

# ***Psychometric Tests***

**NEURO-COGNITIVE-EMOTIONAL  
INTELLIGENCE BEHAVIOUR  
COMPETENCY MAPPING**

**REPORT**



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## Development of Psychometric Research

Psychometric tests are based on scientific principles of measurement and aim to provide reliable and valid assessments of human behavior and cognitive abilities.

- **1884:** Sir Francis Galton coined the term "eugenics" and conducted early research on human abilities and traits, which laid the groundwork for the development of psychometric tests.
- **1905:** Alfred Binet and Theodore Simon introduced the Binet-Simon Scale, the first modern intelligence test, to identify children with learning difficulties in French schools.
- **1916:** Lewis Terman adapted and standardized Binet's test, creating the Stanford-Binet Intelligence Scales, which became one of the most widely used intelligence tests in the United States.
- **1939:** David Wechsler developed the Wechsler-Bellevue Intelligence Scale, which measured both verbal and non-verbal abilities and laid the foundation for subsequent Wechsler intelligence tests.
- **1943:** Raymond Cattell introduced the concept of "fluid" and "crystallized" intelligence, contributing to the understanding of human cognitive abilities.
- **1949:** The Myers-Briggs Type Indicator (MBTI), based on Carl Jung's theory of personality, was developed by Isabel Briggs Myers and Katharine Cook Briggs, becoming one of the most widely used personality tests.
- **1950:** Hans Eysenck developed the Eysenck Personality Questionnaire, contributing to the study of personality traits and dimensions.
- **1961:** Raymond Cattell introduced the concept of "fluid" and "crystallized" intelligence, contributing to the understanding of human cognitive abilities.
- **1962:** The Minnesota Multiphasic Personality Inventory (MMPI) was revised by Starke R. Hathaway and J.C. McKinley, becoming a widely used tool in clinical and research settings.
- **1983:** Howard Gardner published his groundbreaking book "Frames of Mind: The Theory of Multiple Intelligences," where he introduced the concept of multiple intelligences.
- **1985:** Daniel Goleman introduced the concept of Emotional Intelligence (EI), paving the way for the development of EI assessments.
- **1995:** The Big Five Personality Traits model gained popularity, focusing on five major personality dimensions: openness, conscientiousness, extraversion, agreeableness, and emotional stability.
- **2003:** The VIA Survey of Character Strengths, based on positive psychology, was developed by Christopher Peterson and Martin Seligman to assess character strengths.
- **2011:** The introduction of web-based and computer-adaptive testing revolutionized psychometric assessments, making them more accessible and efficient.

These milestones represent some key developments in the field of psychometrics, but it's important to note that research and advancements in this area continue to evolve, enhancing the quality and utility of psychometric tests for various purposes.

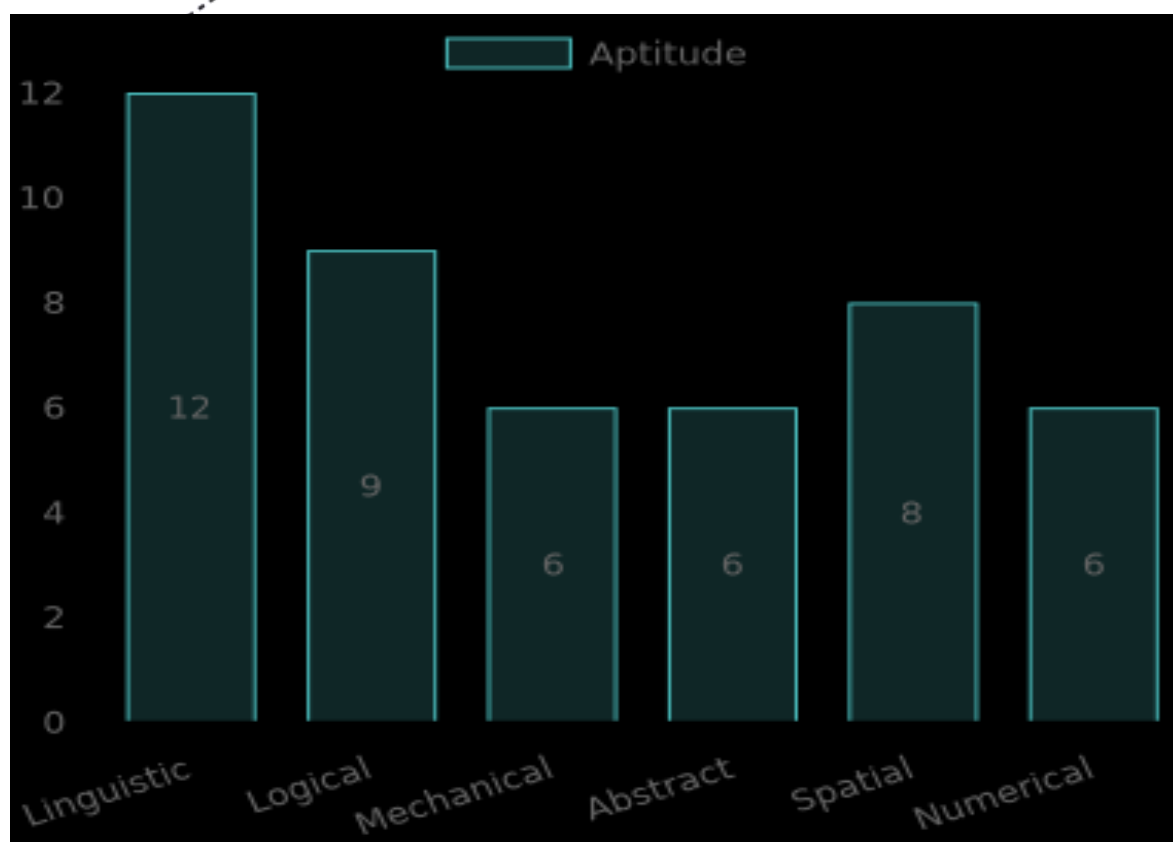
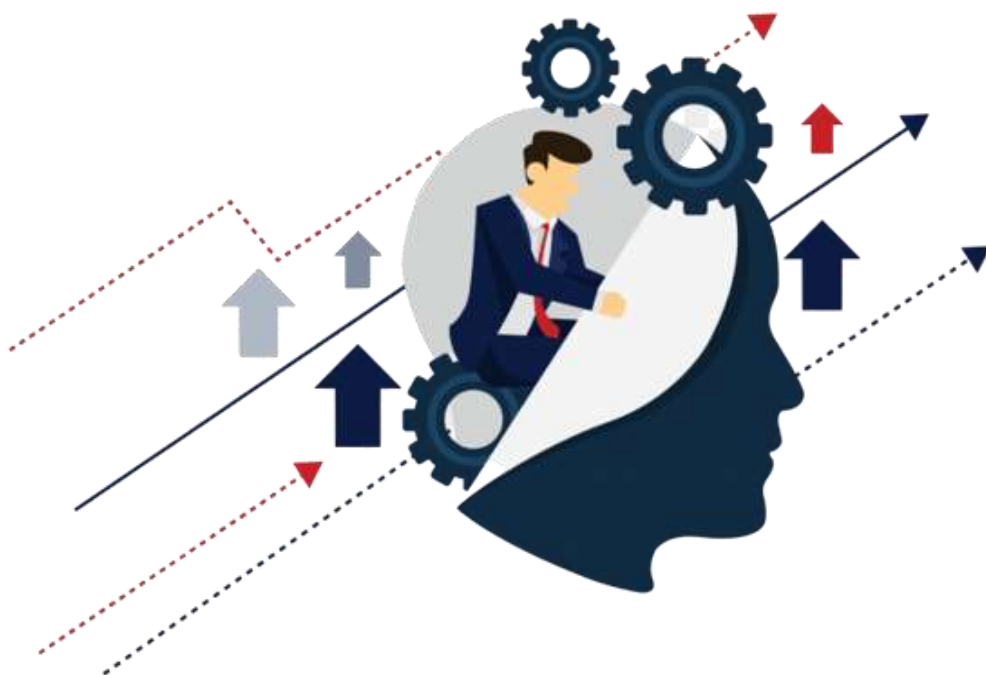


