

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

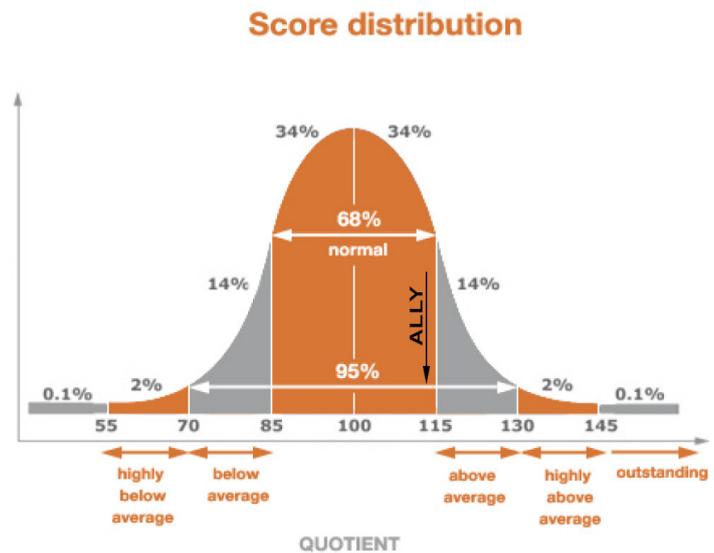
Emotional Intelligence Test-R assesses the ability to perceive, understand and manage one's own emotions and those of others.

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

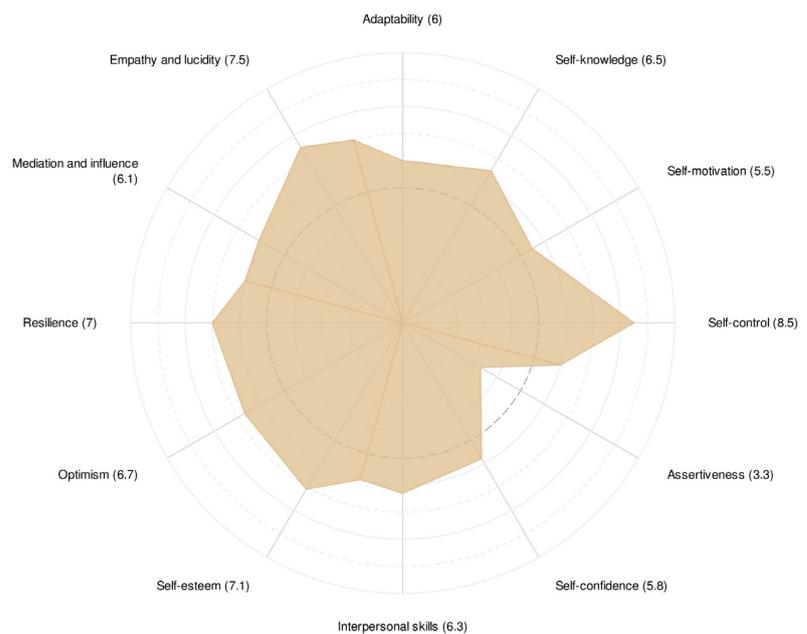
## ALLY's score distribution

**Quotient:** 113

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



## ALLY's personality graph



## ALLY's strengths

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

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

ALLY knows what she is worth. She is aware of her positive traits, and she can accept her shortcomings.

## ALLY's main weak points

No dominant trait emerges from ALLY's profile

### **Advice for ALLY:**

No dominant trait emerges from ALLY's profile

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

# An interpretation of ALLY's score

## **Self-knowledge**

ALLY'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**

Clearly ALLY has a high level of self-control. In stressful or unusual situations, she knows how to take a step back and she can easily master negative emotions such as anger or frustration. However, being able to control these feelings does not mean that ALLY should never express herself.

## **Self-motivation**

ALLY'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 ALLY 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**

Being aware of her good qualities and her shortcomings, ALLY 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, ALLY is happy with life. Being naturally optimistic, she looks on the bright side of things. To sum up, ALLY can appreciate what life has to offer and she thinks that the best is yet to come.

## **Resilience**

ALLY 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**

ALLY 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 ALLY is generally comfortable with people. Her interest in conversations and her enjoyment in sharing ideas can be seen from day to day.

## **Assertiveness**

ALLY has some difficulty in expressing her opinions and feelings in situations of conflict or disagreement. Sometimes she holds back her viewpoints in order to avoid lengthy discussions or she contributes in a tactless manner.

## **Empathy and lucidity**

By paying attention to her environment, ALLY can correctly interpret other people's emotions. Being able to decipher unspoken messages, she does not often make mistakes about people or their intentions. To sum up, ALLY possesses the ability to empathize with others.

## **Mediation and influence**

Generally speaking, ALLY 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.