

Emotional Intelligence (EQ) Test-R for donor BRANTLEY

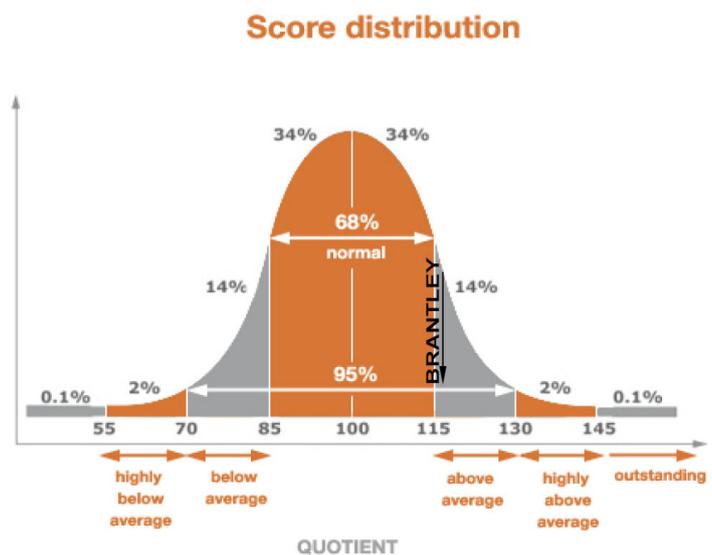
Emotional Intelligence Test-R assesses the ability to perceive, understand and manage one's own emotions and those of others.

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

BRANTLEY's score distribution

Quotient: 117

Level: BRANTLEY has above average emotional intelligence. He is at ease with his emotions and those of others.



BRANTLEY's personality graph



BRANTLEY's strengths

BRANTLEY approaches others very easily. He likes being able to share what he thinks and how he feels. He knows how to maintain good relationships with people.

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BRANTLEY knows what he is worth. He is aware of his positive traits, and he can accept his shortcomings.

BRANTLEY's main weak points

BRANTLEY has trouble expressing his opinions and feelings. He can manage to do it, but he is often awkward about it.

Advice for BRANTLEY:

BRANTLEY must realise that his opinion counts just as much as anyone else's. He should approach people with more self-assurance.

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

An interpretation of BRANTLEY's score

Self-knowledge

BRANTLEY's introspection skills are good and this helps him analyze his reactions and behavior. Generally speaking, he knows what he wants and what he needs.

Self-control

Clearly BRANTLEY has a high level of self-control. In stressful or unusual situations he knows how to take a step back and he can easily master negative emotions such as anger or frustration. However, being able to control these feelings does not mean that BRANTLEY should never express himself.

Self-motivation

When BRANTLEY starts a new activity or project, he knows how to find the necessary determination and motivation within himself in order to reach his objectives.

Adaptability

BRANTLEY possesses an ability to adapt. He pays attention to people and to situations. This proves useful not only when coping with change, but also in his interpersonal relations.

Self-esteem

BRANTLEY is clear-sighted about his self-esteem. Being fully aware of his positive and negative traits, he has a very good image of himself and he understands what he is worth. This high self-esteem helps him showcase and capitalize on his strengths. BRANTLEY must, however, take a step back in certain situations, otherwise people may find him pretentious.

Optimism

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

Resilience

BRANTLEY does not throw in the towel after failing badly at something. He gets back on his feet, learns from his mistakes and he is not the type of person who is burdened with regret.

Self-confidence

BRANTLEY is aware of his abilities and he believes in his own resourcefulness. He is not afraid of responsibility and he is generally confident about his choices. Few things can shake his self-confidence.

Interpersonal skills

His communicative behavior and ability to express himself perfectly clearly show that BRANTLEY is a "people-person." His enjoyment in talking to others can be seen all day long. As he is open to all subjects of conversation, his easygoing attitude makes him well-liked and people seek his company.

Assertiveness

BRANTLEY has some difficulty in expressing his opinions and feelings in situations of conflict or disagreement. Sometimes he holds back his viewpoints in order to avoid lengthy discussions or he contributes in a tactless manner.

Empathy and lucidity

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

Mediation and influence

Being good at managing conflict and motivating teams, BRANTLEY can find the right words to sound convincing, to show encouragement and to reconcile diverging points of view. He knows how to ease tension and get people interested and he also has a talent for persuasion.