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# 1. APTITUDE





# APTITUDE

## 1. Linguistic Reasoning:



**Score :** 12 ( Category: Competing )

**Feedback:**

Your verbal reasoning skills are solid and above average. Your ability to understand and analyze information is commendable, and you have a good foundation to build upon.

**Career Suggestions:**

Consider careers in fields that involve written communication, research, or analysis. Roles in marketing, content creation, research assistance, or technical writing could be a great fit, as they require effective communication and critical thinking.

## 2. Numerical Reasoning



**Score :** 6 ( Category: Progressing )

**Feedback:**

Your efforts to enhance your numerical reasoning skills are paying off, and your progress is noticeable. With continued practice and learning, you can further strengthen your abilities.

**Career Suggestions:**

Explore roles that involve managing basic numerical data and calculations, such as inventory control, administrative roles, or positions in retail. Enhancing your numeracy skills will support your success in these roles.

## APTITUDE

### 3. Mechanical Reasoning



**Score:** 6 ( Category: Progressing )

**Feedback:**

Your efforts to improve your mechanical reasoning skills are noticeable, and your progress is commendable. Continue engaging with mechanical concepts and practicing problem-solving to build a stronger foundation.

**Career Suggestions:**

Explore roles that require mechanical aptitude, such as machine operator, technician assistant, or entry-level positions in manufacturing or maintenance. These roles can help you further develop your skills.



### 4. Abstract Reasoning

**Score:** 6 ( Category: Progressing )

**Feedback:**

Your efforts to enhance your abstract reasoning skills are showing results. While there is room for improvement, your progress is notable. Keep up the good work and continue challenging yourself.

**Career Suggestions:**

Consider roles that require attention to detail and some analytical thinking, such as quality control, data analysis, or technical support. These roles demand the ability to identify patterns and make informed decisions based on available information.



# APTITUDE



## 5. Spatial Reasoning

**Score :** 8 ( Category: Progressing )

**Feedback:**

Your efforts to improve your spatial reasoning skills are noticeable. Keep practising and honing your abilities to enhance your spatial awareness and visualization capabilities further.

**Career Suggestions:**

Explore opportunities in areas that involve basic spatial understanding, such as construction, interior design, or roles in fields like landscaping and event planning. Your improved skills will be valuable in these roles.

## 6. Logical Reasoning



**Score :** 9 ( Category: Competing )

**Feedback:**

Your logical reasoning skills are solid, indicating a capacity for understanding and analyzing patterns and problems. Your growth is evident, and with continued effort, you'll be able to tackle more complex challenges.

**Career Suggestions:**

Explore roles that require critical thinking and problem-solving skills, such as research assistants, quality control analysts, or junior analysts in finance or marketing. Your ability to analyze information will be valuable in these roles.

## 2. MULTIPLE INTELLIGENCE





## MULTIPLE INTELLIGENCE

### 1. Linguistic Intelligence

**Score:** 29 ( Category: Strong Proficiency )

**Feedback:**

Congratulations, your linguistic intelligence falls within the strong proficiency range. You have a solid command of language and can effectively express yourself. Keep refining your skills by exploring different writing styles, experimenting with complex sentence structures, and engaging in advanced language-related activities. Leveraging your linguistic abilities, you could consider pursuing careers in writing, translation, content creation, or public speaking, where your communication skills will be highly valued.

**Career Suggestions:**

- **Journalist:** Pursue a career in journalism, reporting on various topics and using your strong language skills to convey information accurately.
- **Public Relations Specialist:** Work in PR, where effective communication is essential for building and maintaining a positive image for clients.
- **Author:** Consider writing novels, non-fiction books, or essays, leveraging your strong proficiency in language to engage readers.



## 2 Logical/Mathematical Intelligence

**Score:** 28 ( Category: Strong Proficiency )

**Feedback:**

Congratulations, your logical/mathematical intelligence falls within the strong proficiency range. Your ability to analyze patterns, make connections, and solve intricate problems is impressive. Keep challenging yourself by tackling advanced mathematical concepts, exploring formal logic, and delving into fields such as computer science, engineering, or mathematics. Your strong logical/mathematical skills open doors to careers that involve data analysis, research, software development, and strategic planning.

