

Emotional Intelligence (EQ) Test-R for donor ANABEL

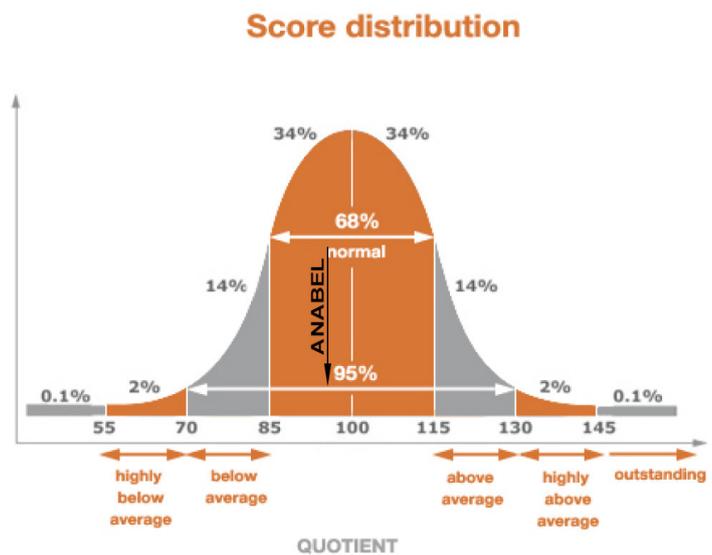
Emotional Intelligence Test-R assesses the ability to perceive, understand and manage one's own emotions and those of others.

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

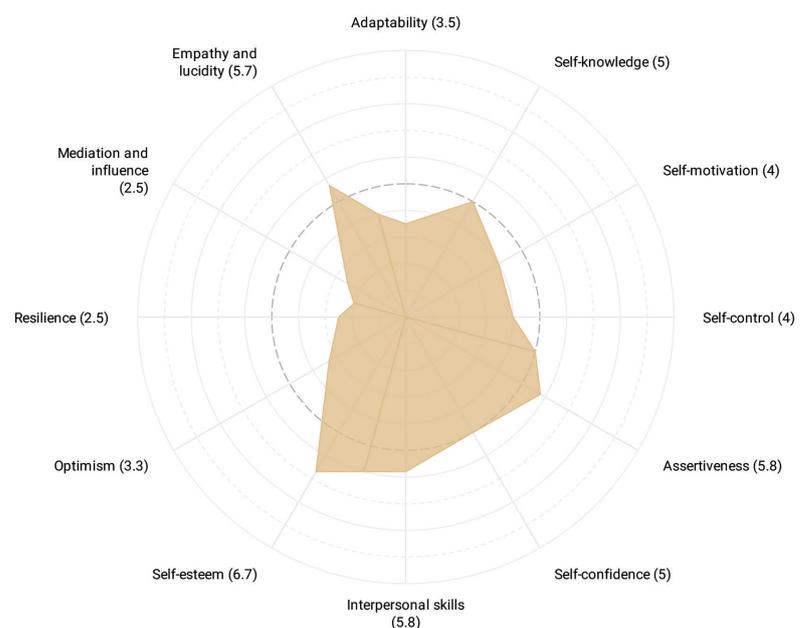
ANABEL's score distribution

Quotient: 95

Level: ANABEL makes fair use of her emotional intelligence. She seems to be aware of her strengths and weaknesses.



ANABEL's personality graph



ANABEL's strengths

No dominant trait emerges from ANABEL's profile.

ANABEL's main weak points

It is not easy for ANABEL to be persuasive, to motivate others, and to push her ideas forward. She prefers to stay out of conflict.

It is hard for ANABEL to get back on her feet after a big disappointment. She tends to let regret and past events take over.

Advice for ANABEL:

To get better at persuading people, ANABEL can begin by getting to know them better. She will feel more comfortable, and she will be able to push her ideas forward and propose solutions when there is conflict.

ANABEL should try to take a step back and be objective when difficult events occur. She should not feel regret about her choices. Instead, she should learn from her mistakes and move forward. What she has gone through will make her a stronger person!

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

An interpretation of ANABEL's score

Self-knowledge

ANABEL'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

Depending on the situation, ANABEL can or cannot control negative emotions such as stress or anger. These feelings may obscure her judgement if the pressure is too high. However, ANABEL handles everyday situations quite well.

Self-motivation

Depending on the situation, ANABEL 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 not always easy for ANABEL to accept being wrong. She 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 her.

Self-esteem

Being aware of her good qualities and her shortcomings, ANABEL has an accurate image of herself. She knows who she is and what she is worth. Her good self-esteem helps her showcase and capitalise on her strengths.

Optimism

ANABEL has a weak level of optimism. She tends to see the dark side of things and this can prevent her from fully seizing certain opportunities.

Resilience

Failing badly at something can be discouraging for ANABEL. To get back on her feet she will need some time. Also she may feel regret and dwell on the past.

Self-confidence

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

ANABEL has difficulty in finding the right words to sound convincing and she tends to avoid conflict. She may not be very comfortable when she has to influence others or help find a compromise.