

Emotional Intelligence (EQ) Test-R for donor ALFIE

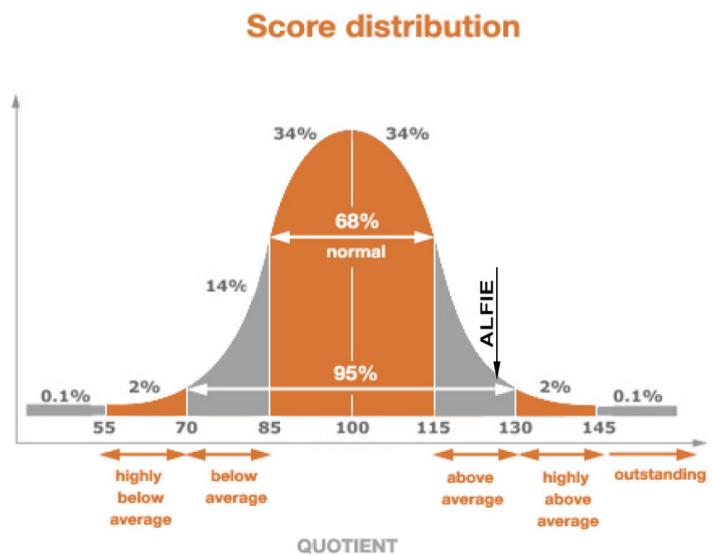
Emotional Intelligence Test-R assesses the ability to perceive, understand and manage one's own emotions and those of others.

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

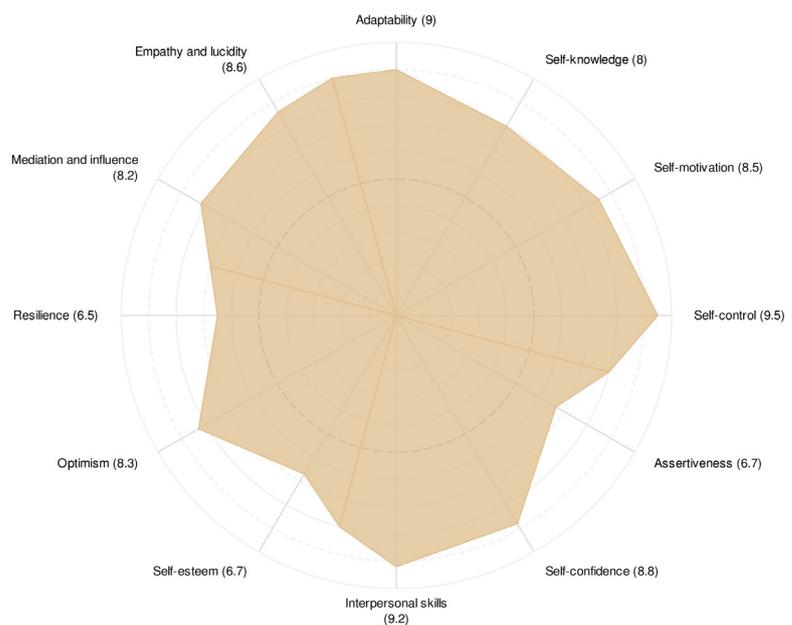
ALFIE's score distribution

Quotient: 128

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



ALFIE's personality graph



ALFIE's strengths

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

ALFIE approaches others very easily. He likes being able to share what he thinks and how he feels. He knows how to maintain good relationships with people.

ALFIE is flexible and can cope with change, adapt his behavior and attitudes, and show flexibility when dealing with others.

ALFIE's main weak points

No dominant trait emerges from ALFIE's profile.

Advice for ALFIE:

No dominant trait emerges from ALFIE's profile.

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

An interpretation of ALFIE's score

Self-knowledge

Thanks to excellent introspection skills, ALFIE can correctly analyze his emotions and behavior. 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 ALFIE 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 ALFIE should never express himself.

Self-motivation

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

Adaptability

Being highly adaptable, ALFIE pays close attention to his environment. This helps him observe changes and easily adapt to them. He can be highly flexible when dealing with others. However, being someone who often gives his approval, ALFIE may appear to be easily influenced or not firm enough about his ideas or decisions.

Self-esteem

Being aware of his good qualities and his shortcomings, ALFIE 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

ALFIE is very happy with life. Full of optimism, he always looks on the bright side of things. ALFIE can appreciate what life has to offer and he believes that the best is yet to come. However, sometimes his rose-colored glasses cause him to minimize certain problems and he does not take the time to solve them.

Resilience

ALFIE does not throw in the towel after failing badly at something. He gets back on his feet, learns from his mistakes and he is not the type of person who is burdened with regret.

Self-confidence

ALFIE's self-confidence seems unshakeable! He has no doubts about his abilities and he believes in his own resourcefulness. This self-assurance makes him confident about his choices and he constantly challenges himself. However, ALFIE can also be too sure of himself and therefore minimize certain difficulties or neglect good advice.

Interpersonal skills

His communicative behavior and ability to express himself perfectly clearly show that ALFIE is a "people-person." His enjoyment in talking to others can be seen all day long. As he is open to all subjects of conversation, his easygoing attitude makes him well-liked and people seek his company.

Assertiveness

ALFIE 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, ALFIE 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, ALFIE possesses the ability to fully empathize with others.

Mediation and influence

Being very good at managing conflict and motivating teams, ALFIE can easily find the right words to sound convincing, to show encouragement and to reconcile diverging points of view. He is good at easing tension and attracting interest, and he also has a strong talent for persuasion. However, he must be aware of his strong influence and avoid thinking about personal gain.