

# Englist.me



## Vocabulary Builder Reference from...

*Sarah Aviram: Does more freedom at work mean more fulfillment? | TED Talk*

[https://www.ted.com/talks/sarah\\_aviram\\_does\\_more\\_freedom\\_at\\_work\\_mean\\_more\\_fulfillment\\_sep\\_2023](https://www.ted.com/talks/sarah_aviram_does_more_freedom_at_work_mean_more_fulfillment_sep_2023)

### Advanced Words Only

#### IMPORTANT

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## Session 1: Word List

### opportune

*adj.* suitable or happening at a time that is suitable or convenient for a particular purpose

*synonym*: suitable, timely, practical

(1) **opportune** occasion, (2) an **opportune** remark

The phone rang at the most **opportune** time.

### quitter

*n.* a person who gives up easily or does not have the determination to finish what they have started

*synonym*: coward, deserter, surrender

(1) easy **quitter**, (2) serial **quitter**

He was labeled as a **quitter** after he abandoned the project halfway.

### pandemic

*n.* an outbreak of a disease that affects many people over a very wide area

*synonym*: outbreak

(1) flu **pandemic**, (2) global **pandemic**

They fear a **pandemic** of a new type of virus.

### 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.

## snowy

*adj.* characterized by or covered in snow; consisting of or producing snow; often used to describe wintry landscapes or weather conditions

*synonym*: wintry, frosty, icy

(1) **snowy** mountain, (2) **snowy** landscape

Children love to play outside in the **snowy** weather.

## motorbike

*n.* a lightweight, two-wheeled vehicle with an engine designed for use on roads; also known as a motorcycle

*synonym*: motorcycle, bike, two-wheeler

(1) **motorbike** ride, (2) stolen **motorbike**

She identified the **motorbike** thief using the CCTV footage.

## nomad

*n.* a member of a group of people who move from place to place rather than living in one place all the time; a wanderer; a person with no fixed abode

*synonym*: wanderer, traveler, rover

(1) **nomad** worker, (2) **nomad** culture

The **nomad** tribe moved from place to place with its herd of sheep.

## tolerable

*adj.* capable of being endured or tolerated; not too unpleasant, painful, or difficult

*synonym*: enduring, acceptable, bearable

(1) **tolerable** conditions, (2) **tolerable** level of risk

His new job offered a **tolerable** work environment but was not his dream job.

## micromanagement

*n.* a style of management characterized by excessive attention to detail and control, often resulting in inefficient or demotivating work environments

*synonym*: control-freak management, nit-picking, excessive supervision

(1) **micromanagement** approach, (2) **micromanagement**

techniques

His manager's **micromanagement** style drove him crazy, making him feel like he couldn't make any decisions on his own.

## envision

*v.* to imagine or expect what a situation will be like in the future

*synonym*: anticipate, foresee, picture

(1) **envision** the future, (2) **envision** the project's success  
We cannot **envision** her as President.

## motto

*n.* a phrase or slogan that expresses a guiding principle or goal

*synonym*: slogan, catchphrase, phrase

(1) the **motto** for safe traffic, (2) company **motto**  
The company's **motto** is "Innovation and Service," which is reflected in its products and customer support.

## overhaul

*n.* a thorough examination, evaluation, or inspection of something, often with the intent of making necessary improvements; a major reorganization or restructuring of a system or process; (verb) to thoroughly examine, repair, and improve something to ensure that it is functioning properly and up to standard

*synonym*: renovation, revamp, modernization

(1) **overhaul** process, (2) vehicle **overhaul**  
The mechanic suggested an **overhaul** of the engine to improve performance.

## psychotherapy

*n.* the treatment of mental or emotional problems by talking with a therapist

(1) field of **psychotherapy**, (2) **psychotherapy** for depression

He took **psychotherapy** to help him deal with his accident trauma.

## entice

*v.* to attract or lure someone with something desirable or tempting

*synonym* : lure, tempt, attract

(1) **entice** foreign investment, (2) **entice** shoppers

The salesperson tried to **entice** the customer into buying a new car.

