

Emotional Intelligence (EQ) Test-R for donor AMY

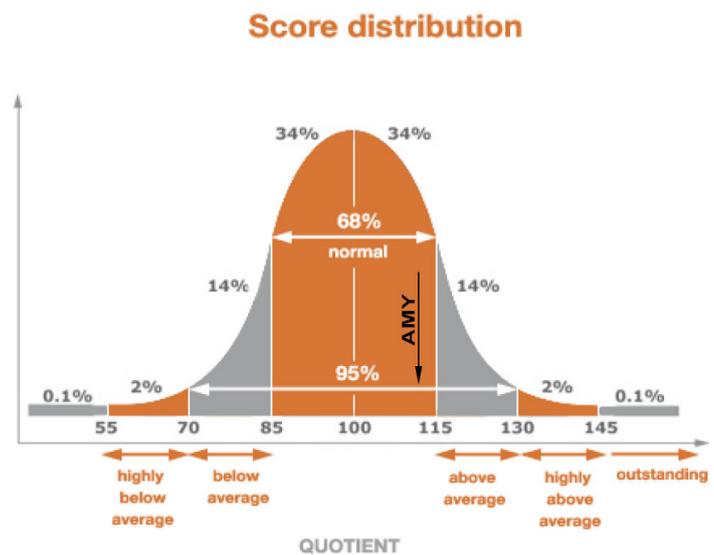
Emotional Intelligence Test-R assesses the ability to perceive, understand and manage one's own emotions and those of others.

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

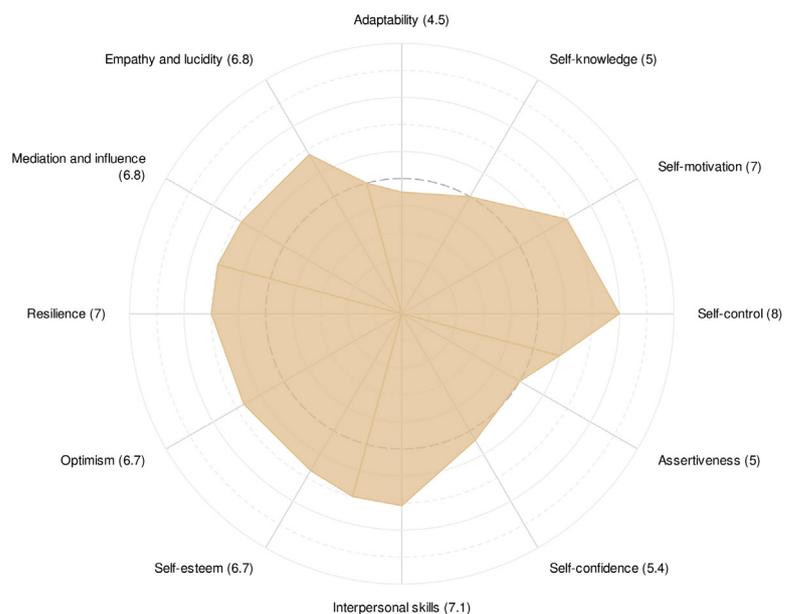
AMY's score distribution

Quotient: 113

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



AMY's personality graph



AMY's strengths

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

Being someone who likes sharing opinions and ideas, AMY appreciates being with others. In general, she maintains good relationships with people.

AMY 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.

AMY's main weak points

No dominant trait emerges from AMY's profile.

Advice for AMY:

No dominant trait emerges from AMY's profile.

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

An interpretation of **AMY**'s score

Self-knowledge

AMY'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

Clearly AMY 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 AMY should never express herself.

Self-motivation

When AMY starts a new activity or project, she knows how to find the necessary determination and motivation within herself in order to reach her objectives.

Adaptability

It is sometimes hard for AMY to stray from habit or change her point of view. She does, however, possess an ability to adapt and she is ready, to a certain extent, to accept change.

Self-esteem

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

Resilience

AMY 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

AMY 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 AMY 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

Generally speaking, AMY 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, AMY 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, AMY possesses the ability to empathize with others.

Mediation and influence

Being good at managing conflict and motivating teams, AMY 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.