**Career Suggestions:**

- **Data Scientist:** Dive into complex data analysis, predictive modeling, and machine learning to leverage your strong analytical skills.
- **Software Developer:** Create innovative software solutions by applying your logical abilities to design and code complex algorithms.
- **Financial Analyst:** Analyze financial data, forecast trends, and provide strategic insights based on your strong mathematical proficiency.
- **Operations Research Analyst:** Optimize processes, make data-driven decisions, and solve complex logistical problems in various industries.



**Picture Smart**

### 3 Visual/Spatial Intelligence

**Score:** 31 ( Category: Exceptional Mastery )

**Feedback:**

Exceptional! Your Visual/Spatial intelligence score places you in the highest category of mastery. Your ability to perceive, manipulate, and interpret visual and spatial information is outstanding. You have the potential to excel in fields that demand advanced visual thinking and spatial reasoning, such as architecture, industrial design, fine arts, 3D modelling, or even scientific research involving complex visual data analysis. Your extraordinary talents in this domain provide a strong foundation for pursuing a rewarding and impactful career.

**Career Suggestions:**

- **Architectural Visualization Specialist:** Focus on creating highly detailed architectural renderings and visualizations.
- **Industrial Design Manager:** Lead teams in designing complex products, leveraging your exceptional skills.
- **Fine Artist:** Pursue a career as a professional artist, creating visually stunning works of art.
- **3D Modeler/Animator:** Work on advanced 3D modeling and animation projects for films or games.
- **Scientific Visualization Specialist:** Apply your skills to visualize complex scientific data for research and communication.

## 4 Interpersonal Intelligence



**Score:** 30 ( Category: Strong Proficiency )

**Feedback:**

Congratulations, your interpersonal intelligence is in the strong proficiency range. You have a knack for understanding and interacting with people, which can lead to fulfilling careers. Cultivate your ability to build rapport, mediate conflicts, and lead teams. Consider pursuing roles in leadership, coaching, counselling, or community organizing, where your strong interpersonal skills can have a positive impact on individuals and groups.

**Career Suggestions:**

- **Leadership Positions:** Your strong interpersonal skills make you an ideal candidate for roles such as team leader, supervisor, or department manager.
- **Coach or Mentor:** Help individuals and teams reach their full potential by offering guidance and support.
- **Counselor or Therapist:** Consider specializing in areas such as marriage and family therapy, addiction counseling, or career counseling.
- **Community Organizer:** Your ability to connect with people can be valuable in bringing communities together for a common cause.





### 5 Musical Intelligence

**Score:** 34 ( Category: Exceptional Mastery )

**Feedback:**

Exceptional! Your musical intelligence score places you in the highest category of mastery. Your connection with music is profound, and you possess the ability to create, interpret, and appreciate music at an exceptional level. Consider pursuing a career in music composition, orchestration, conducting, performing, or music education. Your advanced musical intelligence enables you to communicate and express emotions through music in a way that resonates deeply with others.

**Career Suggestions:**

- **Composer/Arranger:** Create original compositions or arrange music for orchestras, ensembles, or films.
- **Music Conductor:** Lead orchestras or choirs, interpreting and directing complex musical compositions.
- **Professional Musician (Solo Artist or Orchestra Member):** Pursue a solo career as a renowned musician or join prestigious orchestras.

## 6 Naturalistic Intelligence



Nature Smart

**Score:** 39 ( Category: Exceptional Mastery )

### Feedback:

Exceptional! Your naturalistic intelligence score places you in the highest category of mastery. Your profound understanding of the natural world sets you apart. Consider pursuing careers as a botanist, ecologist, wildlife biologist, or environmental consultant, where your expertise can contribute to significant contributions in the fields of conservation and sustainability. Your ability to observe, analyze, and interpret the intricacies of the environment is truly remarkable.

### Career Suggestions:

- **Botanist:** Study plants and their ecosystems in detail, contributing to plant conservation and biodiversity efforts.
- **Wildlife Biologist:** Research and protect wildlife species, habitats, and ecosystems, often working with government agencies or conservation organizations.
- **Environmental Consultant:** Offer expertise in environmental impact assessments, helping businesses and organizations make sustainable choices.
- **Ecological Researcher:** Conduct in-depth research on complex ecological systems, making critical contributions to our understanding of the natural world.



## 7 Body/Kinaesthetic Intelligence

**Score:** 35 ( Category: Exceptional Mastery )

**Feedback:**

Exceptional! Your Body/Kinesthetic intelligence dominance places you in the highest category of mastery. Your ability to use your body effectively is extraordinary and can open up numerous opportunities. You might consider pursuing careers in professional sports, dance choreography, physical therapy, or any creative field that requires intricate physical movement. Your expertise in kinesthetic intelligence can lead to innovative approaches to problem-solving, performance, and physical expression.

**Career Suggestions:**

- Olympic Athlete: With your exceptional mastery, aim for Olympic-level competition in sports where your skills shine.
- Cirque du Soleil Performer: Audition for Cirque du Soleil or similar high-level performance troupes that demand extraordinary physical prowess.
- Physical Therapy Specialist: Become a specialist in a specific area of physical therapy, working with elite athletes or patients with complex needs.
- Stunt Performer: Explore a career as a stunt performer in the film and television industry, executing daring physical feats.

### 8 Intrapersonal Intelligence



**Self Smart**

**Score:** 37 ( Category: Exceptional Mastery )

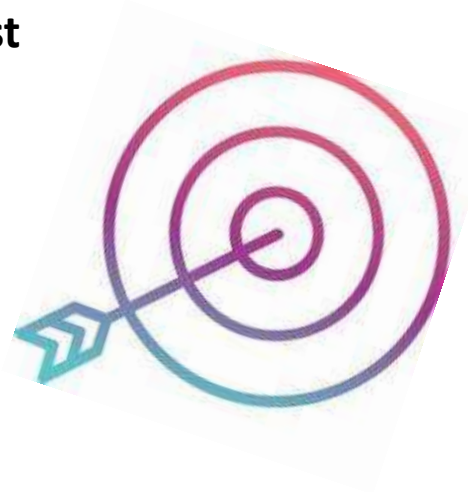
**Feedback:**

Exceptional! Your intrapersonal intelligence score places you in the highest category of self-mastery. Your deep understanding of your emotions, motivations, and thought patterns is remarkable. Your skill set is well-suited for careers in psychology, therapy, life coaching, leadership, and even artistic endeavours where your ability to tap into your inner world can lead to profound creative insights. Your insights into human nature can empower you to guide and inspire others effectively.

