

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

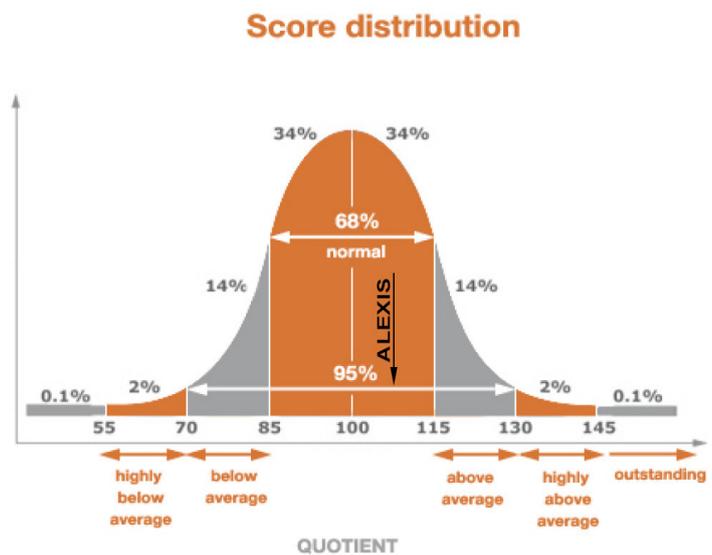
Emotional Intelligence Test-R assesses the ability to perceive, understand and manage one's own emotions and those of others.

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

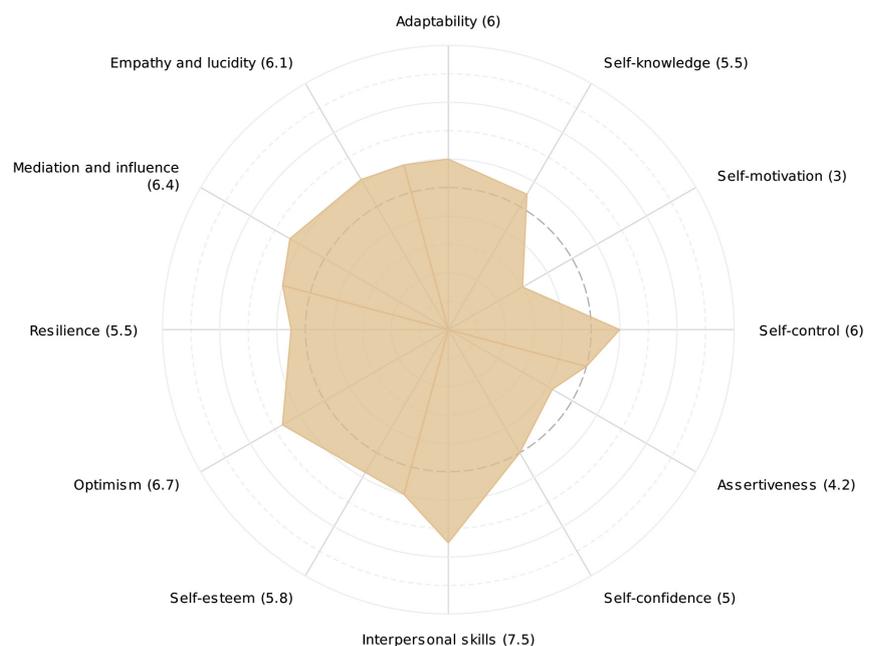
## ALEXIS's score distribution

**Quotient:** 106

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



## ALEXIS's personality graph



## ALEXIS's strengths

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

## ALEXIS's main weak points

ALEXIS has some trouble getting motivated and energized to tackle projects or activities that she is not interested in. Her weaknesses may come through as she tries to reach her objectives.

### **Advice for ALEXIS:**

ALEXIS should listen more closely to herself in order to better define her goals and understand what she wants. To avoid getting discouraged, she should try to analyze what prevents her from moving forward and determine what depends on her and what depends on outside factors.

Read much more about ALEXIS's personality traits on the following page...

# An interpretation of ALEXIS's score

## **Self-knowledge**

ALEXIS'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**

ALEXIS's self-control is quite good and she is able to control negative emotions such as stress or anger. But when the pressure is high, she may feel a little overwhelmed by the situation.

## **Self-motivation**

ALEXIS may have trouble staying motivated. In many situations she tends to focus on the difficulties—this can slow down the completion of her projects.

## **Adaptability**

It is sometimes hard for ALEXIS 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, ALEXIS has a mostly accurate image of herself. In general, she knows what she is worth. By raising her self-esteem she could better showcase her strengths.

## **Optimism**

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

## **Resilience**

ALEXIS does not throw in the towel after failing badly at something. She gets back on her feet and does her best to learn from her mistakes and not feel regret.

## **Self-confidence**

ALEXIS 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 ALEXIS 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, ALEXIS finds it important to express points of view that mean something to her, even when others do not agree. However if she thinks that a subject does not merit heated debate, ALEXIS may prefer to say nothing or quickly accept a compromise.

## **Empathy and lucidity**

Generally speaking, ALEXIS can correctly interpret the intentions or emotions of others. ALEXIS pays attention to her environment and to what others say to her, but sometimes in a slightly superficial manner. By becoming more attentive, she could surely gain clearer insights on certain points of view.

## **Mediation and influence**

Being good at managing conflict and motivating teams, ALEXIS 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.