

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

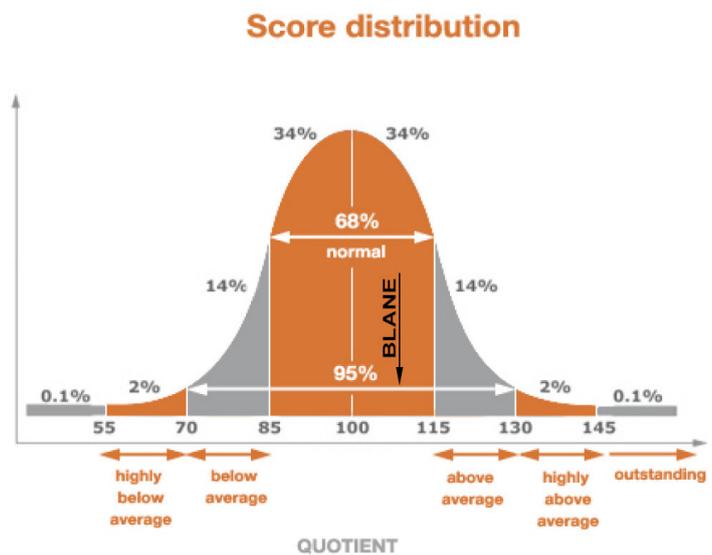
Emotional Intelligence Test-R assesses the ability to perceive, understand and manage one's own emotions and those of others.

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

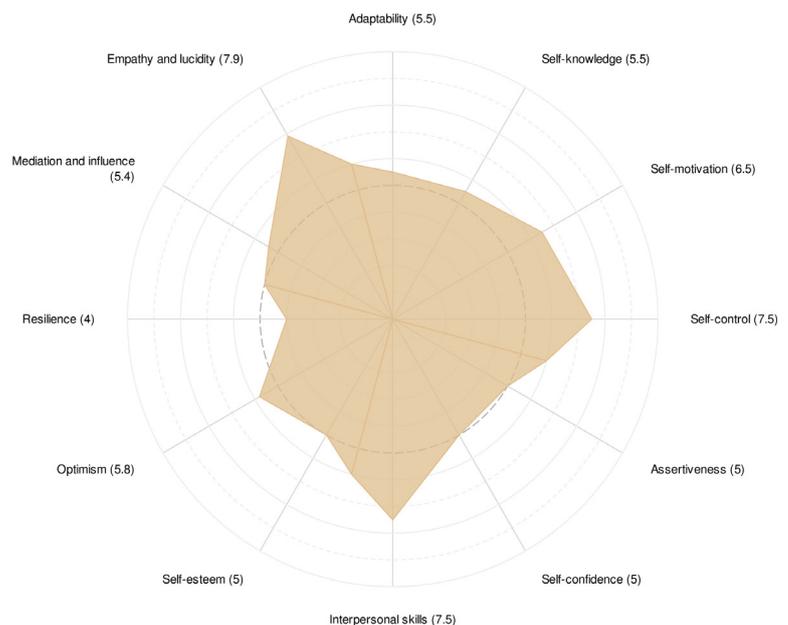
BLANE's score distribution

Quotient: 108

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



BLANE's personality graph



BLANE's strengths

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

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

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

BLANE's main weak points

No dominant trait emerges from BLANE's profile.

Advice for BLANE:

No dominant trait emerges from BLANE's profile.

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

An interpretation of BLANE's score

Self-knowledge

BLANE's introspection skills are quite good, and this helps him effectively analyze his emotions and behavior. 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

BLANE 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

When BLANE starts a new activity or project, he knows how to find the necessary determination and motivation within himself in order to reach his objectives.

Adaptability

It is sometimes hard for BLANE 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, BLANE has a mostly accurate image of himself. In general he knows what he is worth. By raising his self-esteem he could better showcase his strengths.

Optimism

Generally speaking, BLANE 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

BLANE does not throw in the towel after failing badly at something, but he does need time before getting back on his feet. He does his best to avoid feeling regret and dwelling on the past.

Self-confidence

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

Interpersonal skills

His behavior and ability to express himself clearly show that BLANE 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, BLANE finds it important to express his point of view, even when others do not agree. However, he may avoid confrontation or cut a debate short if he thinks it might hurt his relationships.

Empathy and lucidity

Being very attentive to his environment, BLANE 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, BLANE possesses the ability to fully empathize with others.

Mediation and influence

Generally speaking, BLANE 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.