

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

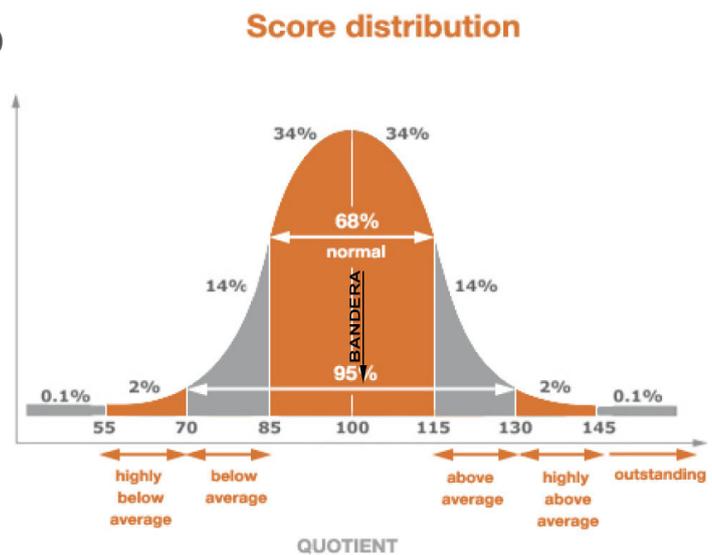
Emotional Intelligence Test-R assesses the ability to perceive, understand and manage one's own emotions and those of others.

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

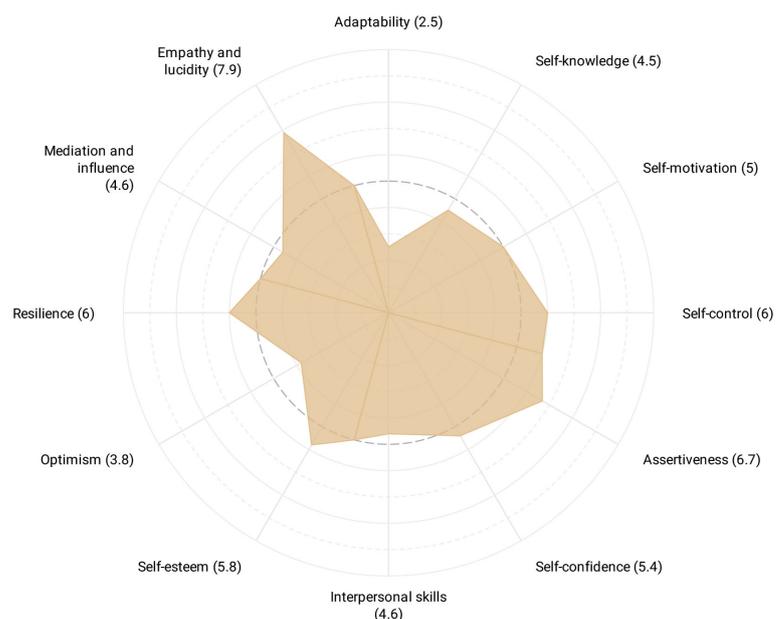
## BANDERA's score distributio

**Quotient:** 104

**Level:** BANDERA has slightly above average emotional intelligence. He is generally at ease with his emotions and those of others.



## BANDERA's personality graph



## BANDERA's strengths

BANDERA has good observation and listening skills. He can decipher unspoken messages. He also has insights about other people's intentions.

## BANDERA's main weak points

BANDERA may have trouble changing his habits or points of view. This lack of flexibility in his relationships may be unsettling for others.

### **Advice for BANDERA:**

BANDERA should learn to be sensitive and pay attention to changes taking place so that he can react more appropriately. BANDERA should show flexibility, be open-minded about talking to others and should be ready to re-examine his own ideas.

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

# An interpretation of BANDERA's score

## **Self-knowledge**

BANDERA is somewhat introspective and is able to analyze his own emotions and behavior. However, he is not always completely aware of his own desires and needs and it takes time for him to understand what he wants.

## **Self-control**

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

## **Self-motivation**

BANDERA's motivation is solid enough to get him through his projects. However, at times he may need encouragement to persevere.

## **Adaptability**

It is not always easy for BANDERA to accept being wrong. He may act and react in a similar manner every time, even in situations which are different. Being someone who cannot stray much from habit, new or unusual situations can unsettle him.

## **Self-esteem**

Being aware of his good qualities and his shortcomings, BANDERA has a mostly accurate image of himself. In general, he knows what he is worth. By raising his self-esteem he could better showcase his strengths.

## **Optimism**

BANDERA tends to go back and forth between feeling optimistic and feeling pessimistic. While he knows how to approach certain situations with positive thinking, other situations can overwhelm him and make him become negative.

## **Resilience**

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

## **Self-confidence**

BANDERA believes in himself enough to deal with responsibility and complete his projects. He may at times have doubts about his abilities.

## **Interpersonal skills**

In order to feel comfortable with others, BANDERA needs time to get to know them well. He will then show more interest in the discussions and enjoy sharing ideas. However, if he thinks that a conversation is of little interest, he will not necessarily make an effort to pay attention.

## **Assertiveness**

BANDERA insists on expressing his point of view at all costs, even when others do not agree. This may lead to lengthy discussion or create momentary tension. He is ready to face this because what he is looking for is real discussion, not confrontation. Steering clear of a discussion is not impossible, but this is a rare occurrence.

## **Empathy and lucidity**

Being very attentive to his environment, BANDERA can interpret other people's emotions with great accuracy and he can perfectly decipher unspoken messages. He does not often make mistakes about people or their intentions. To sum up, BANDERA possesses the ability to fully empathise with others.

## **Mediation and influence**

BANDERA can sometimes demonstrate an ability to act as a mediator. However, he is not always able to express his ideas and successfully convince those around him. When times are tense, BANDERA will attempt to calm everyone down, more or less effectively.