



# Emotional Intelligence Cognizance Assessment



Prepared For -

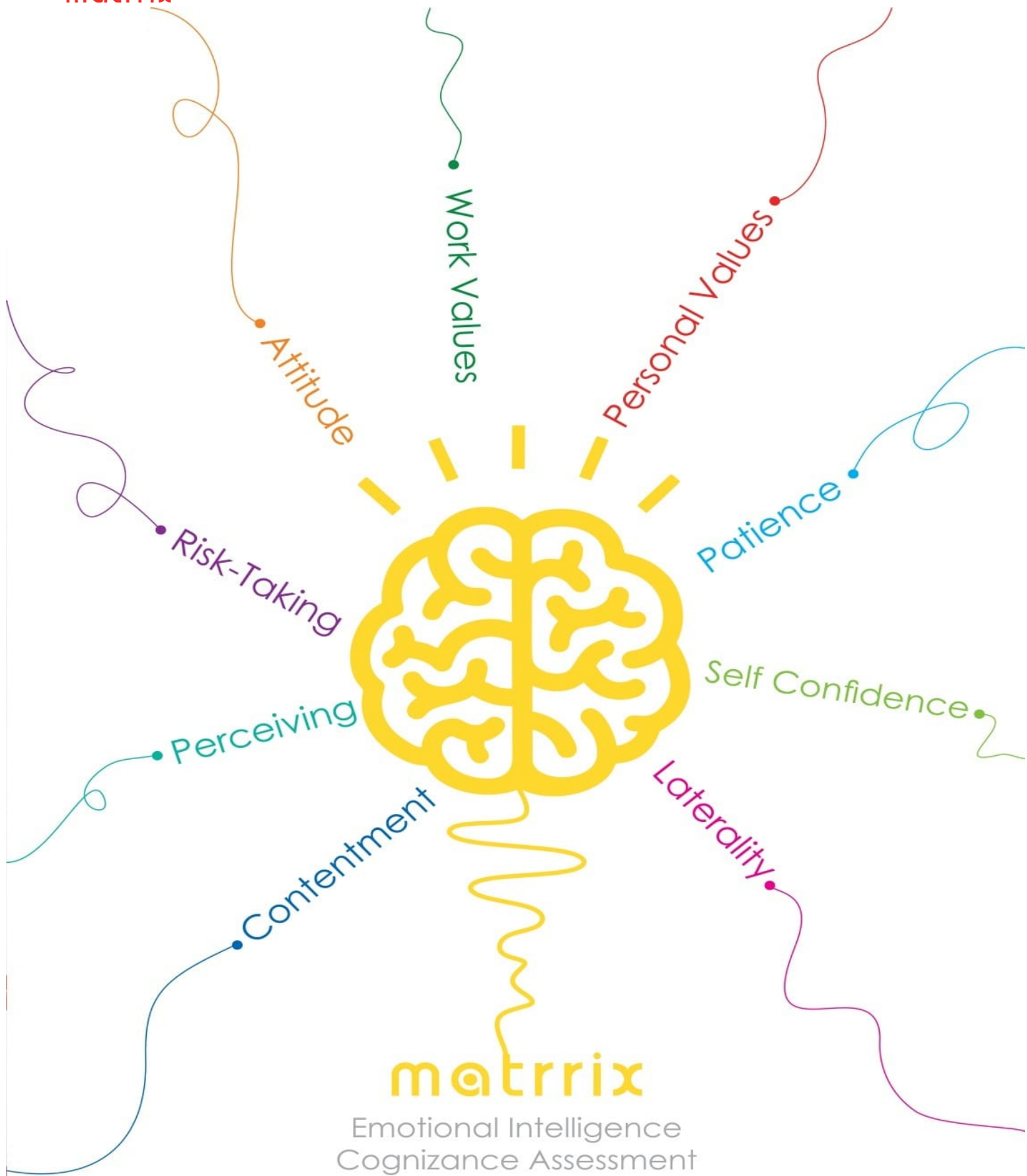
Sample Report

May 13th 2020

**Dr Paras Wellness Pvt Ltd**

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## What does this test Assess?

