

Vocabulary Sheet

We Cook-IN Glossary: Module 5	
Term	Definition
Social/Soft skills	Abilities that people possess when it comes to managing conversations, meetings, conflicts or teamwork, and its regard to communication skills, organisational skills, and self-motivation.
Autonomy	Ability to carry out assigned tasks without the need for constant supervision by using one's own resources.
Self-confidence	The awareness of one's own value, one's abilities and one's ideas beyond the opinions of others.
Multi-tasking	Ability to manage and perform multiple tasks or activities simultaneously or rapidly switch between them. It often involves dividing one's attention among several tasks to increase efficiency and productivity.
Non-verbal communication	Conveying information and emotions without using words. This can include facial expressions, body language, gestures, eye contact, posture, and tone of voice. Non-verbal cues provide context and emotional nuance to verbal communication and play a significant role in understanding and conveying messages effectively.
Empathy	Ability to understand the emotional life of another person, almost in all its complexity. Empathy refers among other things to active listening, understanding and emotional support.
Problem solving	Process of achieving a goal by overcoming obstacles, a frequent part of most activities. Problems in need of solutions range from simple personal tasks to complex issues in business and technical fields.
Team working	Collaborative effort of a group of individuals working together to achieve a common goal. It involves sharing responsibilities, coordinating tasks, and leveraging the strengths of each team member to achieve collective objectives efficiently and effectively.
Professionalism	Ability to carry out one's activity competently and efficiently.

Resilience	Ability to adapt, bounce back, and recover from adversity, challenges, or setbacks, maintaining mental and emotional strength in the face of difficult situations and using those experiences as opportunities for growth.
Time management	Practice of efficiently organising and prioritising tasks and activities to make the most of available time. It involves setting goals, creating schedules, and allocating resources effectively and achieve desired outcomes while minimising procrastination and stress.
Stereotypes	Simplified and often generalised beliefs about groups of people or things. They may be based on cultural, gender, or other characteristics, can lead to unfair judgments and biases, often overlooking individual diversity within the group.
Bias	Presence of favouritism, prejudice, toward a particular person, group, resulting in unfair or unbalanced judgments, decisions, or treatment, based on personal beliefs, stereotypes, unfair influences, often leads to discrimination or an unequal playing field.
Sexism	Discrimination/prejudice based on sex or gender, involving unfair treatment, stereotypes, biases against individuals due to their gender, favouring one gender, including unequal opportunities, unequal pay, derogatory attitudes towards individuals.
Gender equality	Principle of ensuring that all individuals, regardless of their gender, have equal rights, opportunities, and treatment in all aspects of life. It aims to eliminate discrimination and biases based on gender and promotes fairness, inclusivity, and the recognition of equal value.