## trajectory

*n.* the curved path followed by an object moving through space

*synonym* : course, curve, orbit

(1) career **trajectory**, (2) a **trajectory** missile

The company has shown an excellent growth **trajectory** over the years.

## pajama

*n.* a pair of loose pants with a matching top, worn for sleeping or lounging

*synonym* : nightgown, nightdress

(1) wear **pajama**, (2) **pajama** pants

My little sister loves to have **pajama** parties with her friends on the weekends.

## improvisation

*n.* the act of making something up on the spot or creating or performing something without preparation

*synonym* : spontaneity, ad-lib, extemporization

(1) **improvisation** on stage, (2) jazz **improvisation**

He created a beautiful piece of music using only **improvisation**.

## perk

*n.* an advantage or something extra, such as money or goods, you receive as well as your wages for doing a particular job

*synonym* : extra, bonus, benefit

(1) **perks** for repeat guests, (2) worker **perk**

A yacht cruise is our company's ultimate **perk**.

## energize

*v.* to give energy or vitality to someone or something; to invigorate

*synonym* : invigorate, animate, electrify

(1) **energize** the body, (2) **energize** a team

The motivational speaker **energized** the crowd with their words.

## contentment

*n.* a state of satisfaction, happiness, or fulfillment; a feeling of being pleased and at ease with one's current situation or circumstances

*synonym* : satisfaction, happiness, fulfillment

(1) **contentment** in life, (2) inner **contentment**

He achieved a sense of **contentment** by simplifying his life and focusing on what truly mattered.

## distill

*v.* to purify or refine; to extract the essential elements

*synonym* : extract, condense, purify

(1) **distill** a liquid, (2) **distill** information

She decided to **distill** her thoughts into a more manageable list.

## empower

*v.* to give someone the power or authority to do something

*synonym* : authorize, endow, entitle

(1) **empower** my life, (2) **empower** the secretary to do the same

The company **empowered** employees to buy low-price items without approval to achieve efficient purchasing.

## Session 2: Spelling

- |                       |   |
|-----------------------|---|
| 1. di____l a liquid   | <i>v.</i> to purify or refine; to extract the essential elements  |
| 2. easy qu____r       | <i>n.</i> a person who gives up easily or does not have the determination to finish what they have started  |
| 3. career tra____ry   | <i>n.</i> the curved path followed by an object moving through space  |
| 4. an op____ne remark | <i>adj.</i> suitable or happening at a time that is suitable or convenient for a particular purpose   |
| 5. no__d culture      | <i>n.</i> a member of a group of people who move from place to place rather than living in one place all the time; a wanderer; a person with no fixed abode |
| 6. en____ze the body  | <i>v.</i> to give energy or vitality to someone or something; to invigorate   |
| 7. mo____ke ride      | <i>n.</i> a lightweight, two-wheeled vehicle with an engine designed for use on roads; also known as a motorcycle   |
| 8. sn__y landscape    | <i>adj.</i> characterized by or covered in snow; consisting of or producing snow; often used to describe wintry landscapes or weather conditions            |
| 9. op____ne occasion  | <i>adj.</i> suitable or happening at a time that is suitable or convenient for a particular purpose   |

ANSWERS: 1. distill, 2. quitter, 3. trajectory, 4. opportune, 5. nomad, 6. energize, 7. motorbike, 8. snowy, 9. opportune

10. mic\_\_\_\_\_ent techniques *n.* a style of management characterized by excessive attention to detail and control, often resulting in inefficient or demotivating work environments
11. psy\_\_\_\_\_apy for depression *n.* the treatment of mental or emotional problems by talking with a therapist
12. ov\_\_\_\_\_ul process *n.* a thorough examination, evaluation, or inspection of something, often with the intent of making necessary improvements; a major reorganization or restructuring of a system or process; (verb) to thoroughly examine, repair, and improve something to ensure that it is functioning properly and up to standard
13. imp\_\_\_\_\_ion on stage *n.* the act of making something up on the spot or creating or performing something without preparation
14. field of psy\_\_\_\_\_apy *n.* the treatment of mental or emotional problems by talking with a therapist
15. a tra\_\_\_\_\_ry missile *n.* the curved path followed by an object moving through space
16. to\_\_\_\_\_le conditions *adj.* capable of being endured or tolerated; not too unpleasant, painful, or difficult
17. en\_\_\_\_\_ze a team *v.* to give energy or vitality to someone or something; to invigorate
18. di\_\_\_\_\_l information *v.* to purify or refine; to extract the essential elements
19. argue with a co\_\_\_\_\_er *n.* a person who works with another in the same company or organization

