

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

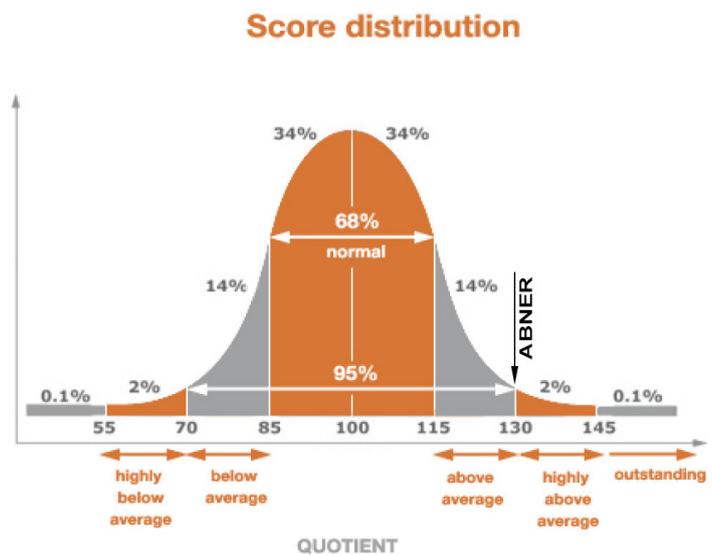
Emotional Intelligence Test-R assesses the ability to perceive, understand and manage one's own emotions and those of others.

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

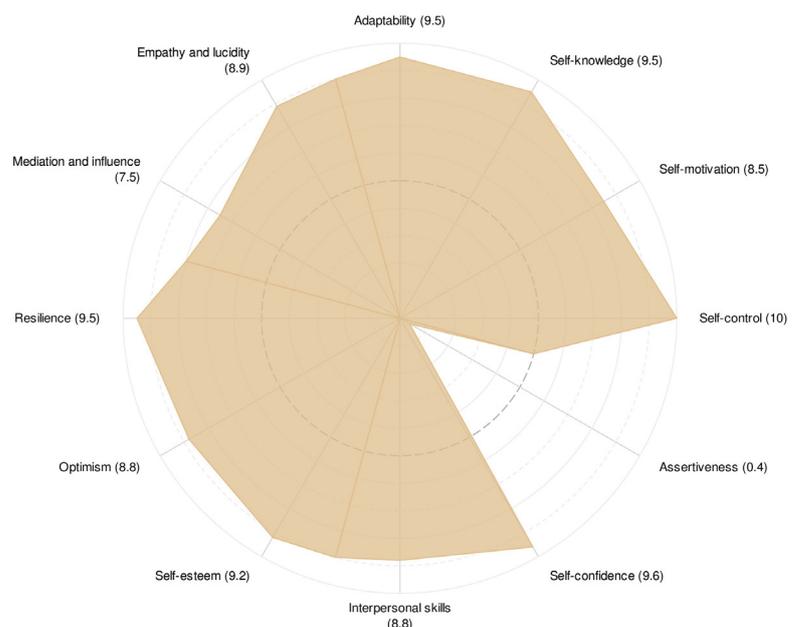
ABNER's score distribution

Quotient: 130

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



ABNER's personality graph



ABNER's strengths

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

ABNER has no doubts about his resourcefulness or abilities. He is quite confident about his choices and can take on unexpected situations calmly.

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

ABNER's main weak points

ABNER has difficulty expressing his opinions and feelings, and when he does share them, he does it awkwardly. He tends to avoid conflict.

Advice for ABNER:

ABNER's opinion counts as much as anyone else's. He should approach people with more self-assurance.

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

An interpretation of ABNER's score

Self-knowledge

Thanks to excellent introspection skills, ABNER 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 ABNER 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 ABNER should never express himself.

Self-motivation

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

Adaptability

Being highly adaptable, ABNER 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, ABNER may appear to be easily influenced or not firm enough about his ideas or decisions.

Self-esteem

ABNER is clear-sighted about his self-esteem. Being fully aware of his positive and negative traits, he has a very good image of himself and he understands what he is worth. This high self-esteem helps him showcase and capitalize on his strengths. ABNER must, however, take a step back in certain situations, otherwise people may find him pretentious.

Optimism

ABNER is very happy with life. Full of optimism, he always looks on the bright side of things. ABNER 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

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

Self-confidence

ABNER'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, ABNER 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 ABNER 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

ABNER has real difficulty in expressing his opinions and feelings in situations of conflict or disagreement. He holds back or he expresses himself without tact.

Empathy and lucidity

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

Mediation and influence

Being good at managing conflict and motivating teams, ABNER 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.