

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

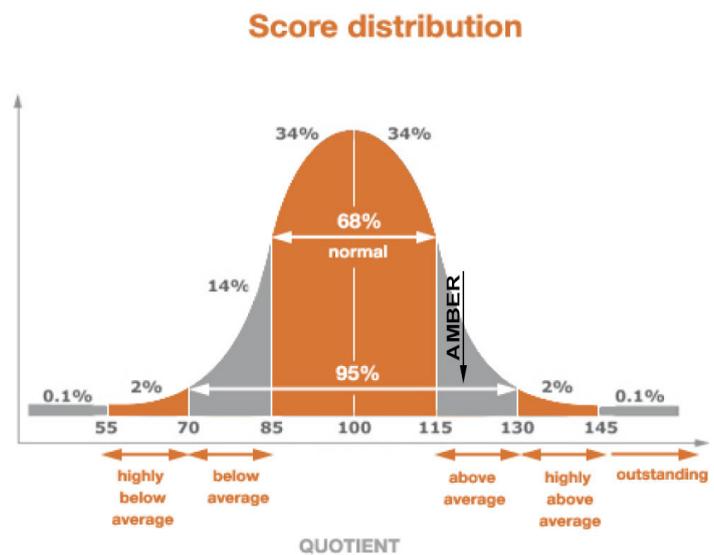
Emotional Intelligence Test-R assesses the ability to perceive, understand and manage one's own emotions and those of others.

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

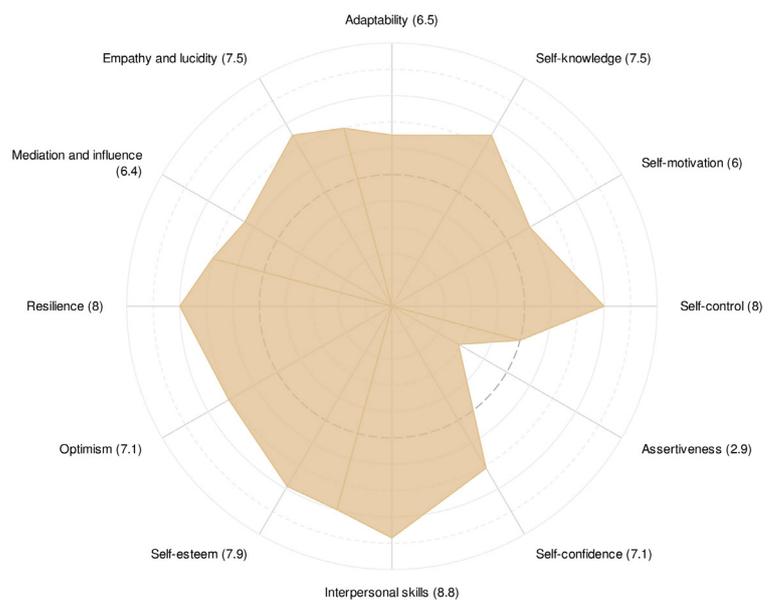
AMBER's score distribution

Quotient: 118

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



AMBER's personality graph



AMBER's strengths

AMBER approaches others very easily. She likes being able to share what she thinks and how she feels. She knows how to maintain good relationships with people.

AMBER is able to get back on her feet after a big disappointment without feeling too much regret. After going through a rough time, she comes out a stronger person.

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

AMBER's main weak points

AMBER has trouble expressing her opinions and feelings. She can manage to do it, but she is often awkward about it.

Advice for AMBER:

AMBER must realize that her opinion counts just as much as anyone else's. She should approach people with more self-assurance.

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

An interpretation of AMBER's score

Self-knowledge

AMBER'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 AMBER 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 AMBER should never express herself.

Self-motivation

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

Adaptability

AMBER possesses an ability to adapt. She pays attention to people and to situations. This proves useful not only when coping with change, but also in her interpersonal relations.

Self-esteem

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

Optimism

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

Resilience

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

Self-confidence

AMBER 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 communicative behavior and ability to express herself perfectly clearly show that AMBER is a "people-person." Her enjoyment in talking to others can be seen all day long. As she is open to all subjects of conversation, her easygoing attitude makes her well-liked and people seek her company.

Assertiveness

AMBER 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, AMBER 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, AMBER possesses the ability to empathize with others.

Mediation and influence

Being good at managing conflict and motivating teams, AMBER can find the right words to sound convincing, to show encouragement and to reconcile diverging points of view. She knows how to ease tension and get people interested and she also has a talent for persuasion.