

Emotional Intelligence (EQ) Test-R for donor ALEXIA

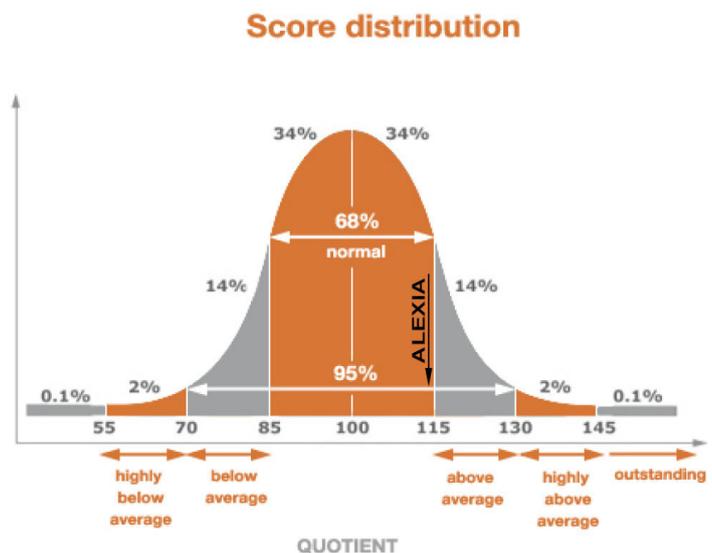
Emotional Intelligence Test-R assesses the ability to perceive, understand and manage one's own emotions and those of others.

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

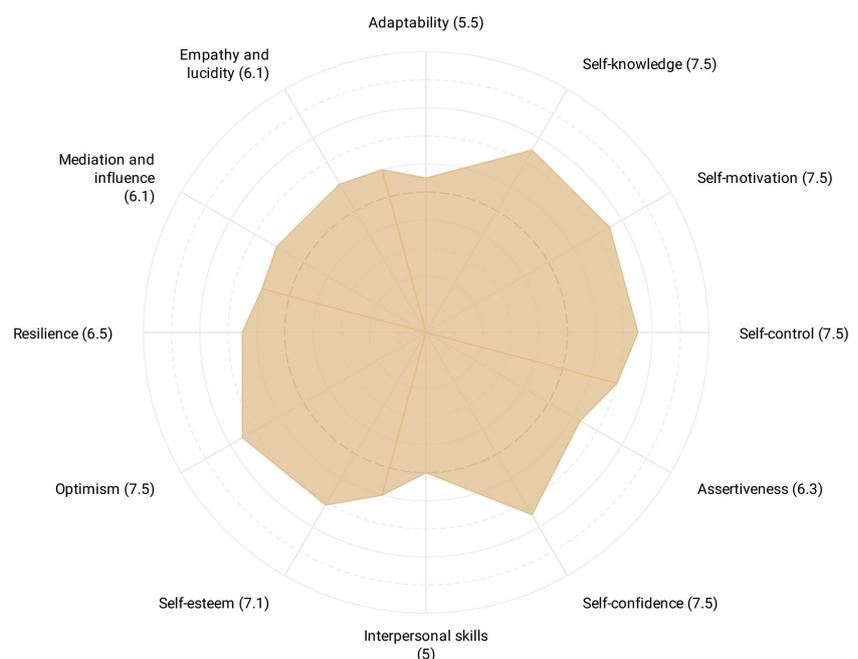
ALEXIA's score distribution

Quotient: 114

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



ALEXIA's personality graph



ALEXIA's strengths

ALEXIA does not often think about what she is missing, and she appreciates what life has to offer. Being optimistic, she believes that the best is yet to come.

ALEXIA has faith in her abilities and resourcefulness. She is therefore confident about her choices and can cope with changes and difficult situations calmly.

In general, when ALEXIA feels negative emotions, she is able to control them and continue thinking and acting in a calm manner.

ALEXIA's main weak points

No dominant trait emerges from ALEXIA's profile.

Advice for ALEXIA:

No dominant trait emerges from ALEXIA's profile.

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

An interpretation of ALEXIA's score

Self-knowledge

ALEXIA'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

ALEXIA 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

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

Resilience

ALEXIA 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

ALEXIA 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 behavior and ability to express herself clearly show that ALEXIA is generally comfortable with people. Her interest in conversations and her enjoyment in sharing ideas can be seen from day to day.

Assertiveness

Generally speaking, ALEXIA 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

Generally speaking, ALEXIA can correctly interpret the intentions or emotions of others. ALEXIA 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

Generally speaking, ALEXIA 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.