**Career Suggestions:**

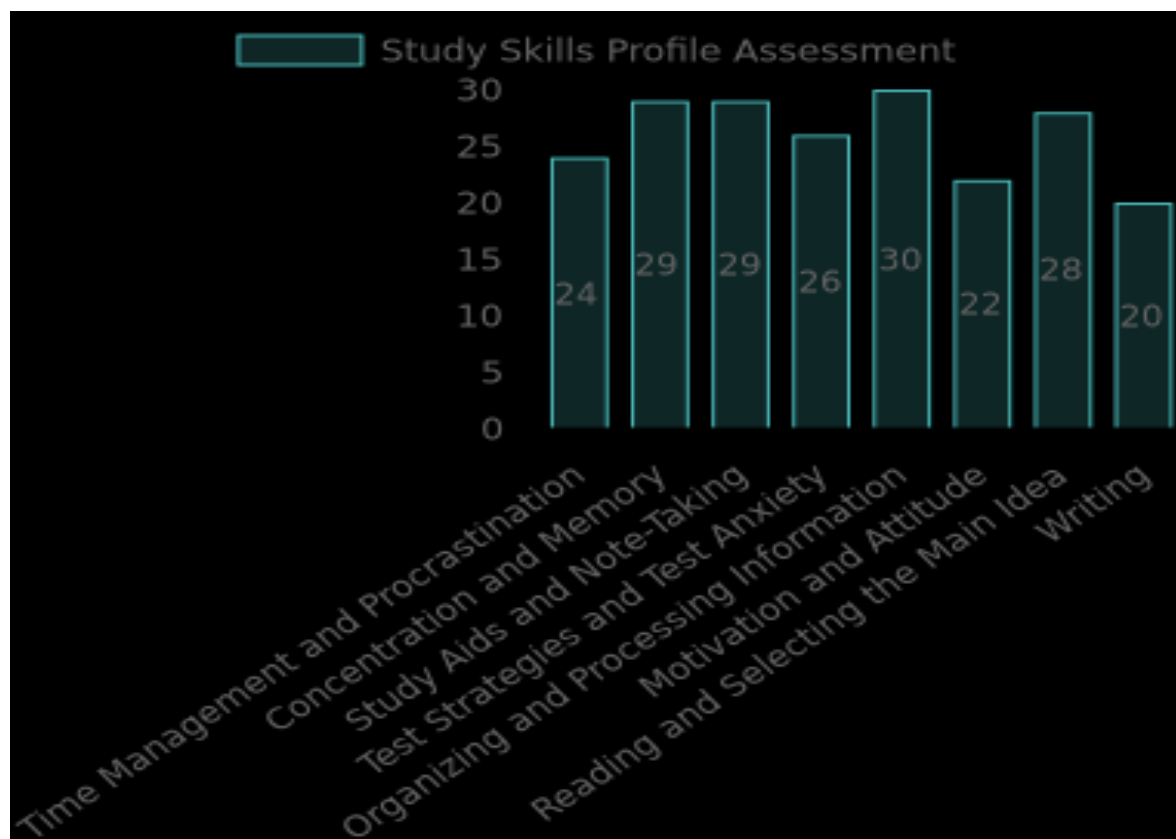
- **Psychotherapist:** Offer in-depth therapy and support to individuals dealing with complex emotional issues.
- **Creative Director:** Use your exceptional self-mastery to lead and inspire creative teams in fields like advertising, design, or filmmaking.
- **Spiritual Guide:** Guide individuals in their spiritual and personal development journeys, drawing on your profound self-awareness.

## Career Priority List



1. Psychologist
2. Conservation Scientist
3. Data Scientist
4. Software Engineer
5. Engineering Manager
6. Chemical Engineer
7. Mechanical Engineer
8. Physicist
9. Fashion Designer
10. Architect

### 3. STUDY SKILL PROFILE ASSESSMENT





# STUDY SKILL PROFILE



## 1. Time Management and Procrastination

**Score :** 24 ( Category: Strong Proficiency )

**Feedback:**

Your efforts in time management and combating procrastination are commendable. Continue to fine-tune your approach and leverage proven methods to optimize your productivity and minimize procrastination challenges.

## 2. Concentration and Memory



**Score :** 29 ( Category: Exceptional Mastery )

**Feedback:**

Congratulations, your exceptional score reflects a strong command over concentration and memory. Your diligent efforts have paid off, enabling you to excel in absorbing and retaining information. Continue fine-tuning your skills to maximize your cognitive potential and achieve remarkable academic and personal growth.



## 2. Study Aids and Note-Taking

**Score :** 29 ( Category: Exceptional Mastery )

**Feedback:**

Congratulations on your impressive score, which reflects your adeptness in utilizing study aids and note-taking effectively. Your dedicated efforts are paying off, enabling you to excel in comprehending and retaining information. Keep refining your techniques to reach new heights of academic success.

## STUDY SKILL PROFILE



### 4. Test Strategies and Test Anxiety

**Score :** 26 ( Category: Exceptional Mastery )

**Feedback:**

Impressive proficiency in test strategies and adeptly handling test anxiety are evident in your performance. Your dedicated preparation and effective techniques are positioning you for excellence in exams. Stay the course for continued success.

### 5. Organizing and Processing Information

**Score :** 30 ( Category: Exceptional Mastery )

**Feedback:**

Impressive mastery of organizational and information-processing skills is evident in your approach. Your ability to efficiently handle and process information is a valuable asset that contributes significantly to your academic and personal success.