While IQ aspects such as logical reasoning, math, memory, verbal & spatial skills can predict success & life functionality to an extent, Emotional Intelligence is an excellent predictor of how one behaves and communicates optimally in personal and professional fronts. This test assesses several aspects of emotional intelligence, primarily focusing on one's self awareness of emotions, strengths & limitations and how one uses this information deliberately in various contexts.



### Target Group

Target Group: This test is intended for individuals from all walks of life, to assess their values, motivating factors and primary characteristics like confidence, patience & perceptions that lead to sustainable success.



You Get To  
**Explore**



#### **Personal Values** ..

What steers your life choices?



#### **Work Values** ..

What main values motivate your work decisions?



#### **Attitude** ..

What steers your life choices?



#### **Laterality** ..

Are you more left brained or right brained?



#### **Contentment** ..

How content are you in your life, body & mind?



#### **Risk-taking** ..

Do you like to take risks?



#### **Patience** ..

How do you deal with delay or inconvenience?



#### **Perceiving** ..

How planned vs spontaneous are you?



#### **Self Confidence** ..

Are you self-reliant in your decisions?



## Personal Values

Personal values are characteristics or behaviours that motivate a person. This scale is designed to understand what values define you or are important to your life outcomes; what guides your thoughts, behaviours & actions.

Values reflect what is important to each individual, the guiding posts to their thoughts, behaviours and actions. They are a shorthand way of describing motivations and act as a guiding force for decisions in personal and professional lives. Together with beliefs, they are the causal factors that drive decision-making.

Along the value pyramid, rooted in Maslow's Motivational pyramid, value groups range from personal safety & survival, self-worth & relationships, purpose values to service & humanitarian grounds. It is important to understand which values hold the highest power to decide what actions, thoughts and behaviours we display.

## Work Values

Values are the key component to a healthy workplace culture for self and others. This scale identifies your top motivating factors or needs, which drives your work-related decisions.

Work Values are about how you feel about various aspects at the workplace and what is important for you. While they may change with changing needs, they often define what kind of work you find fulfilling. Work values are a subset of your beliefs and ideas.

Identifying your core workplace needs decides how you prioritize things & weigh one over the other. Your needs may range from advancement, autonomy, social needs, variety or innovation, challenges or risks & need to lead. Work values help you define your needs to find a place that mirrors your values.

## Attitude

Attitude determines many things in life. It is a way of thinking. This scale reveals how positive one's general thinking & orientation to life is and how confidently one moves towards attaining life goals.

Attitudes are formed and developed in many different ways.. Positive, Neutral or Negative Attitude showcase generalised expectancies concerning future events – i.e. either confidence or doubt about attaining the goal. It measures one's thinking about themselves, the past and the future, as well as other people and the world in general.

While having a negative attitude creates negative thinking patterns, a positive attitude leads to persistence & confidence in the face of adversity & challenges. A balanced approach is needed to hold a moderate attitude towards life situations. A good attitude towards life makes one perform better in personal and professional life.

## Laterality

This scale measures the degree of lateral thinking vs logical thinking you possess; that is right-brain vs left-brain inclined. It is about solving problems through an indirect and creative approach.

The term laterality – or sidedness – is used to refer to any one of a number of preferences for one side of the body to another. Creative thinking or laterality predominantly accesses areas of the brain that are abstract, whereas rational or logical thinking focuses on real experiences & practical aspects of actions.

Striking a balance between left & right hemispheres is a goal most individuals work on; as high laterality overloads sensory & emotional input. This balance also overcomes the rigidity & routine of the left inclined, making one more level-headed about social and emotional commitments, which can be achieved through awareness and conscious practice.





