

Emotional Intelligence (EQ) Test-R for donor BOOTH

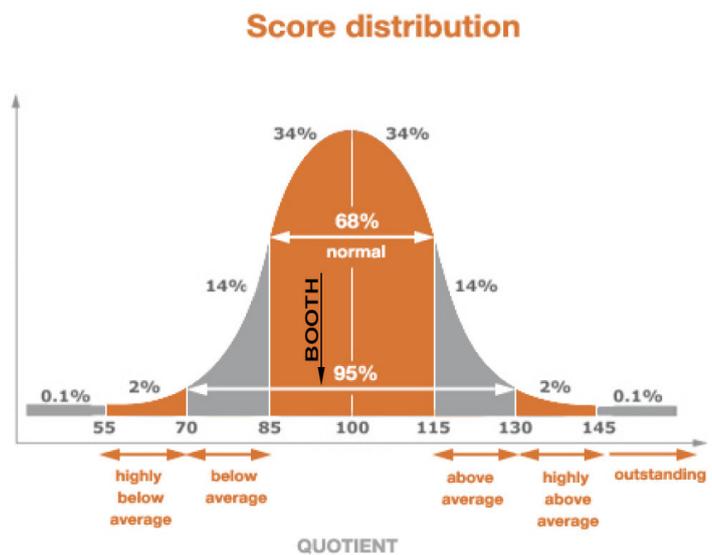
Emotional Intelligence Test-R assesses the ability to perceive, understand and manage one's own emotions and those of others.

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

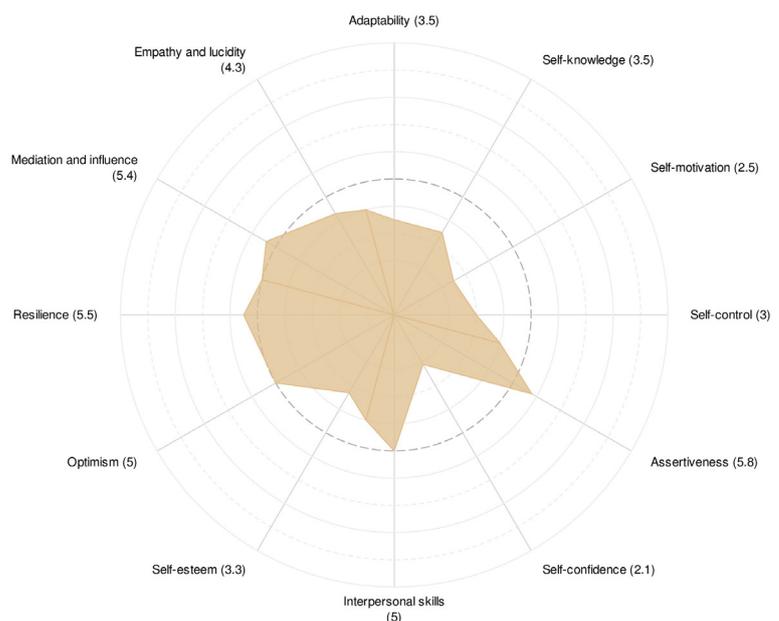
BOOTH's score distribution

Quotient: 93

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



BOOTH's personality graph



BOOTH's strengths

No dominant trait emerges from BOOTH's profile.

BOOTH's main weak points

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

BOOTH has some trouble getting motivated and energized to tackle projects or activities that he is not interested in. His weaknesses may come through as he tries to reach his objectives.

BOOTH is not always able to control negative emotions such as stress or anger. When the pressure is too high, he may act in an impulsive manner.

Advice for BOOTH:

BOOTH 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.

BOOTH should listen more closely to himself in order to better define his goals and understand what he wants. To avoid getting discouraged, he should try to analyze what prevents him from moving forward and determine what depends on him and what depends on outside factors.

BOOTH should try to take a step back and be more objective. He must put his feelings into words. In times of conflict, he should try to analyse the situation more deeply, and not make conclusions too quickly.

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

An interpretation of BOOTH's score

Self-knowledge

BOOTH 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

BOOTH sometimes has difficulty keeping negative emotions to himself when faced with stressful or unusual situations. Sometimes these situations can overwhelm him and obscure his judgement.

Self-motivation

BOOTH 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 not always easy for BOOTH to accept being wrong. He may act and react in a similar manner every time, even in situations which are different. Being someone who cannot stray much from habit, new or unusual situations can unsettle him.

Self-esteem

Giving too much importance to his shortcomings and minimizing his positive traits, BOOTH tends to underestimate himself. This weak self-esteem can be an obstacle in his professional life.

Optimism

Generally speaking, BOOTH 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

BOOTH 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

As someone who often experiences self-doubt, BOOTH 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 BOOTH 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, BOOTH 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

BOOTH can interpret emotions and intentions correctly or mistakenly, depending on the situation at hand. BOOTH 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

Generally speaking, BOOTH 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.