

Emotional Intelligence (EQ) Test-R for donor BEARD

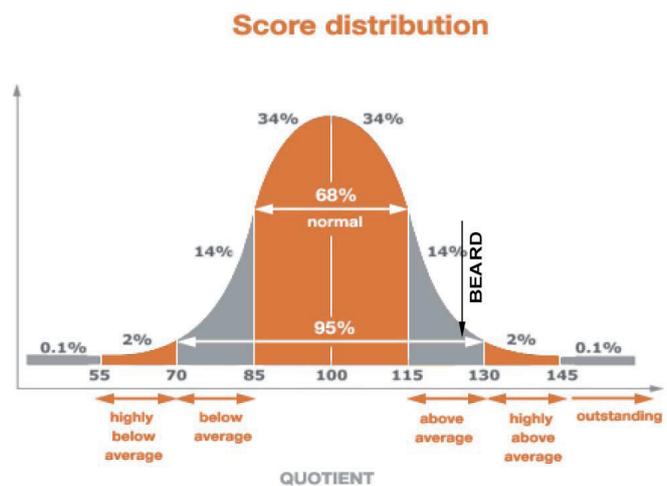
Emotional Intelligence Test-R assesses the ability to perceive, understand and manage one's own emotions and those of others.

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

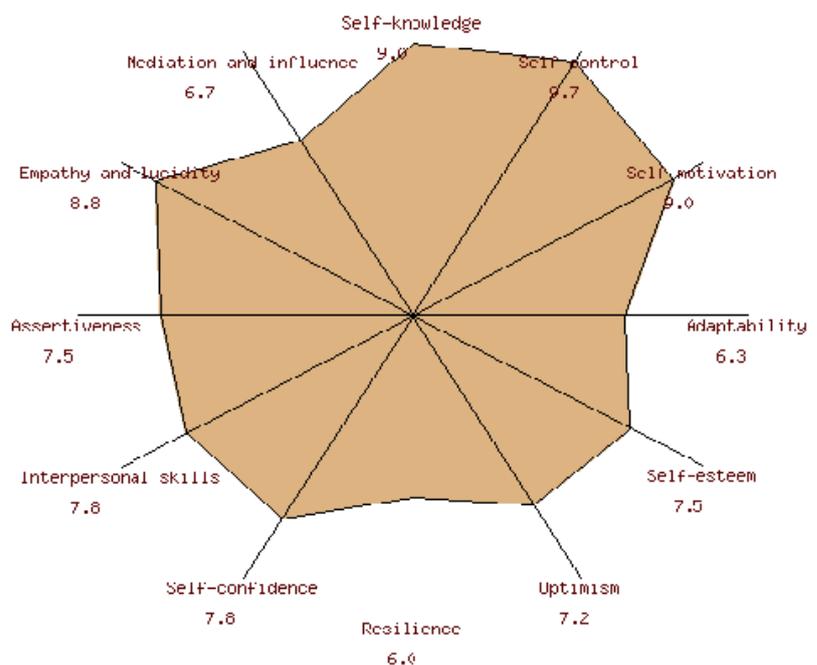
BEARD's score distribution

Quotient: 127

Level: BEARD has an extremely high and exceptional emotional intelligence! Generally speaking he is very at ease with his emotions.



BEARD's personality graph



BEARD's strengths

Knowing how to take a step back during stressful or unusual situations, BEARD is able to manage negative emotions and stay on track.

BEARD has developed strong analytical skills and is deeply introspective. He therefore understands what he wants, how he feels, and what he needs.

BEARD 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.

BEARD has excellent listening and observation skills. He can often decipher unspoken messages, and he rarely makes mistakes about other people's intentions.

BEARD's main weak points

No dominant weak traits could be concluded from BEARD's profile.

Advice for BEARD:

No dominant weak traits could be concluded from BEARD's profile.

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

An interpretation of BEARD's score

Self-knowledge

Thanks to excellent introspection skills, BEARD can correctly analyse his emotions and behaviour. This helps him understand who he is, what he wants and what he needs. However, he has a strong tendency to over-question himself and this is not always necessary.

Self-control

Clearly BEARD has a high level of self-control. In stressful or unusual situations he knows how to take a step back and he can easily master negative emotions such as anger or frustration. However, being able to control these feelings does not mean that BEARD should never express himself.

Self-motivation

BEARD's motivation appears unshakable. When he starts a new activity or project, his determination is enough to lead him through the entire process. However, BEARD can sometimes persist in doing impossible assignments - not realizing this until the later stages

Adaptability

It is sometimes hard for BEARD 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

Being aware of his good qualities and his shortcomings, BEARD has an accurate image of himself. He knows who he is and what he is worth. His good self-esteem helps him showcase and capitalise on his strengths.

Optimism

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

Resilience

BEARD does not throw in the towel after failing badly at something. He gets back on his feet and does his best to learn from his mistakes and not feel regret.

Self-confidence

BEARD is aware of his abilities and he believes in his own resourcefulness. He is not afraid of responsibility and he is generally confident about his choices. Few things can shake his self-confidence.

Interpersonal skills

His behaviour and ability to express himself clearly show that BEARD is generally comfortable with people. His enjoyment in talking to others can be seen from day to day. As he is open to all subjects of conversation, his easygoing attitude makes him well-liked and people seek his company.

Assertiveness

BEARD 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

Being very attentive to his environment, BEARD can interpret other people's emotions with great accuracy and he can perfectly decipher unspoken messages. He does not often make mistakes about people or their intentions. To sum up, BEARD possesses the ability to fully empathise with others.

Mediation and influence

Being good at managing conflict and motivating teams, BEARD 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.