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## Word of the Day – **Bolster**

### Transcript

The word of the day today is **bolster**. **Bolster** is a verb. This is a positive word. This word is used when you are trying to support and encourage the emotional state of someone or improve the current state of something.

For instance, let's say you have been vying for a promotion at work for weeks now. You think you will be the next employee to be nominated and promoted and you are anticipating a raise as well. However, once annual reviews are completed, you realize you will not be promoted as well. In fact, your job security is in question. To **bolster** your resume, you decide to take night classes at the local community college. With the additional skills you learn, you are confident you will not be looked over again.

Continuing with the same example, let's say a year has passed and you are up for promotion again. You have completed all of the night classes and you are hoping for some good news. However, you have become less confident and you are unsure if you will ask for a raise as well. You meet your friend for drinks after work and confide in her. She tries to **bolster** your confidence by reminding you that you have been an excellent employee and that you are definitely up for promotion. You feel better after speaking with her and decide to go ahead and ask for the raise as well.

I hope you find this word useful in expressing your thoughts more clearly. For more information you can find the script on our website.