

Emotional Intelligence (EQ) Test-R for donor BUBBA

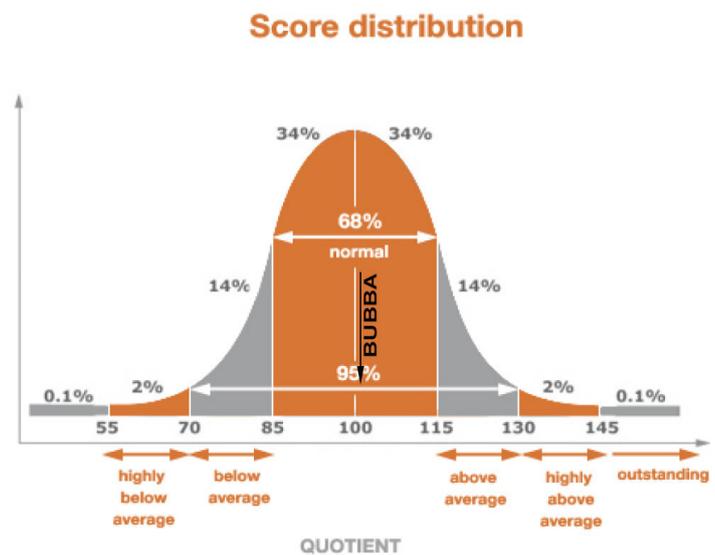
Emotional Intelligence Test-R assesses the ability to perceive, understand and manage one's own emotions and those of others.

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

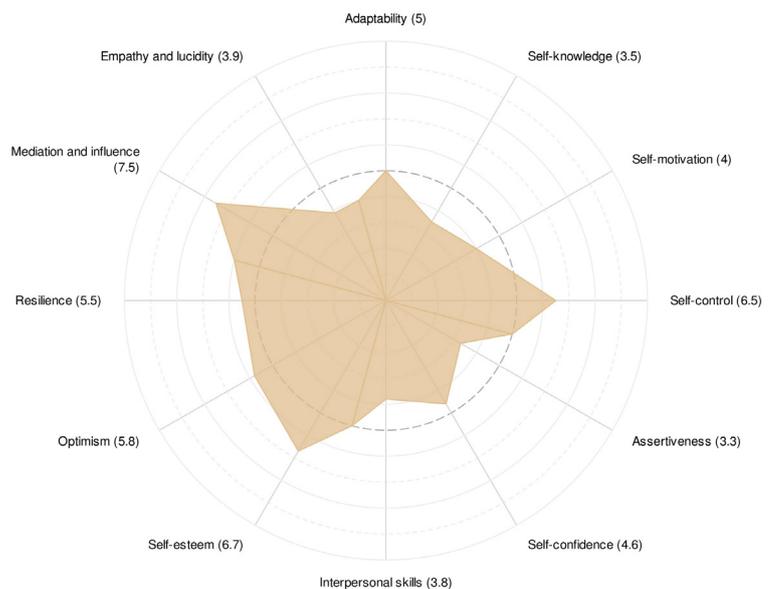
BUBBA's score distribution

Quotient: 101

Level: BUBBA has slightly above average emotional intelligence. He is generally at ease with his emotions and those of others.



BUBBA's personality graph



BUBBA's strengths

BUBBA knows how to find the words to get people interested and motivated. He is able to reconcile diverging points of view, and he is good at easing conflict.

BUBBA's main weak points

No dominant trait emerges from BUBBA's profile.

Advice for BUBBA:

No dominant trait emerges from BUBBA's profile.

Read much more about BUBBA's personality traits on the following pages...

An interpretation of BUBBA's score

Self-knowledge

BUBBA is not used to asking himself what he wants or how he feels. However, he would have much to gain by developing his introspection skills. No one understands his needs better than him.

Self-control

BUBBA 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 analyze events, and he generally masters his emotions in stressful or unusual situations.

Self-motivation

Depending on the situation, BUBBA can easily get motivated or, on the contrary, become less determined if he loses enthusiasm. While he generally reaches his objectives, he may need support in order to stay driven.

Adaptability

It is sometimes hard for BUBBA 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, BUBBA has an accurate image of himself. He knows who he is and what he is worth. His good self-esteem helps him showcase and capitalize on his strengths.

Optimism

Generally speaking, BUBBA is quite happy with life and he looks on the bright side of things. However, certain difficulties and challenges can lead to discouragement and make him temporarily lose his natural optimism.

Resilience

BUBBA 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

Sometimes BUBBA has confidence in himself and sometimes he does not. While he is comfortable in certain situations, he can be anxious in other, more delicate situations. Very often, a few words of encouragement are enough to take away his doubts.

Interpersonal skills

In order to feel comfortable with others, BUBBA needs time to get to know them well. He will then show more interest in the discussions and enjoy sharing ideas. However, if he thinks that a conversation is of little interest, he will not necessarily make an effort to pay attention.

Assertiveness

BUBBA has some difficulty in expressing his opinions and feelings in situations of conflict or disagreement. Sometimes he holds back his viewpoints in order to avoid lengthy discussions or he contributes in a tactless manner.

Empathy and lucidity

BUBBA can interpret emotions and intentions correctly or mistakenly, depending on the situation at hand. BUBBA pays attention to his environment and to what others say to him, but in a slightly superficial manner. Consequently, he may miss out on certain details that could prove useful.

Mediation and influence

Being good at managing conflict and motivating teams, BUBBA 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.