

# even-keeled *(e-ven-keeled)*

## Definition

adj. Calm and steady; not easily agitated or upset.

## Example Sentence

She remained **even-keeled** throughout the entire crisis, providing reassurance to her team.

## More Example Sentences

His **even-keeled** demeanor made him a natural leader in stressful situations.

## Synonyms

balanced; stable; composed

## Antonyms

volatile; unstable; agitated

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