### 6. Motivation and Attitude

**Score :** 22 ( Category: Strong Proficiency )

**Feedback:**

Your motivation and attitude are commendable, reflecting your dedication to achieving your objectives. Sustain this positive outlook as you navigate through challenges and seize opportunities.

# STUDY SKILL PROFILE



## 7. Reading and Selecting the Main Idea

**Score :** 28 ( Category: Exceptional Mastery )

**Feedback:**

Your adeptness at reading and identifying the main idea is truly impressive. Your consistent efforts have yielded remarkable results. As you further immerse yourself in diverse texts, your ability to swiftly discern and comprehend main ideas will only continue to flourish, allowing for advanced comprehension and critical analysis.

## 8. Writing

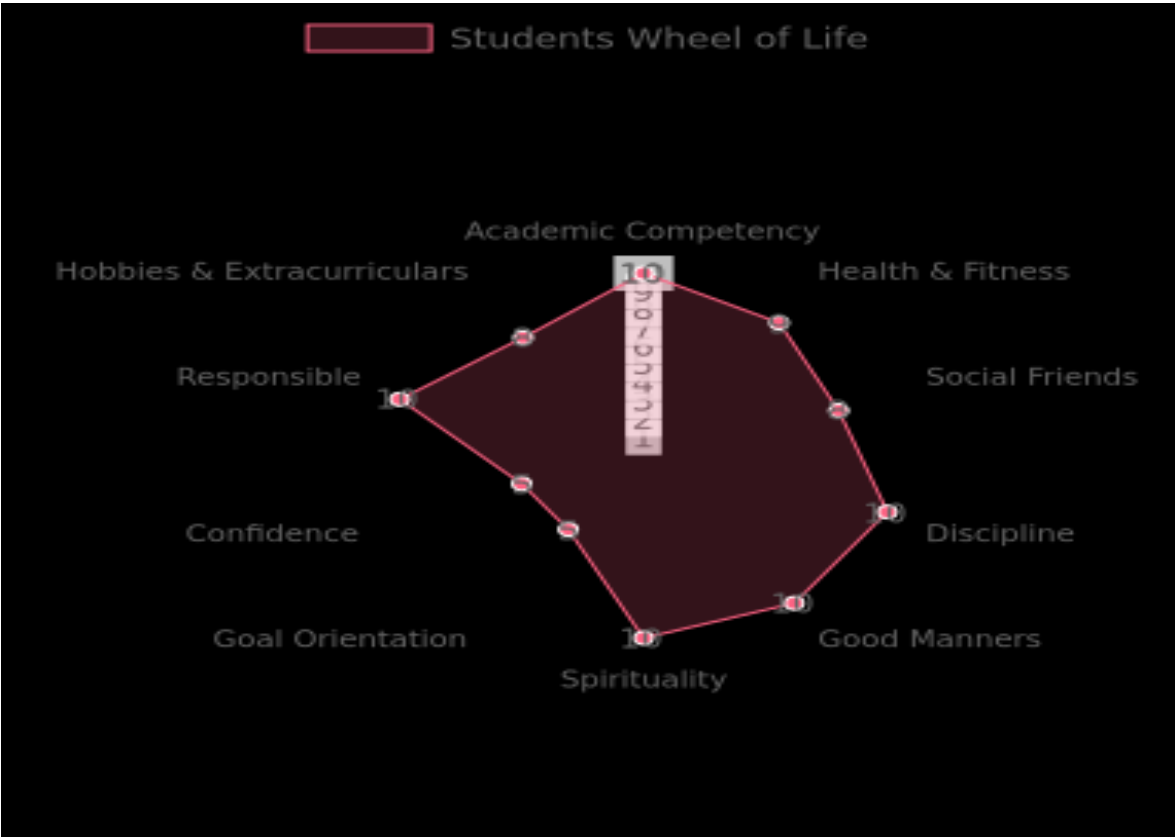
**Score :** 20 ( Category: Strong Proficiency )

**Feedback:**



Your writing abilities are solid and promising. Continue honing your skills by refining your style, enhancing the flow of your ideas, and employing advanced techniques to captivate your readers.

# 4. WHEEL OF LIFE STUDENT’S WELLNESS DIMENSIONS



# WHEEL OF LIFE: STUDENT'S WELLNESS DIMENSIONS

## Feedback:

## Score:

Academic Competency: Exceptional understanding, excelling. 10/10

Health & Fitness: Optimal well-being, committed exercise. 9/10

Social Friends: Active social interactions, and positive relationships. 8/10

Discipline: Excellent self-control, well-organized. 10/10

Good Manners: Exemplary etiquette and politeness. 10/10

Spirituality: Deeply connected, meaningful engagement. 10/10

Goal Orientation: Some goals set, need clearer focus. 5/10

Confidence: Some self-assurance, occasional doubts. 5/10

Responsible: Highly accountable, proactive responsibility. 10/10

Hobbies & Extracurriculars: Active engagement in interests. 8/10

## 5. RIGHT-LEFT BRAIN DOMINANCE





# RIGHT-LEFT BRAIN DOMINANCE



## Left Brain Dominance:

**Score :** 8 ( Category: Balanced Dominance )

### **Feedback:**

Analytical Thinking: Strong logical problem-solving abilities.

Language Skills: Proficient verbal communication and grammar.

Math and Logic: Comfortable with numbers and reasoning.

Structured Planning: Effectively organizes tasks and goals.

Sequential Processing: Easily follows linear sequences.

## Right Brain Dominance:



**Score :** 2 ( Category: Limited Dominance )

### **Feedback:**

Creativity: Minimal capacity for imaginative thinking.

