -trainer(in)
nickname ['nɪkneɪm]	Spitzname
performance [pə'fɔːməns]	Leistung
pilot boat ['paɪlət bəʊt]	Lotsenboot
porridge ['pɒrɪdʒ]	Haferbrei
practitioner [præk'tɪʃənə]	Praktiker(in), Fachmann/frau
raise [reɪz]	sammeln
resident ['rezɪdənt]	Einwohner(in), Bürger(in)
shipping lane ['ʃɪpɪŋ leɪn]	Schiffahrtsweg
stand [stænd]	aushalten (→ p. 59)
treadmill ['tredmɪl]	Laufband

Tough conditions: Bradshaw battles on in cold water

INFO TO GO

Lake District

The Lake District is England's largest national park and a place famous for its natural beauty. Located in the north-west, this region of lakes and low mountains is also associated with the poet William Wordsworth (1770–1850). He lived in the area and even wrote a guide book about it. His poem "I Wandered Lonely as a Cloud" about daffodils "dancing in the breeze" near the lakes is an English classic. Other poets and writers, such as Samuel Taylor Coleridge (1772–1834) and Beatrix Potter (1866–1943), are also associated with the area.

councillor

Julie Bradshaw is a councillor — that is, a member of a town council in Britain. She tells us that her work includes talking with the residents of her town about their needs and problems. Julie is also a counsellor, a word that looks similar to and has the same pronunciation as "councillor", but which means a person who is trained to give advice. Both words come from Latin: councillor comes from *concilium*, which means "an assembly of people"; counsellor comes from *consilium*, which means "consultation or advice". Use the correct word in the following sentences:

- a) I spoke with the _____ at the town meeting.
b) I think we need a family _____ to help us.

achieve

The verb "achieve" is important when describing goals and ambitions. It comes from Old French *achever* — "to bring or come to a head" — which is related to *chief*, meaning "head". *Chief* is from Latin for head: *caput*, and corresponds to the English "chief", meaning "head" in the sense of "leader". To achieve something, it helps to be the leader of the activity. That way, you are in a good position to control it and make sure that it gets results. Practise using the verb here:

- a) Have you _____ any of your goals?
b) I enjoy _____ things and seeing the results.

Answers: councillor; a) achieved; b) achieve; a) achieved; b) counsellor

assembly [ə'sembli]	Versammlung, Gruppe
daffodil [ˈdæfədɪl]	Osterglocke, Narzisse