ANSWERS: 10. micromanagement, 11. psychotherapy, 12. overhaul, 13. improvisation, 14. psychotherapy, 15. trajectory, 16. tolerable, 17. energize, 18. distill, 19. coworker

20. no\_\_d worker *n.* a member of a group of people who move from place to place rather than living in one place all the time; a wanderer; a person with no fixed abode
21. sn\_\_y mountain *adj.* characterized by or covered in snow; consisting of or producing snow; often used to describe wintry landscapes or weather conditions
22. en\_\_\_\_on the project's success *v.* to imagine or expect what a situation will be like in the future
23. pa\_\_\_\_a pants *n.* a pair of loose pants with a matching top, worn for sleeping or lounging
24. serial qu\_\_\_\_r *n.* a person who gives up easily or does not have the determination to finish what they have started
25. vehicle ov\_\_\_\_ul *n.* a thorough examination, evaluation, or inspection of something, often with the intent of making necessary improvements; a major reorganization or restructuring of a system or process; (verb) to thoroughly examine, repair, and improve something to ensure that it is functioning properly and up to standard
26. en\_\_\_\_on the future *v.* to imagine or expect what a situation will be like in the future
27. global pa\_\_\_\_ic *n.* an outbreak of a disease that affects many people over a very wide area
28. company mo\_\_o *n.* a phrase or slogan that expresses a guiding principle or goal

ANSWERS: 20. nomad, 21. snowy, 22. envision, 23. pajama, 24. quitter, 25. overhaul, 26. envision, 27. pandemic, 28. motto



29. worker p\_\_k *n.* an advantage or something extra, such as money or goods, you receive as well as your wages for doing a particular job
30. care pa\_\_\_a *n.* a pair of loose pants with a matching top, worn for sleeping or lounging
31. en\_\_\_e shoppers *v.* to attract or lure someone with something desirable or tempting
32. con\_\_\_\_\_nt in life *n.* a state of satisfaction, happiness, or fulfillment; a feeling of being pleased and at ease with one's current situation or circumstances
33. inner con\_\_\_\_\_nt *n.* a state of satisfaction, happiness, or fulfillment; a feeling of being pleased and at ease with one's current situation or circumstances
34. p\_\_ks for repeat guests *n.* an advantage or something extra, such as money or goods, you receive as well as your wages for doing a particular job
35. em\_\_\_\_\_r the secretary to do the same *v.* to give someone the power or authority to do something
36. to\_\_\_\_\_le level of risk *adj.* capable of being endured or tolerated; not too unpleasant, painful, or difficult
37. the mo\_\_o for safe traffic *n.* a phrase or slogan that expresses a guiding principle or goal
38. em\_\_\_\_\_r my life *v.* to give someone the power or authority to do something
39. mic\_\_\_\_\_ent approach *n.* a style of management characterized by excessive attention to detail and control, often resulting in inefficient or demotivating work environments

ANSWERS: 29. perk, 30. pajama, 31. entice, 32. contentment, 33. contentment, 34. perk, 35. empower, 36. tolerable, 37. motto, 38. empower, 39. micromanagement

40. stolen mo\_\_\_\_\_ke *n.* a lightweight, two-wheeled vehicle with an engine designed for use on roads; also known as a motorcycle
41. en\_\_\_e foreign investment *v.* to attract or lure someone with something desirable or tempting
42. co\_\_\_\_\_er relationship *n.* a person who works with another in the same company or organization
43. jazz imp\_\_\_\_\_ion *n.* the act of making something up on the spot or creating or performing something without preparation
44. flu pa\_\_\_\_\_ic *n.* an outbreak of a disease that affects many people over a very wide area