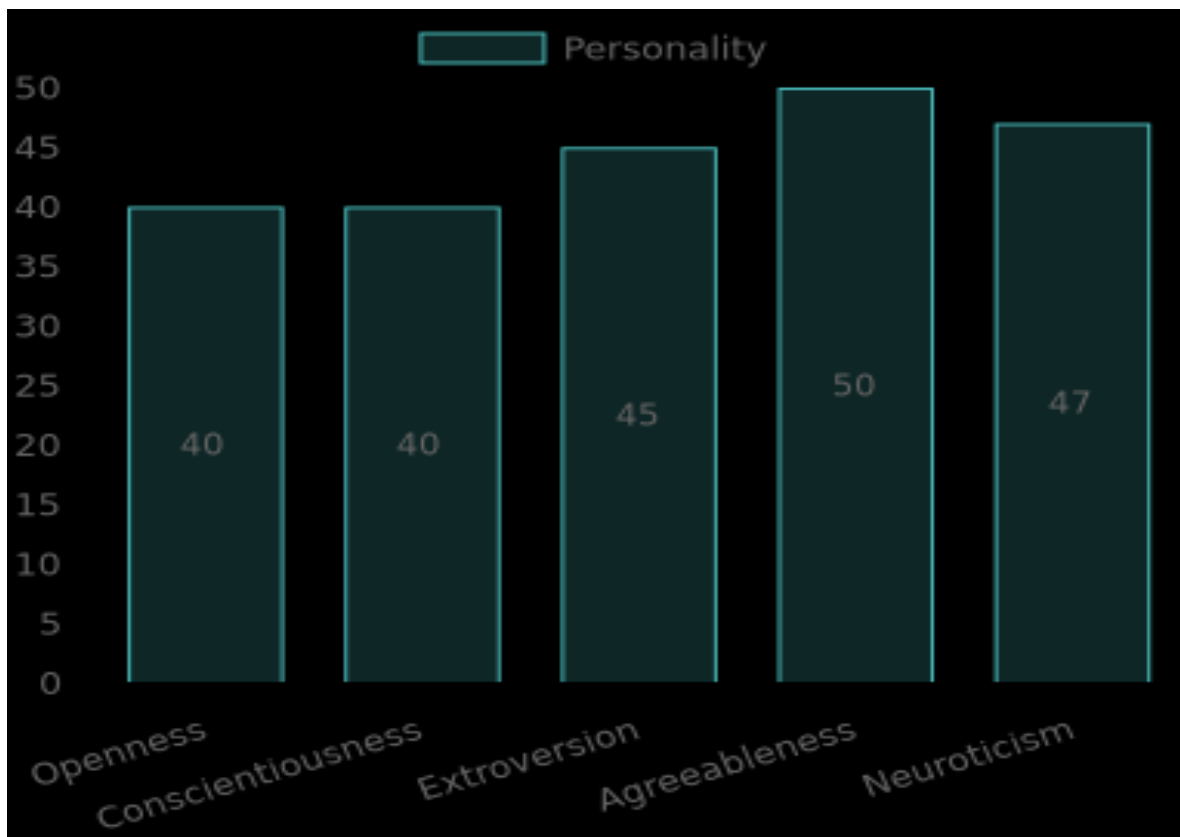
Visual Perception: Difficulty noticing shapes and colors.

Intuition: Struggles to rely on instincts or gut feelings.

Holistic Thinking: Trouble seeing the big picture and making connections.

Artistic Abilities: Challenges in artistic expression.

## 6. PERSONALITY TRAITS DOMINANCE



# PERSONALITY TRAITS DOMINANCE

## 1 Extroversion:



**Score :** 45 ( Category: Outstanding )

### Feedback:

Your extroversion is a dominant trait, and you are naturally drawn to social interactions. You derive energy and excitement from engaging with others, often taking on leadership roles.

**Possible Personality Type:** Possible Personality Type: Extroverted, Enthusiastic, Charismatic

### Career Options:

Seek roles that require extensive networking, public speaking, and leading groups. Sales management, event coordination, public speaking, or entrepreneurship could be highly fulfilling paths for you.



## 2 Agreeableness:

**Score :** 50 ( Category: Outstanding )

### Feedback:

Your high agreeableness is a standout trait, highlighting your commitment to harmony and cooperation. You excel at fostering positive environments and nurturing connections with others.

**Possible Personality Type:** Possible Personality Type: Compassionate, Empathic, Harmonious

### Career Options:

Seek roles where interpersonal skills are paramount. Humanitarian work, social services, counseling, or leadership positions that require team building and conflict resolution could be well-suited to your personality.

## PERSONALITY TRAITS DOMINANCE

### 3 Conscientiousness:



**Score :** 40 ( Category: Excelling )

**Feedback:**

Your conscientious tendencies are noticeable, and you value structure, planning, and goal attainment. You tend to be reliable, detail-oriented, and committed to your tasks.

**Possible Personality Type:** Possible Personality Type: Dependable, Detail-Focused, Goal-Driven

**Career Options:**

Pursue roles that require precision, organization, and meticulousness. Accounting, quality control, data management, or executive assistance could be well-aligned with your personality.

### 4 Neuroticism:



**Score :** 47 ( Category: Outstanding )

**Feedback:**

Your emotional experiences tend to be intense, and you may face challenges in managing stress and negative emotions. However, your depth of emotional awareness can also lead to profound self-discovery and empathy for others. the performing arts could provide outlets for your emotional depth.

**Possible Personality Type:** Possible Personality Type: Emotional, Empathetic, Introspective

**Career Options:**

Seek roles that center around emotional support, creativity, and individual growth. Therapy, art therapy, social work, or roles in the performing arts could provide outlets for your emotional depth.

