

Emotional Intelligence (EQ) Test-R for donor **ADAMO**

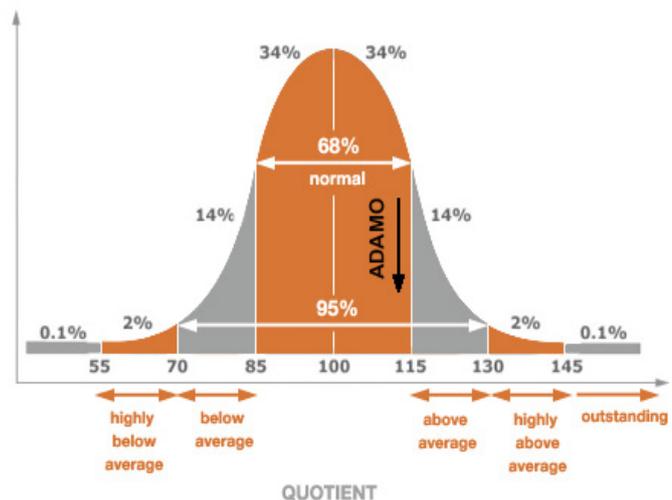
Emotional Intelligence Test-R assesses the ability to perceive, understand and manage one's own emotions and those of others.

For more information about the EQ Test-R, please visit www.centraltest.com

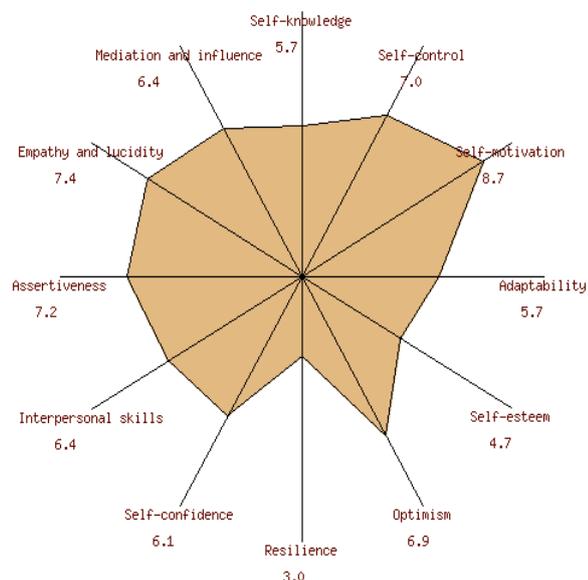
ADAMO's score distribution

Quotient: 113

Level: ADAMO has above average emotional intelligence. On the whole, he is at ease with his emotions.



ADAMO's personality graph



ADAMO's strengths

ADAMO is an extremely driven person. When he starts a new project or activity, his determination takes him through to its completion, no matter what challenges have arisen.

ADAMO has good observation and listening skills. He can decipher unspoken messages. He also has insights about other people's intentions.

ADAMO makes his opinions and feelings known. He does not often run from confrontation, and he knows how to defend his points of view and interests.

In general, when ADAMO feels negative emotions, he is able to control them and continue thinking and acting in a calm manner.

ADAMO's main weak points

It is hard for ADAMO to get back on his feet after a big disappointment. He tends to let regret and past events take over.

Advice for ADAMO:

ADAMO should try to take a step back and be objective when difficult events occur. He should not feel regret about his choices. Instead, he should learn from his mistakes and move forward. What he has gone through will make him a stronger person!

Read much more about ADAMO's personality traits on the following page...

An interpretation of **ADAMO**'s score

Self-knowledge

ADAMO's introspection skills are quite good and this helps him effectively analyse his emotions and behaviour. He is not however always perfectly aware of all his desires and needs it takes time for him to understand what he wants.

Self-control

ADAMO has good self-control and he is not the type of person to let negative feelings such as stress, anger or frustration take over. He knows how to take a step back and analyse events and he generally masters his emotions in stressful or unusual situations.

Self-motivation

ADAMO's motivation appears unshakable. When he starts a new activity or project, his determination is enough to lead him through the entire process.

Adaptability

It is sometimes hard for ADAMO to stray from habit or change his points of view if he feels particularly strong about them. He does however possess an ability to adapt and he is ready to accept change.

Self-esteem

While ADAMO can appreciate some of his good qualities, he does not understand how valuable they are. On the other hand, he gives his shortcomings too much importance. In some situations, he judges himself fairly, while in others, he underestimates himself.

Optimism

Generally speaking ADAMO is happy with life. Being naturally optimistic, he looks on the bright side of things. To sum up, ADAMO can appreciate what life has to offer and he thinks that the best is yet to come.

Resilience

Failing badly at something can be discouraging for ADAMO. To get back on his feet he will need some time. Also he may feel regret and dwell on the past.

Self-confidence

ADAMO believes in himself enough to deal with responsibility and complete his projects. He may at times have doubts about his abilities.

Interpersonal skills

His behaviour and ability to express himself clearly show that ADAMO is generally comfortable with people. His interest in conversations and his enjoyment in sharing ideas can be seen from day to day.

Assertiveness

ADAMO insists on expressing his point of view at all costs, even when others do not agree. This may lead to lengthy discussion or create momentary tension. He is ready to face this because what he is looking for is real discussion, not confrontation. Steering clear of a discussion is not impossible, but this is a rare occurrence.

Empathy and lucidity

By paying attention to his environment ADAMO can correctly interpret other people's emotions. Being able to decipher unspoken messages, he does not often make mistakes about people or their intentions. To sum up, ADAMO possesses the ability to empathise with others.

Mediation and influence

Being good at managing conflict and motivating teams, ADAMO can find the right words to sound convincing, to show encouragement and to reconcile diverging points of view. He knows how to ease tension and get people interested and he also has a talent for persuasion.