

# Emotional Intelligence (EQ) Test-R for donor ALISHA

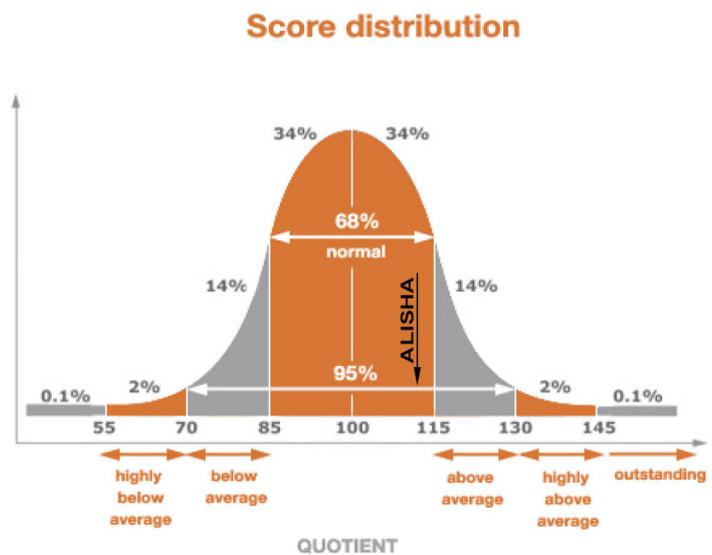
Emotional Intelligence Test-R assesses the ability to perceive, understand and manage one's own emotions and those of others.

For more information about the EQ Test-R, please visit [www.centraltest.com](http://www.centraltest.com)

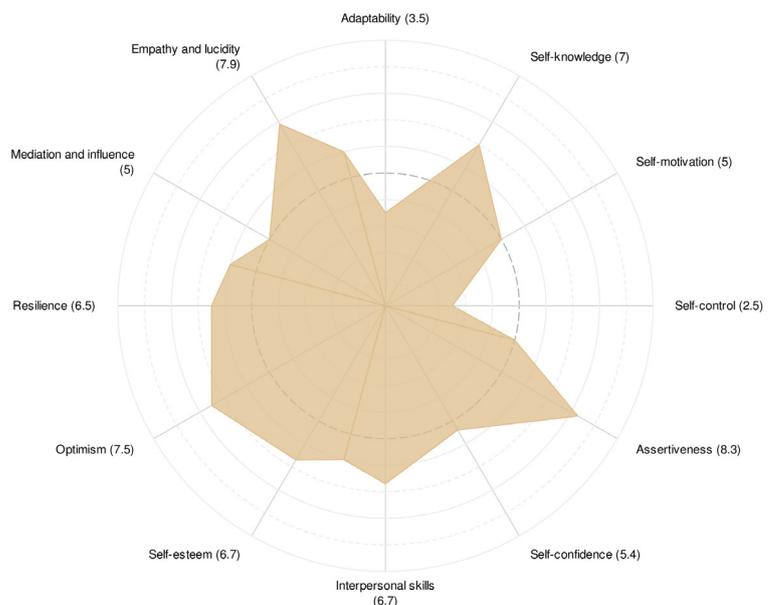
## ALISHA's score distribution

**Quotient:** 111

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



## ALISHA's personality graph



## ALISHA's strengths

ALISHA always says what she thinks and how she feels. She does not run from confrontation, and she is good at defending her points of view and interests.

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

ALISHA does not often think about what she is missing, and she appreciates what life has to offer. Being optimistic, she believes that the best is yet to come.

## ALISHA's main weak points

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

### **Advice for ALISHA:**

ALISHA should try to take a step back and be more objective. She must put her feelings into words. In times of conflict, she should try to analyze the situation more deeply, and not make conclusions too quickly.

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

# An interpretation of ALISHA's score

## **Self-knowledge**

ALISHA's introspection skills are good and this helps her analyze her reactions and behavior. Generally speaking, she knows what she wants and what she needs.

## **Self-control**

ALISHA sometimes has difficulty keeping negative emotions to herself when faced with stressful or unusual situations. Sometimes these situations can overwhelm her and obscure her judgement.

## **Self-motivation**

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

## **Adaptability**

It is not always easy for ALISHA to accept being wrong. She 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 her.

## **Self-esteem**

Being aware of her good qualities and her shortcomings, ALISHA has an accurate image of herself. She knows who she is and what she is worth. Her good self-esteem helps her showcase and capitalize on her strengths.

## **Optimism**

Generally speaking, ALISHA is happy with life. Being naturally optimistic, she looks on the bright side of things. To sum up, ALISHA can appreciate what life has to offer and she thinks that the best is yet to come.

## **Resilience**

ALISHA does not throw in the towel after failing badly at something. She gets back on her feet, learns from her mistakes and she is not the type of person who is burdened with regret.

## **Self-confidence**

ALISHA believes in herself enough to deal with responsibility and complete her projects. She may at times have doubts about her abilities.

## **Interpersonal skills**

Her behavior and ability to express herself clearly show that ALISHA is generally comfortable with people. Her enjoyment in talking to others can be seen from day to day. As she is open to all subjects of conversation, her easygoing attitude makes her well-liked and people seek her company.

## **Assertiveness**

ALISHA insists on sincerely expressing her point of view, even when others do not agree. She is ready to deal with confrontation and she never runs from heated debate or lengthy discussion. She is open to exchanging ideas and finding constructive compromise, even when this takes much time.

## **Empathy and lucidity**

Being very attentive to her environment, ALISHA 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, ALISHA possesses the ability to fully empathize with others.

## **Mediation and influence**

Generally speaking, ALISHA is quite good at managing conflict and motivating teams. Being capable of easing tension and expressing ideas, she can find the right words and get people interested. It would be useful for her to work on her talent for persuasion.