## PERSONALITY TRAITS DOMINANCE

### 5. Openness :



**Score :** 40 ( Category: Excelling )

**Feedback:**

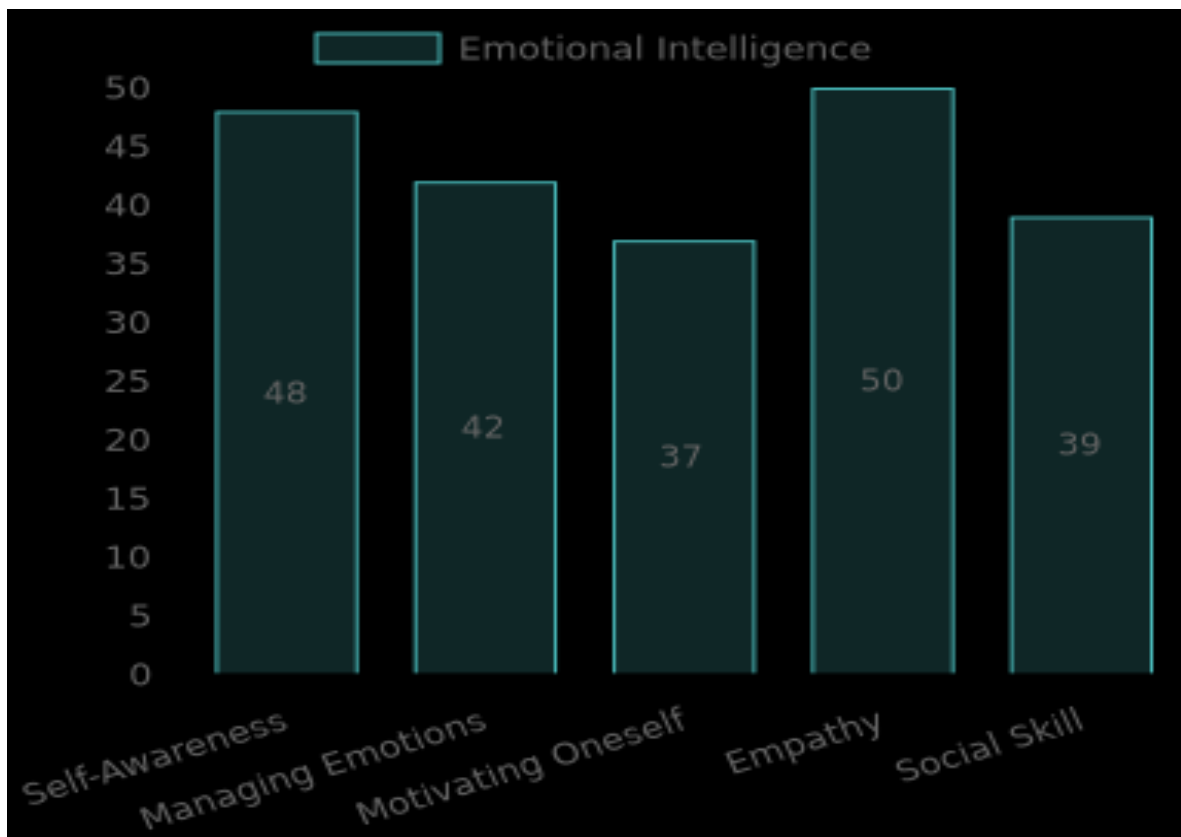
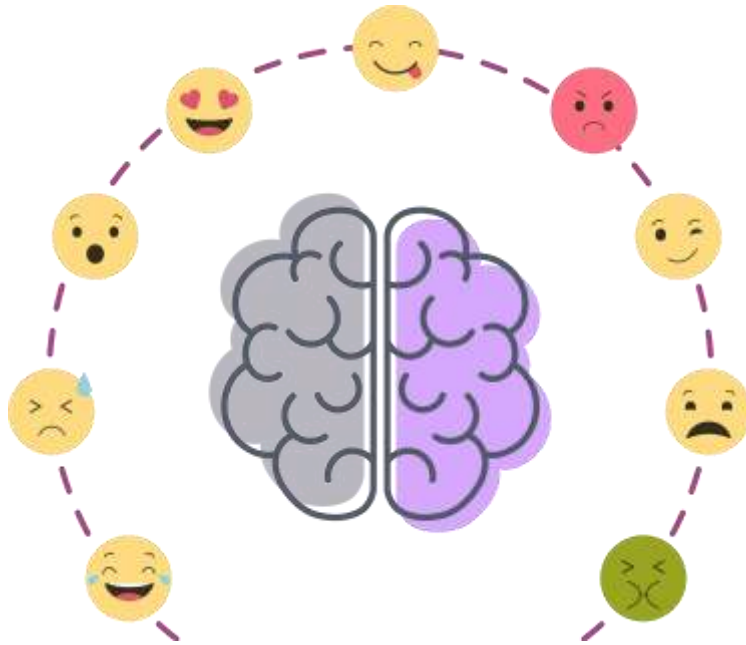
Your open-mindedness and curiosity are evident, as you actively seek out new experiences and ideas. You thrive in dynamic environments and enjoy exploring uncharted territory.

**Possible Personality Type:** Possible Personality Type: Curious, Imaginative, Innovative

**Career Options:**

Pursue roles that emphasize creativity, exploration, and the generation of new ideas. Entrepreneurship, research, creative arts, or roles in emerging technologies may resonate with your disposition.

## 7. EMOTIONAL INTELLIGENCE





# EMOTIONAL INTELLIGENCE



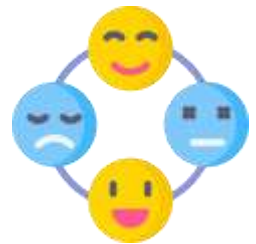
## 1. Self-Awareness

**Score :** 48 ( Category: Outstanding )

**Feedback:**

Congratulations! Your self-awareness is exceptional. You have a deep understanding of your thoughts, emotions, and behaviours. This level of self-awareness empowers you to make mindful choices and foster healthy relationships. Your ability to reflect on your experiences and motivations is truly commendable. Keep nurturing this skill as it contributes to your personal growth and overall well-being.

## 2. Managing Emotions



**Score :** 42 ( Category: Excelling )

**Feedback:**

You're doing a great job in managing your emotions effectively. Your ability to handle various emotions and situations is noteworthy. Your capacity to regulate your feelings and respond thoughtfully contributes to healthier relationships and improved decision-making. Continue honing your emotional management skills, and you'll find that you're better equipped to navigate challenges and foster positive connections with others.

## 3. Motivating Oneself



**Score :** 37 ( Category: Competing )

**Feedback:**

Your self-motivation is solid, and you display a commendable level of determination. While you may face occasional challenges, you approach them with resilience and work towards finding solutions. There is room for growth in terms of consistently maintaining your motivation, especially during tougher times. By identifying strategies that help you stay inspired and engaged, you can enhance your ability to maintain momentum towards your goals.

