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Vocabulary Builder Reference from...

Tilak Mandadi: 3 ways companies can support grieving employees | TED Talk

https://www.ted.com/talks/tilak_mandadi_3_ways_companies_can_support_grieving_employees

Advanced Words Only

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Session 1: Word List

self-doubt

n. lack of confidence in one's abilities or oneself

synonym: insecurity, uncertainty, diffident

(1) overcome **self-doubt**, (2) spiral of **self-doubt**

I was filled with **self-doubt**.

resentment

n. bitterness or indignation at being treated unfairly

synonym: bitterness, enmity, animosity

(1) abiding **resentment**, (2) bitter **resentment**

She felt **resentment** towards her boss for not giving her a promotion.

distract

v. to draw someone's attention away from what they are trying to do

synonym: divert, preoccupy, confuse

(1) **distract** attention from the real issue, (2) **distract** public opinion

Please don't **distract** me while I'm studying.

disrupt

v. to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance

synonym: interrupt, disturb, break into

(1) **disrupt** a well-ordered condition, (2) **disrupt** sleep

I'm so sorry to **disrupt** you when you're pretty busy.

humility

n. the quality or condition of being humble; a low estimate of one's self

synonym: humbleness, modesty, unpretentiousness

(1) develop an attitude of **humility**, (2) lack of **humility**

We were filled with **humility** at the sight of the Queen.

coworker

n. a person who works with another in the same company or organization

synonym: colleague, peer, associate

(1) **coworker** relationship, (2) argue with a **coworker**

My ex- **coworker** and I had different working styles but managed to get along.

slap

v. to strike something or someone with an open palm or flat object, producing a sharp sound or sensation; to place something firmly, suddenly, or unexpectedly

synonym: smack, hit, whack

(1) **slap** on the back, (2) **slap** a heavy fine

The politician tried to **slap** down the rumors about his personal life.

pretension

n. the act of claiming or asserting something, especially without good reason or without evidence; an unfounded or excessive claim or ambition

synonym: presumption, pretense, affectation

(1) **pretension** to authority, (2) baseless **pretension**

His **pretensions** of being a gourmet were quickly exposed when he could not identify basic herbs and spices.

empathy

n. the ability to share another person's feelings or experiences by imagining that person's situation

synonym: compassion, sympathy, tenderness

(1) full of **empathy**, (2) **empathy** for patients

Empathy is also necessary to understand history.

nurture

- v. to take care of, feed, and protect someone or something while they are growing and developing

synonym: boost, cultivate, enable

(1) **nurture** love, (2) **nurture** his talents

Schools should **nurture** children's mutual interest spirit.

grieve

- v. to feel or show great sadness or sorrow, especially for someone who has died

synonym: mourn, lament, sorrow

(1) **grieve** for loss, (2) **grieve** at the sad news

She **grieved** the loss of her parents.

coexist

- v. to live or exist together at the same time in the same place

synonym: cohabit, accompany, synchronize

(1) **coexist** with nature, (2) **coexist** with diversity

The different species can **coexist** in the same ecosystem by filling different niches and using different resources.

cobble

- n. a rounded, irregularly shaped stone used for paving streets or for building walls; (verb) to make or repair something in a rough and hurried way

synonym: pebble, boulder, stone

(1) **cobble** driveway, (2) **cobble** up a policy accord

The town is known for its historic **cobble** streets, which were laid by hand in the 19th century.

straddle

- v. to sit or stand with one leg on either side of something or someone; to adopt a position or attitude that involves a compromise or combination of two or more opposing principles, ideas, or interests

synonym: strive, sit astride, span

(1) **straddle** a fence, (2) **straddle** a motorcycle

We had to **straddle** the fallen tree to cross the river.

scatter

- v. to cause to separate and go in different directions

synonym: disperse, spread, bestrew

(1) **scatter** seeds, (2) **scatter** around the internet
The hunter's approach **scattered** the geese.

horrific

adj. causing horror or disgust; gruesome and terrifying
synonym: terrifying, alarming, shocking

(1) **horrific** experience, (2) **horrific** condition
The accident scene was **horrific**, with bodies and debris scattered everywhere.

arbitrate

v. to act as a mediator or judge between conflicting parties, often to settle a dispute; to decide or determine something impartially or authoritatively

synonym: mediate, judge, umpire

(1) **arbitrate** a disagreement, (2) **arbitrate** a contract
The mediator will **arbitrate** our dispute and help us reach a fair agreement.