### Concept



### Objective



### Benefits

## Contentment

Contentment is a state of happiness and satisfaction. This scale is designed to understand how contented your life orientation may be in various aspects & relationships.

Contentment is an emotional state of satisfaction that is drawn from being at ease in one's situation, body and mind. Colloquially speaking, contentment could be a state of having accepted one's situation and is a milder and more tentative form of happiness and a feeling of gratefulness

The definition of contentment differs from one context to the other. In this evaluation, you can understand better aspects such as freedom from care of discomfort, freedom from anxiety, self-criticism, at peace with one's own emotions and setting realistic expectations, which directly impacts self-efficacy, work and life satisfaction.

## Risk-taking

Risk-taking Scale predicts your propensity to take risks, which is an important link to emotional intelligence. The degree of risk-taking is an important factor to make better decisions.

Get to know your risk-taking nature. It is known that people differ considerably in their willingness to take risks and that an individual's tendency to take risks can also vary across domains. Innovative and successful professionals need to balance between risk-taking and risk-avoidance in their decision making & actions.

While risks are required to take big leaps & expand horizons, analyzing situations and setting realistic goals with respect and self-awareness is needed. This information will also benefit you in increasing tolerance to uncertainty, confrontations & uncomfortable situations, which develops your personality and emotional health. A balanced approach leads to better results.

## Patience

Patience is the capacity to tolerate and accept tough and difficult situations without being anxious. This Scale measures your patience & perseverance in various situations & life challenges

Patience is the ability to persevere in the face of delay, inconvenience or disappointment without displaying negative emotions. It is a coping skill and a powerful mechanism, rather than passivity or resignation. Frustration and impatience often prevents emotional freedom and knowing your levels gives you a chance to improve patience in you.

Patience presents a significant advantage, although it needs to be combined with a high degree of self and social awareness & smart work. Knowing when to exercise self-control and discipline as well as empathize with those around requires to be developed. This also leads to a healthy sense of accomplishment, humility & harmonious relationships.

## Perceiving

This Scale predicts the extent to which you are planned and structured (judging) vs spontaneous and flexible (perceiving). Perceiving is about becoming conscious and realizing or understanding.

Unlike chronic planners, spontaneous workers value freedom. The organizing of your life in a structured way, in which you prefer to know exactly where you stand is referred to as judgement. If the spontaneous approach is preferred this is referred to as perception.

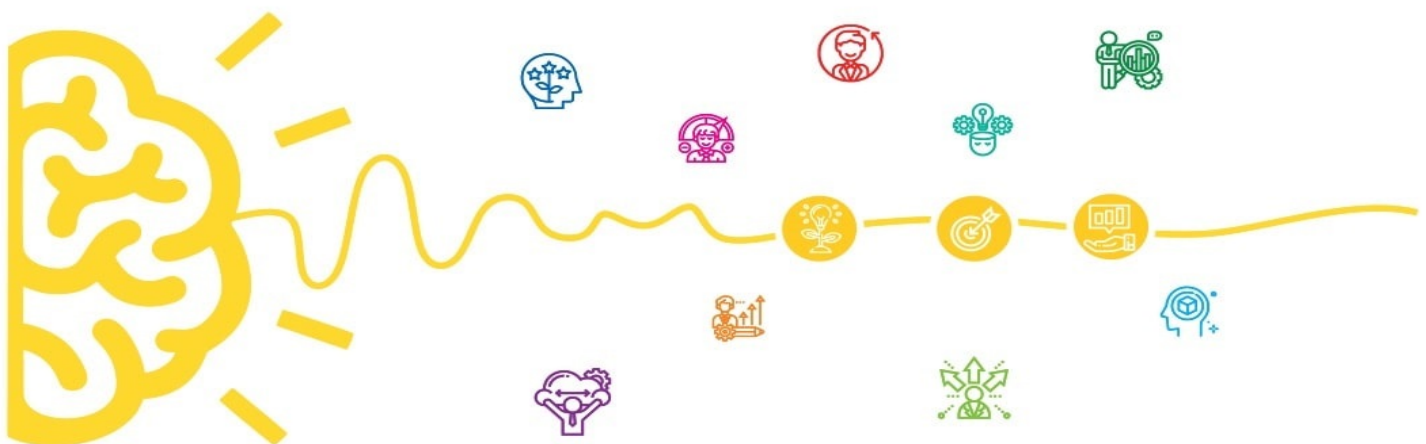
Awareness of situational needs and adjusted responses come with flexibility. While planning and structure is key to present, future security, and life progress, it is sometimes important to experience life with openness & spontaneity. A balanced approach is needed to create better results in life.

