

GLOSSARY

CONFIDENCE BUILDING

affect: To have an influence on or cause a change in.

anxious: Uneasy about an event or matter; worried.

concept: An abstract idea; a thought, notion, or plan.

effect: To bring about.

effective: 1. Having an intended result or accomplishment. 2. Producing a strong impression or response.

expertise: 1. Skill or knowledge in a particular area. 2. Expert advice or opinion.

foster: To promote the growth and development of; nurture; cultivate.

nutrient: A source of nourishment, especially a nourishing ingredient in a food.

objectivity: 1. Being uninfluenced by emotions or personal prejudices. 2. Basing opinions on observed facts.

perseverance: Condition or state of staying with a course of action, belief, or purpose; steadfastness.

personal values: Principles, standards, or qualities that a person considers worthwhile or desirable.

respect: 1. To feel or show regard, honor, or esteem. 2. To value.

self-esteem: 1. Pride in oneself; self-respect. 2. A good opinion of oneself.

stress: A state of extreme difficulty, pressure, or strain capable of affecting physical health.