

Emotional Intelligence (EQ) Test-R for donor ALANA

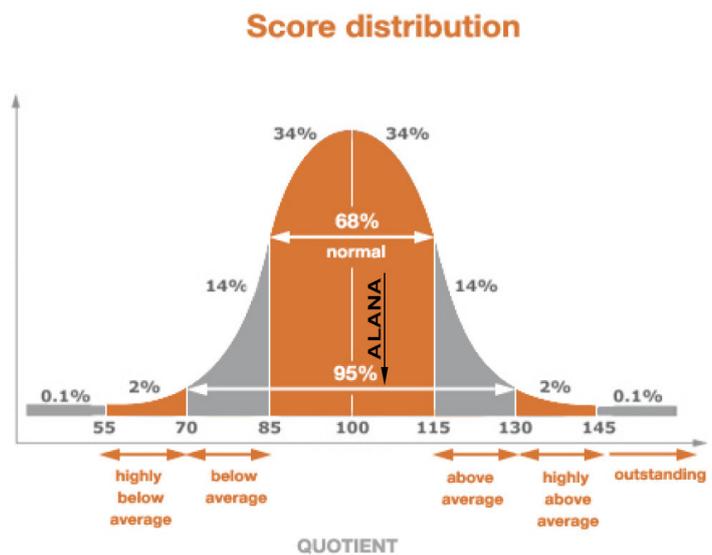
Emotional Intelligence Test-R assesses the ability to perceive, understand and manage one's own emotions and those of others.

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

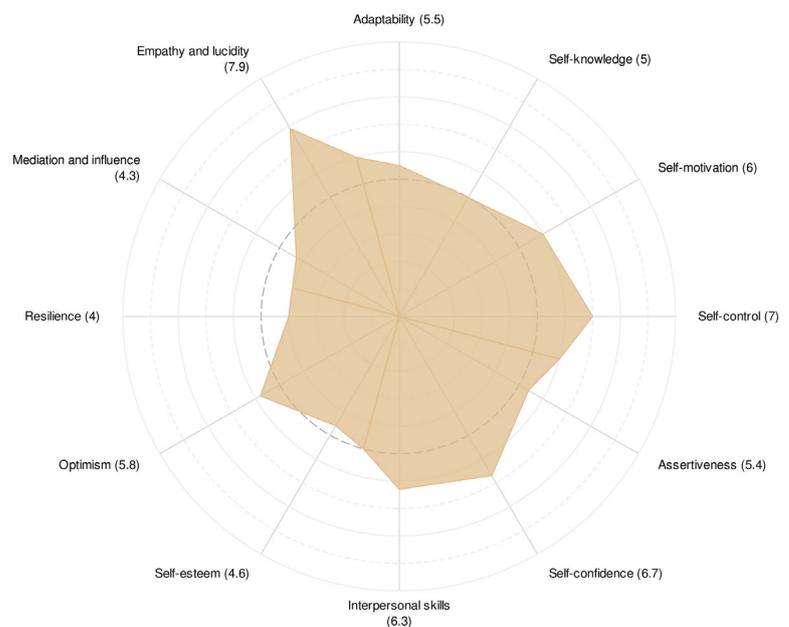
ALANA's score distribution

Quotient: 106

Level: ALANA has slightly above average emotional intelligence. She is generally at ease with her emotions and those of others.



ALANA's personality graph



ALANA's strengths

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

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

ALANA's main weak points

No dominant trait emerges from ALANA's profile.

Advice for ALANA:

No dominant trait emerges from ALANA's profile.

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

An interpretation of ALANA's score

Self-knowledge

ALANA's introspection skills are quite good, and this helps her effectively analyze her emotions and behavior. She is not, however, always perfectly aware of all her desires and needs—it takes time for her to understand what she wants.

Self-control

ALANA has good self-control and she is not the type of person to let negative feelings such as stress, anger or frustration take over. She knows how to take a step back and analyze events, and she generally masters her emotions in stressful or unusual situations.

Self-motivation

ALANA's motivation is solid enough to get her through her projects. However, at times, she may need encouragement to persevere.

Adaptability

It is sometimes hard for ALANA to stray from habit or change her points of view, if she feels particularly strong about them. She does, however, possess an ability to adapt and she is ready to accept change.

Self-esteem

While ALANA can appreciate some of her good qualities, she does not understand how valuable they are. On the other hand, she gives her shortcomings too much importance. In some situations, she judges herself fairly, while in others, she underestimates herself.

Optimism

Generally speaking, ALANA is quite happy with life and she looks on the bright side of things. However, certain difficulties and challenges can lead to discouragement and make her temporarily lose her natural optimism.

Resilience

ALANA does not throw in the towel after failing badly at something, but she does need time before getting back on her feet. She does her best to avoid feeling regret and dwelling on the past.

Self-confidence

ALANA is aware of her abilities, and she believes in her own resourcefulness. She is not afraid of responsibility and she is generally confident about her choices. Few things can shake her self-confidence.

Interpersonal skills

Her behavior and ability to express herself clearly show that ALANA is generally comfortable with people. Her interest in conversations and her enjoyment in sharing ideas can be seen from day to day.

Assertiveness

Generally speaking, ALANA finds it important to express her point of view, even when others do not agree. However, she may avoid confrontation or cut a debate short if she thinks it might hurt her relationships.

Empathy and lucidity

Being very attentive to her environment, ALANA can interpret other people's emotions with great accuracy, and she can perfectly decipher unspoken messages. She does not often make mistakes about people or their intentions. To sum up, ALANA possesses the ability to fully empathize with others.

Mediation and influence

ALANA can sometimes demonstrate an ability to act as a mediator. However, she is not always able to express her ideas and successfully convince those around her. When times are tense, ALANA will attempt to calm everyone down, more or less effectively.