ANSWERS: 40. motorbike, 41. entice, 42. coworker, 43. improvisation, 44. pandemic

## Session 3: Fill in the Blanks

1. The motivational speaker \_\_\_\_\_ the crowd with their words.  
*v.* to give energy or vitality to someone or something; to invigorate
2. 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
3. The company \_\_\_\_\_ employees to buy low-price items without approval to achieve efficient purchasing.  
*v.* to give someone the power or authority to do something
4. The phone rang at the most \_\_\_\_\_ time.  
*adj.* suitable or happening at a time that is suitable or convenient for a particular purpose
5. They fear a \_\_\_\_\_ of a new type of virus.  
*n.* an outbreak of a disease that affects many people over a very wide area
6. His new job offered a \_\_\_\_\_ work environment but was not his dream job.  
*adj.* capable of being endured or tolerated; not too unpleasant, painful, or difficult
7. We cannot \_\_\_\_\_ her as President.  
*v.* to imagine or expect what a situation will be like in the future
8. The mechanic suggested an \_\_\_\_\_ of the engine to improve performance.  
*n.* a thorough examination, evaluation, or inspection of something, often with the intent of making necessary improvements; a major reorganization or restructuring of a system or process; (verb) to thoroughly examine, repair, and improve something to ensure that it is functioning properly and up to standard

ANSWERS: 1. energized, 2. coworker, 3. empowered, 4. opportune, 5. pandemic, 6. tolerable, 7. envision, 8. overhaul

9. He took \_\_\_\_\_ to help him deal with his accident trauma.  
*n.* the treatment of mental or emotional problems by talking with a therapist
10. The company has shown an excellent growth \_\_\_\_\_ over the years.  
*n.* the curved path followed by an object moving through space
11. The \_\_\_\_\_ tribe moved from place to place with its herd of sheep.  
*n.* a member of a group of people who move from place to place rather than living in one place all the time; a wanderer; a person with no fixed abode
12. She decided to \_\_\_\_\_ her thoughts into a more manageable list.  
*v.* to purify or refine; to extract the essential elements
13. The salesperson tried to \_\_\_\_\_ the customer into buying a new car.  
*v.* to attract or lure someone with something desirable or tempting
14. He was labeled as a \_\_\_\_\_ after he abandoned the project halfway.  
*n.* a person who gives up easily or does not have the determination to finish what they have started
15. Children love to play outside in the \_\_\_\_\_ weather.  
*adj.* characterized by or covered in snow; consisting of or producing snow; often used to describe wintry landscapes or weather conditions
16. She identified the \_\_\_\_\_ thief using the CCTV footage.  
*n.* a lightweight, two-wheeled vehicle with an engine designed for use on roads; also known as a motorcycle
17. A yacht cruise is our company's ultimate \_\_\_\_\_.  
*n.* an advantage or something extra, such as money or goods, you receive as well as your wages for doing a particular job

ANSWERS: 9. psychotherapy, 10. trajectory, 11. nomad, 12. distill, 13. entice, 14. quitter, 15. snowy, 16. motorbike, 17. perk

18. He created a beautiful piece of music using only \_\_\_\_\_.
- n.* the act of making something up on the spot or creating or performing something without preparation
19. His manager's \_\_\_\_\_ style drove him crazy, making him feel like he couldn't make any decisions on his own.
- n.* a style of management characterized by excessive attention to detail and control, often resulting in inefficient or demotivating work environments
20. The company's \_\_\_\_\_ is "Innovation and Service," which is reflected in its products and customer support.
- n.* a phrase or slogan that expresses a guiding principle or goal
21. My little sister loves to have \_\_\_\_\_ parties with her friends on the weekends.
- n.* a pair of loose pants with a matching top, worn for sleeping or lounging
22. He achieved a sense of \_\_\_\_\_ by simplifying his life and focusing on what truly mattered.
- n.* a state of satisfaction, happiness, or fulfillment; a feeling of being pleased and at ease with one's current situation or circumstances

ANSWERS: 18. improvisation, 19. micromanagement, 20. motto, 21. pajama, 22. contentment