

Emotional Intelligence (EQ) Test-R for donor COLLEEN

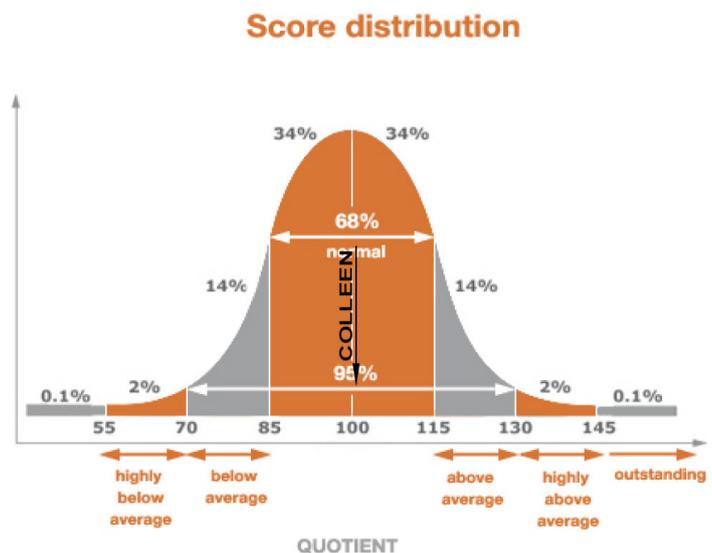
Emotional Intelligence Test-R assesses the ability to perceive, understand and manage one's own emotions and those of others.

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

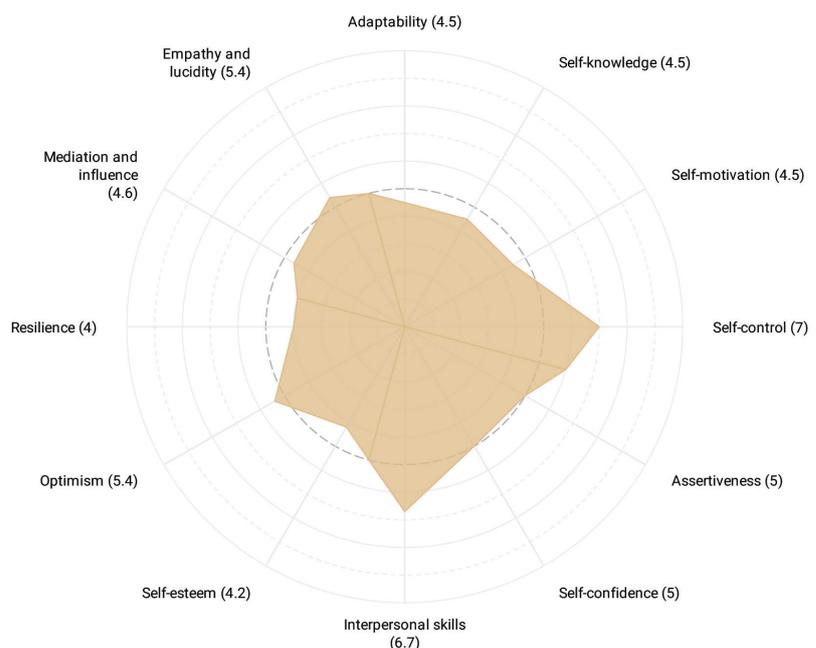
COLLEEN's score distribution

Quotient: 101

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



COLLEEN's personality graph



COLLEEN's strengths

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

COLLEEN's main weak points

No dominant trait emerges from COLLEEN's profile.

Advice for COLLEEN:

No dominant trait emerges from COLLEEN's profile.

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

An interpretation of COLLEEN's score

Self-knowledge

COLLEEN is somewhat introspective and is able to analyze her own emotions and behavior. However, she is not always completely aware of her own desires and needs and it takes time for her to understand what she wants.

Self-control

COLLEEN 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

Depending on the situation, COLLEEN can easily get motivated or on the contrary, become less determined if she loses enthusiasm. While she generally reaches her objectives, she may need support in order to stay driven.

Adaptability

It is sometimes hard for COLLEEN 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

While COLLEEN can appreciate some of her good qualities, she does not understand how valuable they are. On the other hand, she gives her shortcomings too much importance. In some situations, she judges herself fairly, while in others, she underestimates herself.

Optimism

Generally speaking, COLLEEN is quite happy with life and she looks on the bright side of things. However, certain difficulties and challenges can lead to discouragement and make her temporarily lose her natural optimism.

Resilience

COLLEEN does not throw in the towel after failing badly at something, but she does need time before getting back on her feet. She does her best to avoid feeling regret and dwelling on the past.

Self-confidence

COLLEEN 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 COLLEEN 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, COLLEEN 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, COLLEEN can correctly interpret the intentions or emotions of others. COLLEEN 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

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