## Self Confidence

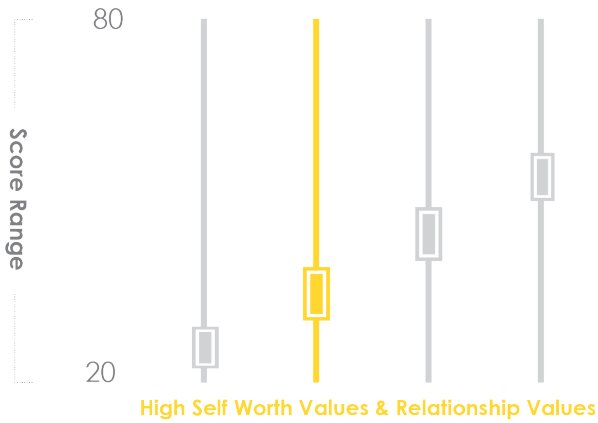
Self-confidence is about confidence in one's abilities without any doubts. This scale measures how self-reliant & assured you are in making life choices. Self-confidence is important to improve personal and professional life.

Confidence is assuredness & self-reliance in one's abilities, self-belief and worthiness, which shapes the way one proceeds through life. A person trusts self without being doubtful or occupied with negative thoughts. Knowledge of confidence levels related to one's ability to perform a task, and knowing one's level is needed to make improved decisions for personal and professional life.

An understanding of how to stay self-reliant in the face of changes or setbacks is crucial to self-development. Self-confidence is important to know your worth. However, it also needs a certain balance to be confident while staying humble. You can use an objective self-analysis to let go of self-limiting beliefs, fear, and other things that affect confidence levels.



## SELF-VALUES

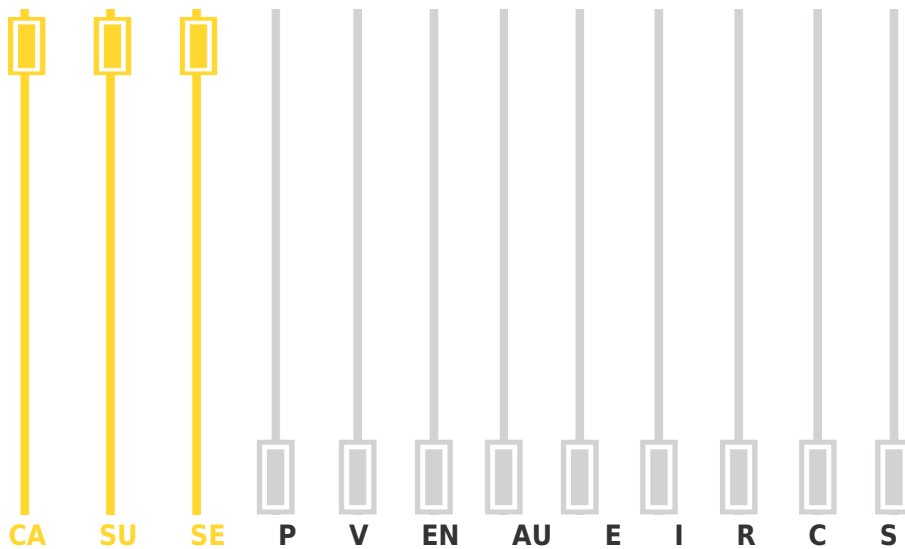


High Service-Oriented Values, High Internal Cohesion Values, High Self Worth Values & Relationship Values, High Personal Safety & Survival Values