smack

v. to hit something or someone with force, often making a loud noise; to deliver a sharp criticism or rebuke

synonym: hit, slap, strike

(1) **smack** on the lips, (2) **smack** his knee
The baseball player **smacked** the ball out of the park, securing a home run.

hijack

v. to seize control of an airplane or other vehicle during an operation, especially with violence

synonym: commandeering, seize, pirate

(1) **hijack** a helicopter, (2) **hijack** a phone number
He made a desperate effort to **hijack** an airliner.

rot

v. to decay, or cause something to decay, naturally and gradually

synonym: perish, decay, corrode

(1) begin to **rot**, (2) **rot** with age
Please refrigerate the meat, or it will **rot**.

spokesperson

n. a person who represents or speaks on behalf of an organization, group, or individual to the media or the public

synonym: representative, interpreter, mouthpiece

(1) company **spokesperson**, (2) official **spokesperson**
The celebrity **spokesperson** made an appearance at the product launch event.

stoic

adj. calm and unemotional, especially in difficult situations;
(noun) a member of the ancient Greek school of philosophy founded by Zeno

synonym: unflappable, resigned, unemotional

(1) **stoic** courage, (2) do **stoic** strength training
He was known for his **stoic** demeanor, never showing emotion or weakness.

distraught

adj. deeply upset, agitated, or emotionally troubled

synonym: upset, troubled, distressed

(1) **distraught** with grief, (2) **distraught** emotions
After receiving the bad news, he was so **distraught** that he couldn't concentrate on anything else for the rest of the day.

purposeful

adj. having a specific aim or purpose; determined

synonym: determined, resolved, resolute

(1) **purposeful** series of actions, (2) at a **purposeful** pace
She had a **purposeful** look and was determined to complete the task.

unnatural

adj. not in accordance with the normal or natural order or not normal, typical, or expected

synonym: abnormal, bizarre, artificial

(1) **unnatural** death, (2) **unnatural** disaster
The **unnatural** growth of the city has disrupted wildlife habitats.

Session 2: Spelling

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|-------------------------------|---|
| 1. ho____ic condition | <i>adj.</i> causing horror or disgust; gruesome and terrifying |
| 2. dis_____ht with grief | <i>adj.</i> deeply upset, agitated, or emotionally troubled |
| 3. gr___e at the sad news | <i>v.</i> to feel or show great sadness or sorrow, especially for someone who has died |
| 4. do st__c strength training | <i>adj.</i> calm and unemotional, especially in difficult situations; (noun) a member of the ancient Greek school of philosophy founded by Zeno |
| 5. dis_____ht emotions | <i>adj.</i> deeply upset, agitated, or emotionally troubled |
| 6. spiral of sel_____bt | <i>n.</i> lack of confidence in one's abilities or oneself |
| 7. co_____t with diversity | <i>v.</i> to live or exist together at the same time in the same place |
| 8. em_____y for patients | <i>n.</i> the ability to share another person's feelings or experiences by imagining that person's situation |
| 9. ho____ic experience | <i>adj.</i> causing horror or disgust; gruesome and terrifying |
| 10. un_____al death | <i>adj.</i> not in accordance with the normal or natural order or not normal, typical, or expected |
| 11. sm__k his knee | <i>v.</i> to hit something or someone with force, often making a loud noise; to deliver a sharp criticism or rebuke |

ANSWERS: 1. horrific, 2. distraught, 3. grieve, 4. stoic, 5. distraught, 6. self-doubt, 7. coexist, 8. empathy, 9. horrific, 10. unnatural, 11. smack

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|----------------------------------|---|
| 12. sc____r seeds | <i>v.</i> to cause to separate and go in different directions |
| 13. hi___k a helicopter | <i>v.</i> to seize control of an airplane or other vehicle during an operation, especially with violence |
| 14. ar_____te a contract | <i>v.</i> to act as a mediator or judge between conflicting parties, often to settle a dispute; to decide or determine something impartially or authoritatively |
| 15. at a pur_____ul pace | <i>adj.</i> having a specific aim or purpose; determined |
| 16. sm__k on the lips | <i>v.</i> to hit something or someone with force, often making a loud noise; to deliver a sharp criticism or rebuke |
| 17. pur_____ul series of actions | <i>adj.</i> having a specific aim or purpose; determined |
| 18. sc____r around the internet | <i>v.</i> to cause to separate and go in different directions |
| 19. argue with a co_____er | <i>n.</i> a person who works with another in the same company or organization |
| 20. co___e up a policy accord | <i>n.</i> a rounded, irregularly shaped stone used for paving streets or for building walls; (verb) to make or repair something in a rough and hurried way |
| 21. pre_____on to authority | <i>n.</i> the act of claiming or asserting something, especially without good reason or without evidence; an unfounded or excessive claim or ambition |

