

Emotional Intelligence (EQ) Test-R for donor ALFORD

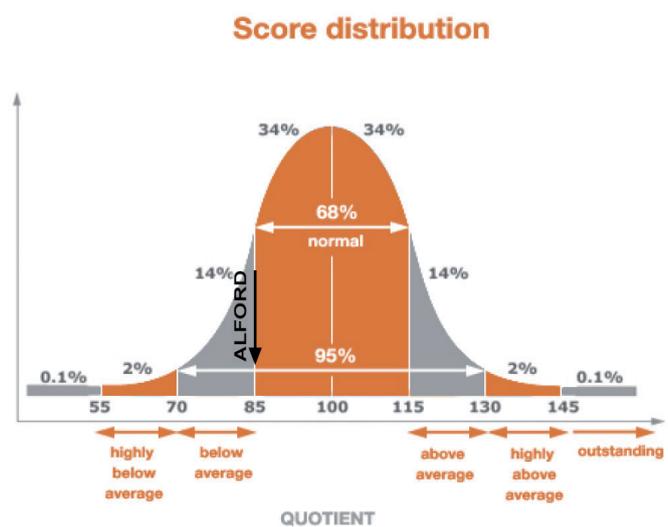
Emotional Intelligence Test-R assesses the ability to perceive, understand and manage one's own emotions and those of others.

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

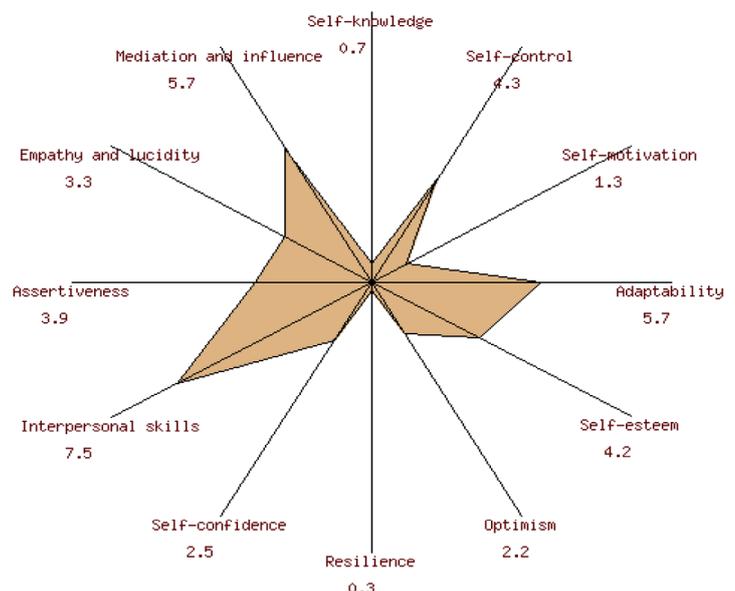
ALFORD's score distribution

Quotient: 85

Level: ALFORD is not quite taking full advantage of his emotional intelligence, like a good majority of the population.



ALFORD's personality graph



ALFORD's strengths

Being someone who likes sharing opinions and ideas, ALFORD appreciates being with others. In general, he maintains good relationships with people.

ALFORD's main weak points

It is very difficult for ALFORD to get back on his feet after a big disappointment. He feels regret and has difficulty letting go of the past.

ALFORD does not have a good understanding of himself and has trouble knowing how he feels and what he wants. Not being very introspective, he perhaps does not take the time to ask himself questions.

ALFORD has trouble getting motivated and energized to tackle projects and activities. This attitude can have an impact on his performance and can prevent him from reaching objectives.

ALFORD can let his problems take over. At times he no longer sees the positive aspects of things, and he tends to be afraid of what the future has in store for him.

Advice for ALFORD:

ALFORD 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!

ALFORD needs to take more time to gain insights about himself, about how he feels, and about what he wants. He knows, better than anyone else, what it is that he needs. Professionals such as coaches and skills assessors can help him understand himself better.

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

An interpretation of ALFORD's score

Self-knowledge

ALFORD is not used to asking himself what he wants or how he feels. However, he would have much to gain by becoming more introspective—no one understands his needs better than him. A skills assessment could provide career-related insights.

Self-control

Depending on the situation, ALFORD can or cannot control negative emotions such as stress or anger. These feelings may obscure his judgement if the pressure is too high. However, ALFORD handles everyday situations quite well.

Self-motivation

Getting motivated on his own is not easy for ALFORD. He can have trouble setting precise objectives and persevering.

Adaptability

It is sometimes hard for ALFORD 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 ALFORD 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

ALFORD has a weak level of optimism. He tends to see the dark side of things and this can prevent him from fully seizing certain opportunities.

Resilience

Failing badly at something can be discouraging for ALFORD and prevent him from moving forward. To get back on his feet he will need a lot of time. Also he tends to feel regret and dwell on the past.

Self-confidence

As someone who often experiences self-doubt, ALFORD does not always venture into certain activities. This slight lack of self-assurance may sometimes prevent him from approaching others or may cause him to miss out on new opportunities.

Interpersonal skills

His behaviour and ability to express himself clearly show that ALFORD 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

Generally speaking, ALFORD finds it important to express points of view that mean something to him, even when others do not agree. However, if he thinks that a subject does not merit heated debate, ALFORD may prefer to say nothing or quickly accept a compromise.

Empathy and lucidity

At times, ALFORD can misinterpret other people's intentions and react awkwardly. In order for him to analyse a situation correctly, he needs a little time. Also ALFORD does not pay enough attention to his environment and he misses out on details that would help him better comprehend what is going on.

Mediation and influence

Generally speaking, ALFORD is quite good at managing conflict and motivating teams. Being capable of easing tension and expressing ideas, he can find the right words and get people interested. It would be useful for him to work on his talent for persuasion.