Personal Gain, Adaptability, Creativity, Financial Stability, Compassion, Belonging, Courage Health, Listening, Trust, Safety, Collaboration, Being the best, Humility, Empathy, Cohesion, Perseverance, Honesty, Independence, Recognition, Forgiveness

The values centralize around the courage to transform, letting go of fears, finding self-worth and building trans.formative relationships. The need is to be self-sufficient, worthy, desire for reputation and respect from others and deservability; but while being problem-centred, not self-centred. Self-esteem needs like dignity, achievement, mastery, independence also get captured in these values. It also taps into relationship oriented need areas such as friendship, intimacy, trust, acceptance, giving & receiving affection and love and seeking a sense of belonging and commonality

## WORK VALUES



CA : Career Advancement: Formal Progress in work

SU : Support: Social Responsibility

SE : Social: Engage positively with work associates

P : Prestige: Status

V : Variety: Newness

EN : Environment

AU : Authority

E : Economic: Meeting Financial needs

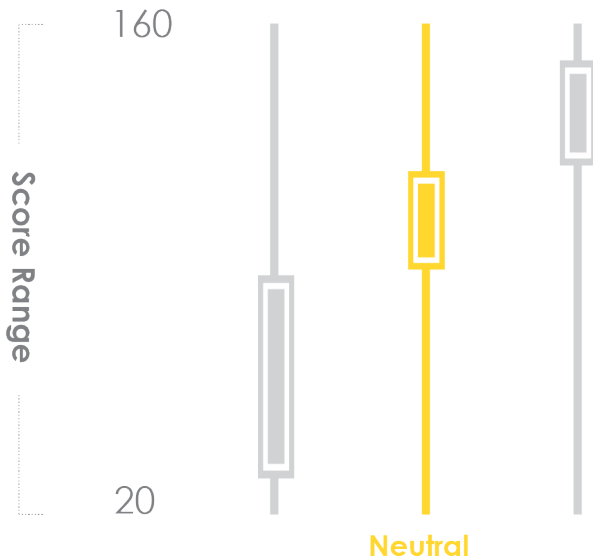
I : Independence: Self-governing/ managing