ANSWERS: 12. scatter, 13. hijack, 14. arbitrate, 15. purposeful, 16. smack, 17. purposeful, 18. scatter, 19. coworker, 20. cobble, 21. pretension

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| 22. st____le a fence | <i>v.</i> to sit or stand with one leg on either side of something or someone; to adopt a position or attitude that involves a compromise or combination of two or more opposing principles, ideas, or interests |
| 23. di____ct public opinion | <i>v.</i> to draw someone's attention away from what they are trying to do |
| 24. official spo____son | <i>n.</i> a person who represents or speaks on behalf of an organization, group, or individual to the media or the public |
| 25. st__c courage | <i>adj.</i> calm and unemotional, especially in difficult situations; (noun) a member of the ancient Greek school of philosophy founded by Zeno |
| 26. overcome sel____bt | <i>n.</i> lack of confidence in one's abilities or oneself |
| 27. di____ct attention from the real issue | <i>v.</i> to draw someone's attention away from what they are trying to do |
| 28. st____le a motorcycle | <i>v.</i> to sit or stand with one leg on either side of something or someone; to adopt a position or attitude that involves a compromise or combination of two or more opposing principles, ideas, or interests |
| 29. begin to r_t | <i>v.</i> to decay, or cause something to decay, naturally and gradually |
| 30. ar____te a disagreement | <i>v.</i> to act as a mediator or judge between conflicting parties, often to settle a dispute; to decide or determine something impartially or authoritatively |

ANSWERS: 22. straddle, 23. distract, 24. spokesperson, 25. stoic, 26. self-doubt, 27. distract, 28. straddle, 29. rot, 30. arbitrate

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|--------------------------------------|---|
| 31. nu____e love | <i>v.</i> to take care of, feed, and protect someone or something while they are growing and developing |
| 32. full of em____y | <i>n.</i> the ability to share another person's feelings or experiences by imagining that person's situation |
| 33. di____t a well-ordered condition | <i>v.</i> to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance |
| 34. s__p on the back | <i>v.</i> to strike something or someone with an open palm or flat object, producing a sharp sound or sensation; to place something firmly, suddenly, or unexpectedly |
| 35. co____e driveway | <i>n.</i> a rounded, irregularly shaped stone used for paving streets or for building walls; (verb) to make or repair something in a rough and hurried way |
| 36. di____t sleep | <i>v.</i> to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance |
| 37. co____er relationship | <i>n.</i> a person who works with another in the same company or organization |
| 38. bitter res____nt | <i>n.</i> bitterness or indignation at being treated unfairly |
| 39. baseless pre____on | <i>n.</i> the act of claiming or asserting something, especially without good reason or without evidence; an unfounded or excessive claim or ambition |

ANSWERS: 31. nurture, 32. empathy, 33. disrupt, 34. slap, 35. cobble, 36. disrupt, 37. coworker, 38. resentment, 39. pretension

40. gr___e for loss	<i>v.</i>	to feel or show great sadness or sorrow, especially for someone who has died
41. co____t with nature	<i>v.</i>	to live or exist together at the same time in the same place
42. company spo____son	<i>n.</i>	a person who represents or speaks on behalf of an organization, group, or individual to the media or the public
43. s__p a heavy fine	<i>v.</i>	to strike something or someone with an open palm or flat object, producing a sharp sound or sensation; to place something firmly, suddenly, or unexpectedly
44. lack of hu____ty	<i>n.</i>	the quality or condition of being humble; a low estimate of one's self
45. abiding res____nt	<i>n.</i>	bitterness or indignation at being treated unfairly
46. nu____e his talents	<i>v.</i>	to take care of, feed, and protect someone or something while they are growing and developing
47. r_t with age	<i>v.</i>	to decay, or cause something to decay, naturally and gradually
48. develop an attitude of hu____ty	<i>n.</i>	the quality or condition of being humble; a low estimate of one's self
49. un____al disaster	<i>adj.</i>	not in accordance with the normal or natural order or not normal, typical, or expected
50. hi___k a phone number	<i>v.</i>	to seize control of an airplane or other vehicle during an operation, especially with violence

