

Emotional Intelligence (EQ) Test-R for donor ARNY

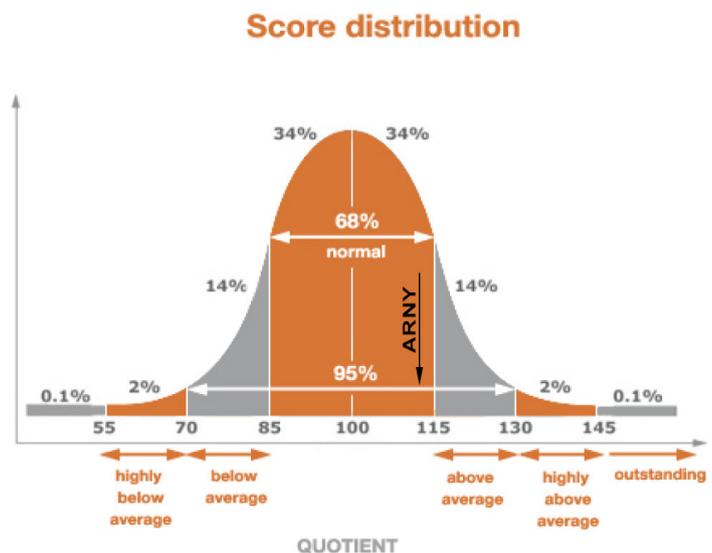
Emotional Intelligence Test-R assesses the ability to perceive, understand and manage one's own emotions and those of others.

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

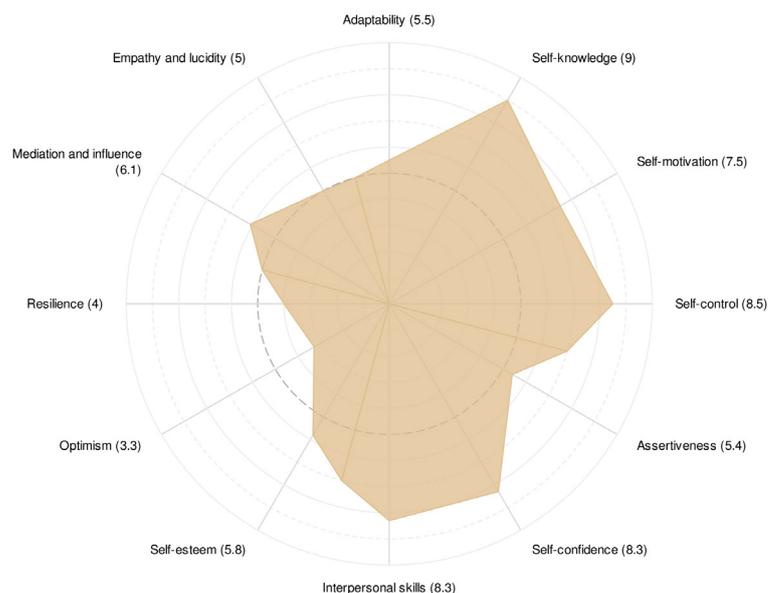
ARNY's score distribution

Quotient: 111

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



ARNY's personality graph



ARNY's strengths

ARNY has developed strong analytical skills and is deeply introspective. He therefore understands what he wants, how he feels, and what he needs.

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

ARNY 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.

ARNY's main weak points

No dominant trait emerges from ANRY's profile

Advice for ARNY:

No dominant trait emerges from ANRY's profile

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

An interpretation of ARNY's score

Self-knowledge

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

Self-motivation

When ARNY 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 ARNY 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, ARNY 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

ARNY 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

ARNY 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

ARNY'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, ARNY 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 ARNY 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

Generally speaking, ARNY 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, ARNY can correctly interpret the intentions or emotions of others. ARNY 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

Generally speaking, ARNY 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.