

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

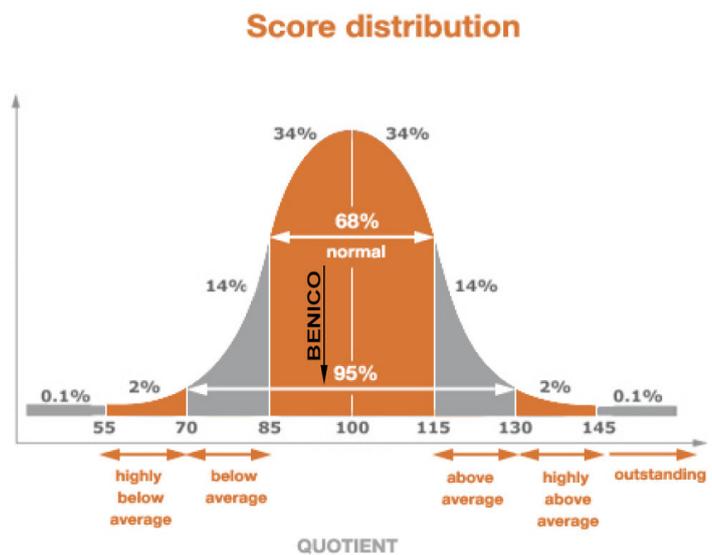
Emotional Intelligence Test-R assesses the ability to perceive, understand and manage one's own emotions and those of others.

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

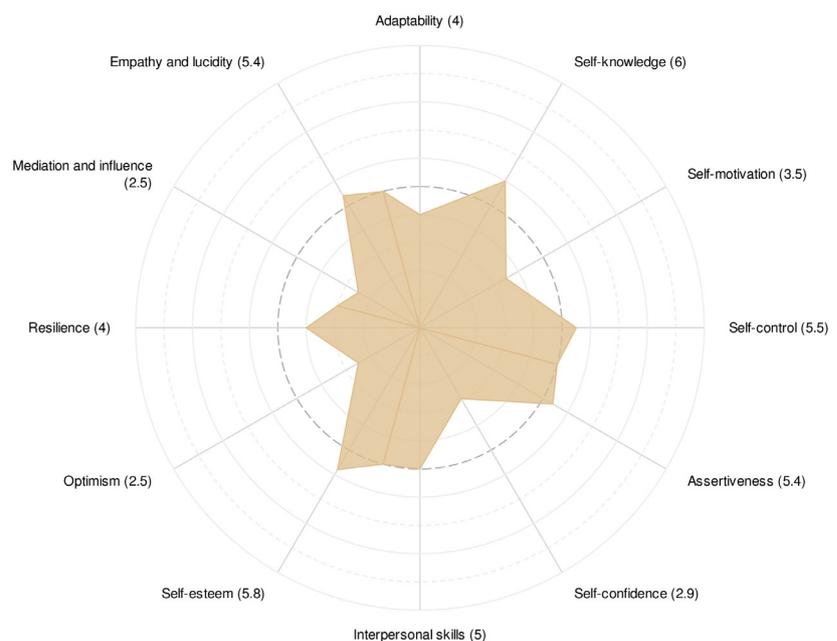
BENICO's score distribution

Quotient: 94

Level: BENICO makes fair use of his emotional intelligence. He seems to be aware of his strengths and weaknesses.



BENICO's personality graph



BENICO's strengths

No dominant trait emerges from BENICO's profile.

BENICO's main weak points

It is not easy for BENICO to be persuasive, to motivate others, and to push his ideas forward. He prefers to stay out of conflict.

BENICO 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.

BENICO has doubts about himself, and he does not start new activities easily. He will not take any risks unless he feels completely confident.

Advice for BENICO:

To get better at persuading people, BENICO can begin by getting to know them better. He will feel more comfortable, and he will be able to push his ideas forward and propose solutions when there is conflict. Remember that diverging opinions can lead to positive and new solutions if we stay open-minded.

When BENICO encounters difficulties, he must think about the good things in his life, about what he has accomplished. He should move forward and know that the best is yet to come.

BENICO should believe in himself, take on new challenges, and not be afraid of making mistakes. No one is infallible. By moving forward step by step, he can adjust his objectives based on what he can achieve.

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

An interpretation of BENICO's score

Self-knowledge

BENICO'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

BENICO's self-control is quite good and he is able to control negative emotions such as stress or anger. But when the pressure is high, he may feel a little overwhelmed by the situation.

Self-motivation

BENICO may have trouble staying motivated. In many situations he tends to focus on the difficulties—this can slow down the completion of his projects.

Adaptability

It is sometimes hard for BENICO to stray from habit or change his point of view. He does, however, possess an ability to adapt and he is ready, to a certain extent, to accept change.

Self-esteem

Being aware of his good qualities and his shortcomings, BENICO 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

BENICO 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

BENICO 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

As someone who often experiences self-doubt, BENICO 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 behavior and ability to express himself clearly show that BENICO is generally comfortable with people. His interest in conversations and his enjoyment in sharing ideas can be seen from day to day.

Assertiveness

Generally speaking BENICO 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

Generally speaking, BENICO can correctly interpret the intentions or emotions of others. BENICO pays attention to his environment and to what others say to him, but sometimes in a slightly superficial manner. By becoming more attentive, he could surely gain clearer insights on certain points of view.

Mediation and influence

BENICO has difficulty in finding the right words to sound convincing and he tends to avoid conflict. He may not be very comfortable when he has to influence others or help find a compromise.