**What is Respect?**

When the word respect comes to mind what do you think of? A feeling of mutual trust? A remodel to look up to? Or maybe even admiration for the work that someone does? All three of these examples are variants of what respect is, and it is one of the most important factors in effective teamwork.

The Oxford English Dictionary defines respect for another as “esteem for the sense of worth or excellence of a person.” The first part of this definition, esteem, refers to having a positive opinion on someone based on what you have seen them do. Whereas the second half, an individual’s sense of worth, refers to the skills that an individual may have, and the benefits that they can bring to a team from said skills. Then that leaves the third part of the definition, the sense of excellence of a person, which refers to a person’s character, which is made from the values and principles that a person may exhibit.

As to properly define what respect is, one must take all three of these portions of the definition to consideration. To truly respect someone you must first have to form a positive opinion of the person for yourself by observing what makes them deserving of respect. The next step should be to see how the individual presents themselves and the skills they are capable of, by doing this you should be able to see how a person values themselves and further to form a positive opinion of them. Finally you should see what type of morals the person has and how they act around others. I believe that if you follow these steps you can truly find some form of respect in any person.