

# Emotional Intelligence (EQ) Test-R for donor **ANDIE**

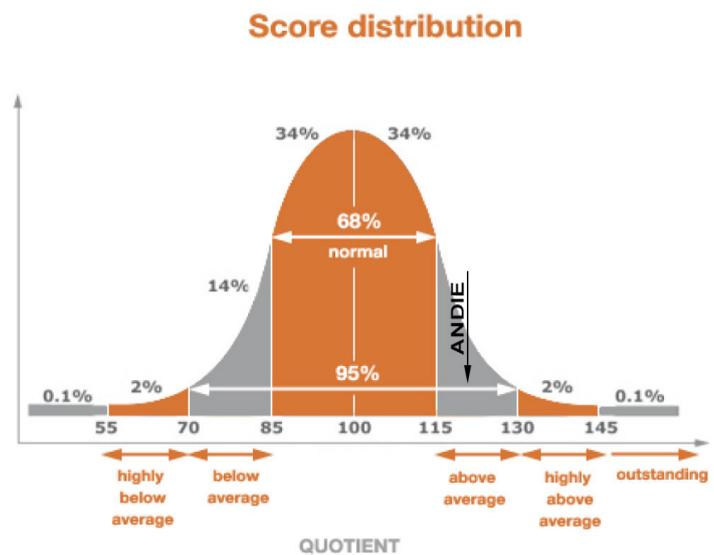
Emotional Intelligence Test-R assesses the ability to perceive, understand and manage one's own emotions and those of others.

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

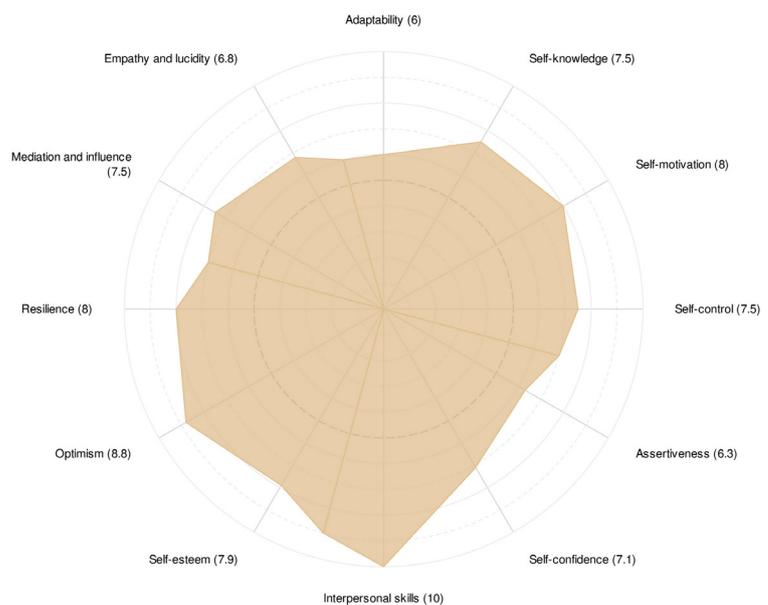
## ANDIE's score distribution

**Quotient:** 123

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



## ANDIE's personality graph



## ANDIE's strengths

ANDIE 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.

ANDIE almost never thinks about what she is missing, and she appreciates what life has to offer. Being optimistic, she believes that the best is yet to come.

ANDIE 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.

## ANDIE's main weak points

No dominant trait emerges from ANDIE's profile.

### **Advice for ANDIE:**

No dominant trait emerges from ANDIE's profile.

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

# An interpretation of ANDIE's score

## **Self-knowledge**

ANDIE'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**

ANDIE 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**

ANDIE's motivation appears unshakable. When she starts a new activity or project, her determination is enough to lead her through the entire process. However, ANDIE can sometimes persist in doing impossible assignments—not realizing this until the later stages.

## **Adaptability**

It is sometimes hard for ANDIE 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**

ANDIE 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. ANDIE must, however, take a step back in certain situations, otherwise people may find her pretentious.

## **Optimism**

ANDIE is very happy with life. Full of optimism, she always looks on the bright side of things. ANDIE can appreciate what life has to offer and she believes that the best is yet to come. However, sometimes her rose-coloured glasses cause her to minimize certain problems and she does not take the time to solve them.

## **Resilience**

After failing badly at something, ANDIE 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**

ANDIE 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 ANDIE 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**

Generally speaking, ANDIE 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**

By paying attention to her environment, ANDIE 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, ANDIE possesses the ability to empathize with others.

## **Mediation and influence**

Being good at managing conflict and motivating teams, ANDIE 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.