R : Risk-taking

C : Creative Space

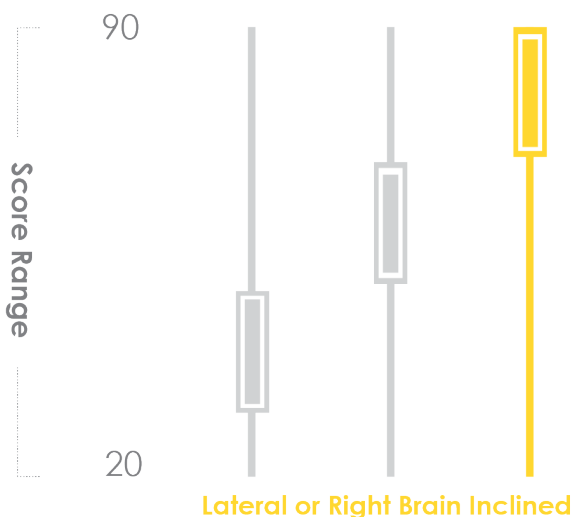
S : Security: Stability

## ATTITUDE



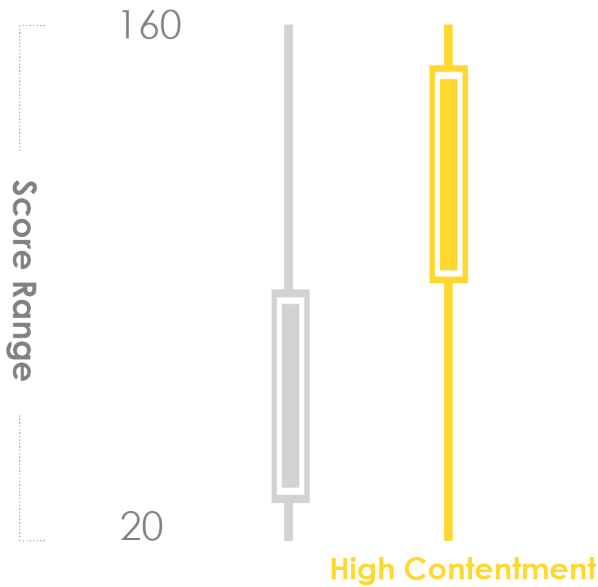
Optimism and pessimism operate on a continuum, of which the midpoint is realism. People who score moderately on the Attitude Scale are cautiously hopeful of favorable outcomes, but they do whatever they can to obtain desired results. People measured moderate on this range also tend to have other traits such as extroversion and cheerfulness, at the same time view negative emotions and thoughts as natural and comfortable. They are less likely to be emotionally prejudiced or falsely boost their self-esteem. They take responsibility when things go wrong or right and have a 'hope for the best, prepare for the worst' attitude towards life. This is often linked to well-being and progress.

## LATERALITY



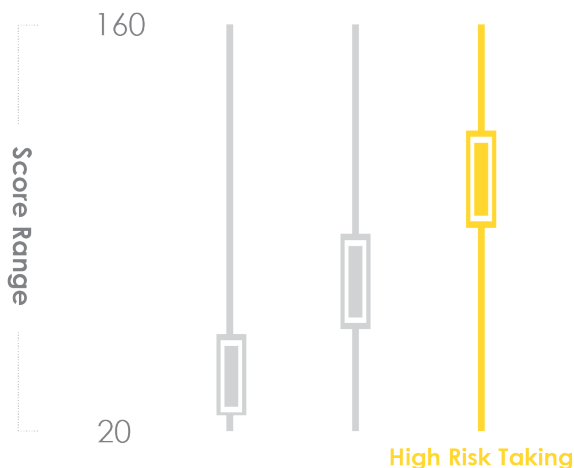
High right-brained individuals have an intuitive and creative nature. Their characteristics are defined by being more holistic, insightful, imaginative yet practical. They give more weight to 'feeling' before acting or decision-making. They have an inclination towards self-expression through music, art or emotion. It spans a wide range of abilities to: recognize and adapt to various situational demands, shift mind-sets or behavioural repertoires when these strategies compromise personal or social functioning; maintain balance among important life domains; and be aware, open, and committed to behaviors that are congruent with deeply held values. Before the subconscious of the right-hand hemisphere can function, it needs the fuel, or data, that has been fed into, collated and processed by the left-hand hemisphere. They tend to be viewed as non-conforming, emotional or dreamers. They are creative thinkers, who break set patterns to do new things. They dislike routines and responsibilities, which usually makes them rebellious or non-grounded. They are emotionally charged, sensitive to feelings of people and empathize with everyone. They find it difficult to detach or grow a thick skin to events or situations generally. They may be believers of that which is beyond reality and are vulnerable to thinking that possibilities are endless. They fantasize about various alternate realities and have high ambitions in terms of daring to do new and big things. They tend to be stressed or fatigued due to an overload of sensory or emotional input. Their thoughts are often viewed as abstract.

