

# empowerment *(em-pow-er-ment)*

## Definition

n. the process of gaining power and confidence.

## Example Sentence

The seminar focused on women's **empowerment** in the corporate world.

## More Example Sentences

She believes in the **empowerment** of all people.

## Synonyms

enable; authorization; encouragement

## Antonyms

disempowerment; oppression; restriction

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