ANSWERS: 40. grieve, 41. coexist, 42. spokesperson, 43. slap, 44. humility, 45. resentment, 46. nurture, 47. rot, 48. humility, 49. unnatural, 50. hijack

ANSWERS:

Session 3: Fill in the Blanks

1. I'm so sorry to _____ you when you're pretty busy.
v. to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance
2. I was filled with _____.
n. lack of confidence in one's abilities or oneself
3. _____ is also necessary to understand history.
n. the ability to share another person's feelings or experiences by imagining that person's situation
4. Please don't _____ me while I'm studying.
v. to draw someone's attention away from what they are trying to do
5. She _____ the loss of her parents.
v. to feel or show great sadness or sorrow, especially for someone who has died
6. The politician tried to _____ down the rumors about his personal life.
v. to strike something or someone with an open palm or flat object, producing a sharp sound or sensation; to place something firmly, suddenly, or unexpectedly
7. The celebrity _____ made an appearance at the product launch event.
n. a person who represents or speaks on behalf of an organization, group, or individual to the media or the public
8. The town is known for its historic _____ streets, which were laid by hand in the 19th century.
n. a rounded, irregularly shaped stone used for paving streets or for building walls; (verb) to make or repair something in a rough and hurried way

ANSWERS: 1. disrupt, 2. self-doubt, 3. Empathy, 4. distract, 5. grieved, 6. slap, 7. spokesperson, 8. cobble

9. The accident scene was _____ with bodies and debris scattered everywhere.

adj. causing horror or disgust; gruesome and terrifying

10. We had to _____ the fallen tree to cross the river.

v. to sit or stand with one leg on either side of something or someone; to adopt a position or attitude that involves a compromise or combination of two or more opposing principles, ideas, or interests

11. She felt _____ towards her boss for not giving her a promotion.

n. bitterness or indignation at being treated unfairly

12. Schools should _____ children's mutual interest spirit.

v. to take care of, feed, and protect someone or something while they are growing and developing

13. She had a _____ look and was determined to complete the task.

adj. having a specific aim or purpose; determined

14. He made a desperate effort to _____ an airliner.

v. to seize control of an airplane or other vehicle during an operation, especially with violence

15. His _____ of being a gourmet were quickly exposed when he could not identify basic herbs and spices.

n. the act of claiming or asserting something, especially without good reason or without evidence; an unfounded or excessive claim or ambition

16. He was known for his _____ demeanor, never showing emotion or weakness.

adj. calm and unemotional, especially in difficult situations; (noun) a member of the ancient Greek school of philosophy founded by Zeno

ANSWERS: 9. horrific, 10. straddle, 11. resentment, 12. nurture, 13. purposeful, 14. hijack, 15. pretensions, 16. stoic

17. After receiving the bad news, he was so _____ that he couldn't concentrate on anything else for the rest of the day.

adj. deeply upset, agitated, or emotionally troubled

18. Please refrigerate the meat, or it will ____.

v. to decay, or cause something to decay, naturally and gradually

19. The mediator will _____ our dispute and help us reach a fair agreement.

v. to act as a mediator or judge between conflicting parties, often to settle a dispute; to decide or determine something impartially or authoritatively

20. We were filled with _____ at the sight of the Queen.

n. the quality or condition of being humble; a low estimate of one's self

21. The different species can _____ in the same ecosystem by filling different niches and using different resources.

v. to live or exist together at the same time in the same place

22. The _____ growth of the city has disrupted wildlife habitats.

adj. not in accordance with the normal or natural order or not normal, typical, or expected

23. My ex-_____ and I had different working styles but managed to get along.

n. a person who works with another in the same company or organization

24. The baseball player _____ the ball out of the park, securing a home run.

v. to hit something or someone with force, often making a loud noise; to deliver a sharp criticism or rebuke

ANSWERS: 17. distraught, 18. rot, 19. arbitrate, 20. humility, 21. coexist, 22. unnatural, 23. coworker, 24. smacked

25. The hunter's approach _____ the geese.

v. to cause to separate and go in different directions

ANSWERS: 25. scattered