## CONTENTMENT



The definition of contentment differs from one context to the other. In this checklist, we are looking at aspects such as freedom from care of discomfort, freedom from anxiety, self-criticism, at peace with one's own emotions and setting realistic expectations. High scorers tend to be happy with where they are right now and yet can be goal-oriented and have healthy ambition. They appreciate the movement of self and time, can enjoy the present and optimistically prepare for the future. They have an objective and positive attitude towards life's constant ups and downs and explore ways to rise above circumstances. They handle crisis with a calm demeanor, even if they may be emotionally impacted. Contented individuals expect adversity can be handled successfully, even when progress is slow and difficult. They often tend to look at the bright side of events and circumstances and firmly believe that every cloud has a silver lining. Their confidence, self-motivation and emotional stability often inspires others to follow suit. Keywords: happiness, inner peace, relaxed, fulfilled, light-hearted, vigorous, loving, dynamic, satisfied.

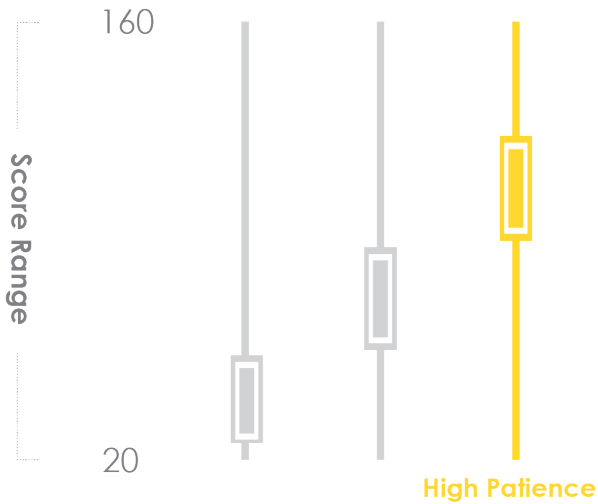
## RISK-TAKING



Individuals who dream of making it big, becoming an entrepreneur etc., need to take calculated unknown risks. High risk takers are not scared of taking the first step, even though the stakes are high - to lose time, money, even reputation. At the same time they understand that this very aspect is required to push for success, to expand boundaries, explore new things and even enrich life and career. Aggressive risk takers can be very goal-driven and fearless. They apply less logic and more instinct into actions. They can often be impulsive, make rash decisions and alienate people, but that usually does not stop them.

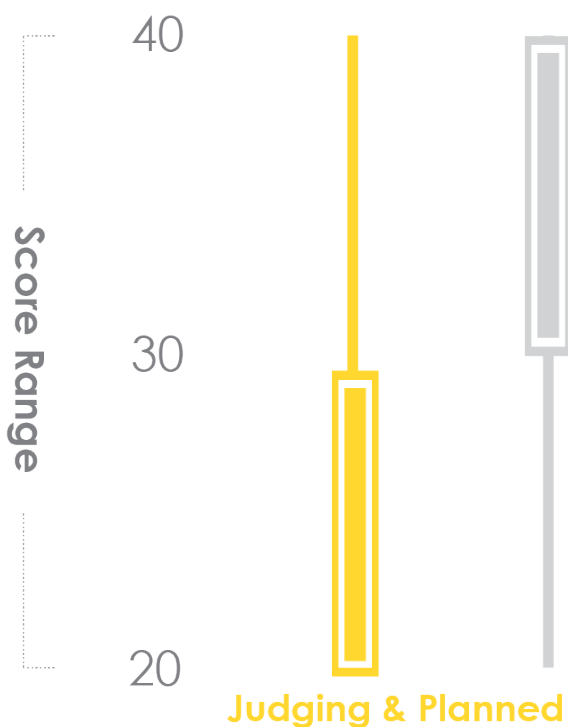


## PATIENCE



For high scorers, patience is more than just a virtue, it represents a significant advantage. It enables them to take tasks and activities to closure, to tolerate the shortcomings of others and to wait for the right opportunity to come along. Highly patient individuals reach greater heights, with consistent effort and invested time. They also show perseverance and delayed gratification in social situations, experiences and relationships, which makes them enjoy the earned outcomes satisfactorily. They are likely to be independent, conscientious and goal-oriented. They are often perceived as self-assured and have the 'executive function', which makes them more able to save and manage money, time, delay choices and overcome even negative outcomes. Although the advantages of having a high degree of patience by far outweigh the negative aspects, one thing that people with a high degree of patience should bear in mind is that, everything does not necessarily come to those who wait and that sometimes it is necessary to make things happen. For this a certain degree of self-awareness, social analysis and smart work with assertiveness is often required.

