

Emotional Intelligence (EQ) Test-R for donor **ALYSSA**

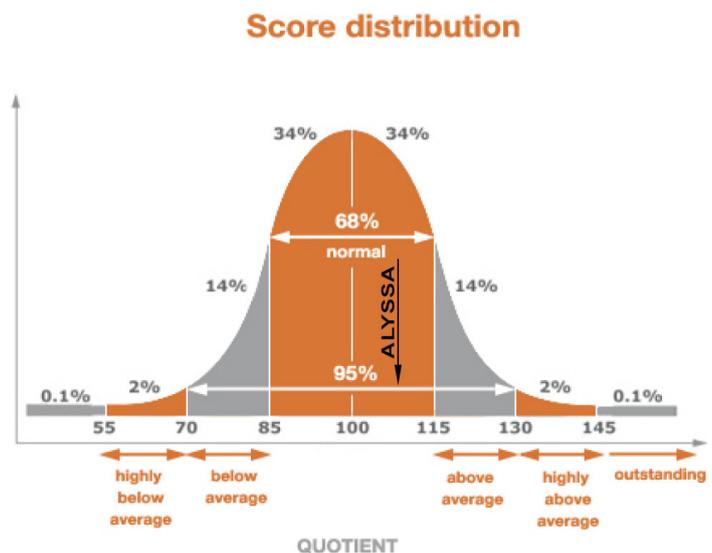
Emotional Intelligence Test-R assesses the ability to perceive, understand and manage one's own emotions and those of others.

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

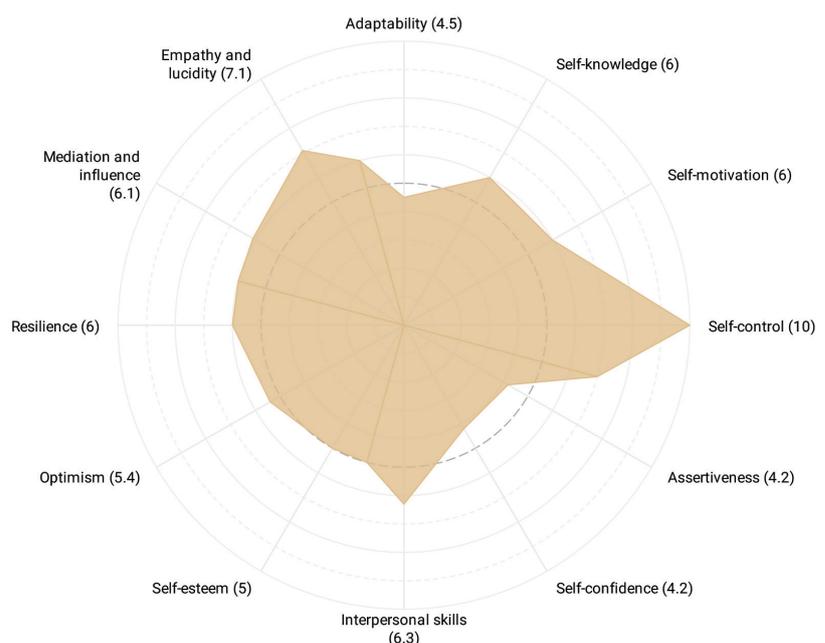
ALYSSA's score distribution

Quotient: 108

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



ALYSSA's personality graph



ALYSSA's strengths

Knowing how to take a step back during stressful or unusual situations, ALYSSA is able to manage negative emotions and stay on track.

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

ALYSSA's main weak points

No dominant trait emerges from ALYSSA's profile.

Advice for ALYSSA:

No dominant trait emerges from ALYSSA's profile.

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

An interpretation of ALYSSA's score

Self-knowledge

ALYSSA'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

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

Self-motivation

ALYSSA's motivation is solid enough to get her through her projects. However, at times she may need encouragement to persevere.

Adaptability

It is sometimes hard for ALYSSA 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

Being aware of her good qualities and her shortcomings, ALYSSA has a mostly accurate image of herself. In general she knows what she is worth. By raising her self-esteem she could better showcase her strengths.

Optimism

Generally speaking, ALYSSA 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

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

Self-confidence

Sometimes ALYSSA has confidence in herself and sometimes she does not. While she is comfortable in certain situations, she can be anxious in other, more delicate situations. Very often a few words of encouragement are enough to take away her doubts.

Interpersonal skills

Her behavior and ability to express herself clearly show that ALYSSA 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, ALYSSA finds it important to express points of view that mean something to her, even when others do not agree. However, if she thinks that a subject does not merit heated debate, ALYSSA may prefer to say nothing or quickly accept a compromise.

Empathy and lucidity

By paying attention to her environment, ALYSSA can correctly interpret other people's emotions. Being able to decipher unspoken messages, she does not often make mistakes about people or their intentions. To sum up, ALYSSA possesses the ability to empathize with others.

Mediation and influence

Generally speaking, ALYSSA 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.