## PERCEIVING



Individuals are happier when they are making decisions about their life and planning immediate as well as long-term future

They like to control self, actions and outcomes; structure and reason is key

They have their life neatly structured and organized

They like to make carefully thought-through decisions about what happens, who they meet and maintain discipline about what they want

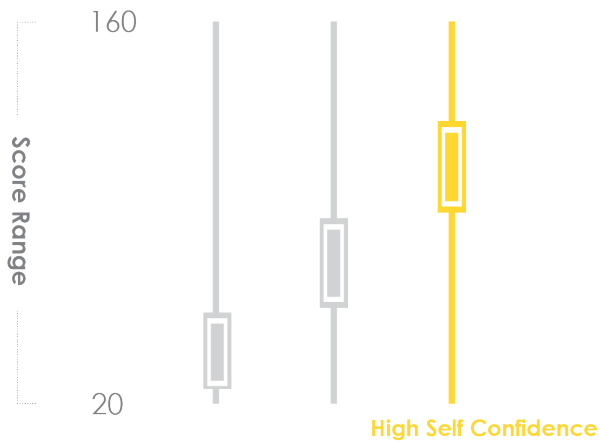
They like to have clear plans for the future and financial and emotional security is important

They take their time to decide and stick to it; they mean what they say and do what they say

They believe in decisive strong structure

More left-brained inclined

## SELF-CONFIDENCE



Self-assured, composed and self-reliant in their own abilities. High scores tend not to be unsure or occupied with negative thoughts. They are adaptive, clear-minded and individualistic in their approach. They firmly advocate for their rights and needs without violating the rights of others. They are straight-forward in their needs and feelings and do not feel guilty about saying no or disagreeing with others. They do not seek validation from others and are not intimidated by authority or power. They stay steady in the face of changes, setbacks or conflicts and use logic and self-awareness to navigate through. They accept feedback constructively and expand their circle of influence by valuing themselves.

## SELF-COACHING/ LIFE COACH

■ What Is My Current Challenge? ( at Work, Home, Social Life, Self )

■ What Do I Want?

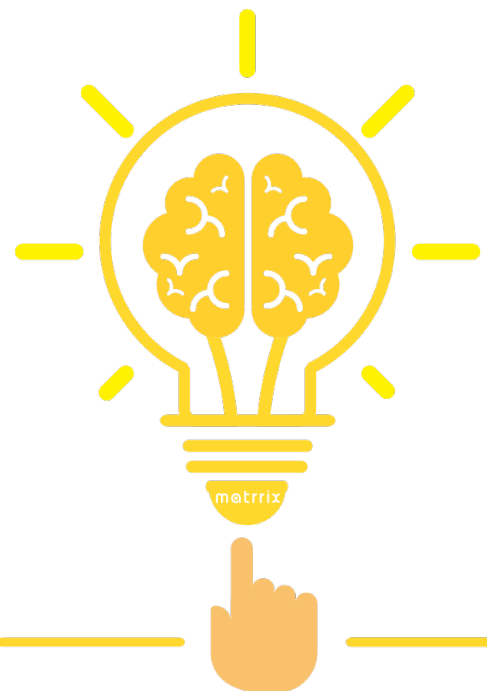
■ What Did I Observe About Myself From This Assessment?

■ What Are My Key Strengths I Learn From This Assessment?

■ Learning About Various Scales How It Impacts/ Influences My Current Role?

■ What Can I Do Different?

■ What Actions I Need To Take Now?



## What Are 5 Things \_\_\_\_\_ I Need To Start – Stop – Continue To Achieve My Goal

Start

Stop

Continue