# EMOTIONAL INTELLIGENCE

## 4. Empathy



**Score :** 50 ( Category: Outstanding )

**Feedback:**

Congratulations! Your level of empathy is truly exceptional. You have a remarkable ability to understand and share the feelings of others. Your compassion and genuine interest in others' emotions contribute to creating strong connections and fostering a supportive environment. Your high empathy can positively impact your relationships, teamwork, and overall emotional intelligence. Keep up the incredible work in making others feel understood and valued.

## 5. Social Skill



**Score :** 39 ( Category: Competing )

**Feedback:**

Your social skills are at a satisfactory level, and you demonstrate an ability to engage with others in various situations. As you continue to refine your social skills, focus on active listening and empathy to better understand others' perspectives. By consistently working on your communication and interpersonal abilities, you can create more fulfilling connections and navigate social dynamics more effectively.

# 8. LEARNING STYLE



# LEARNING STYLE

## 1. Visual



**Score :** 25 ( Category: High )

### **Feedback:**

Visual learning is a powerful tool for you, and you thrive when presented with visual materials. Diagrams, graphs, and visual representations significantly contribute to your understanding and memory retention. Leveraging visual aids in your learning process can lead to exceptional results.



## 2. Auditory

**Score :** 21 ( Category: Moderate )

### **Feedback:**

If you have a moderate preference for auditory learning, you maintain a balanced approach to learning by appreciating both auditory explanations and other methods. Your capacity to engage in productive discussions and actively listen to lectures is an asset. To further enhance your learning experience, utilize visual aids when appropriate to complement your auditory learning style and reinforce your understanding of complex concepts.

## 3. Kinaesthetic

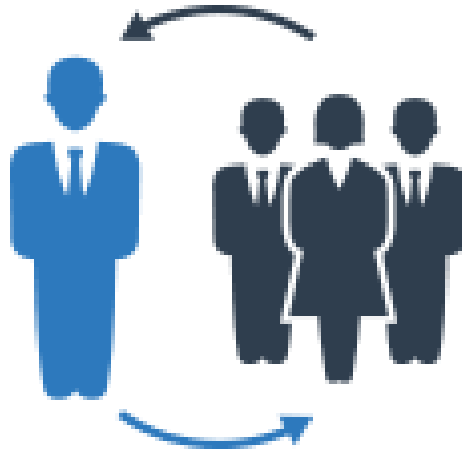


**Score :** 25 ( Category: High )

### **Feedback:**

Kinesthetic learning is a dominant style for you, and you thrive when actively engaging with materials. Hands-on activities, role-playing, and real-life scenarios significantly contribute to your understanding and memory retention. Utilizing kinesthetic strategies can result in exceptional learning outcomes.

## 9. LEADERSHIP SKILLS



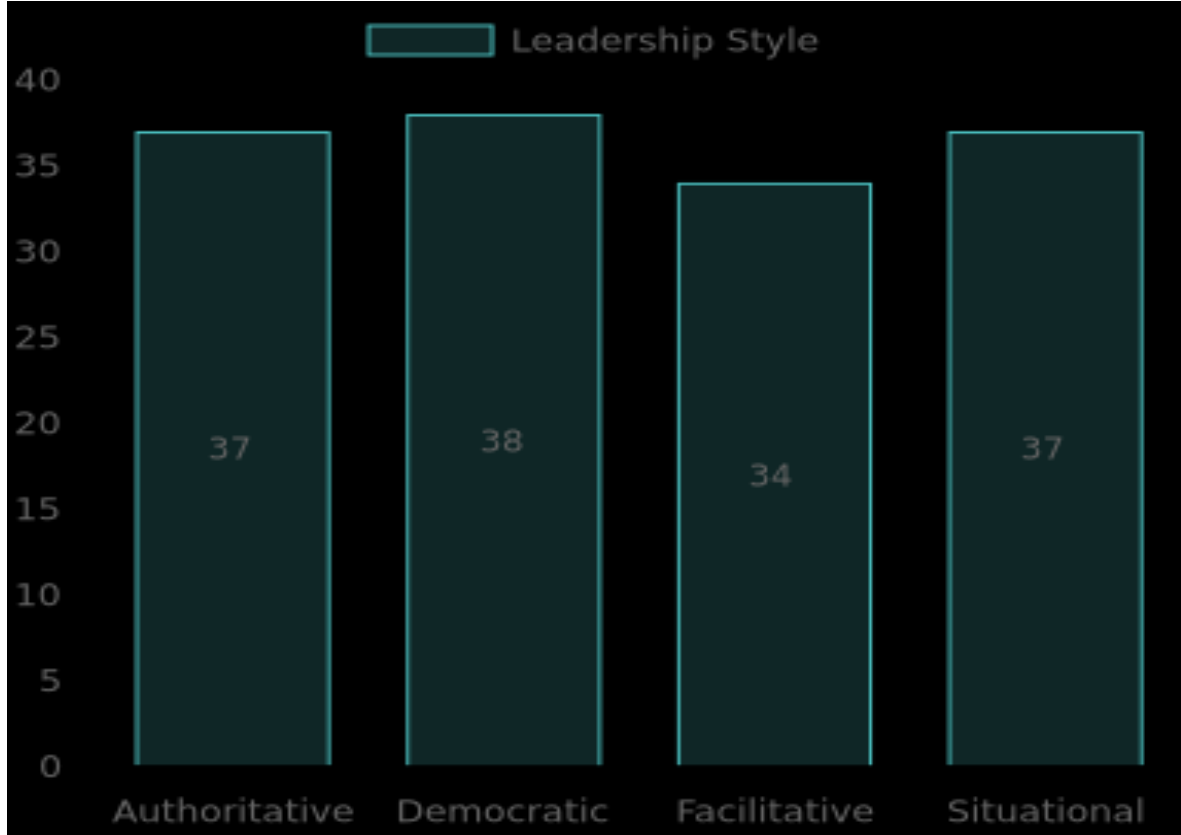
### Leadership Skills

**Score :** 83 ( Category: Excelling )

### Feedback:

Well done! Your leadership skills are solid and reliable. You exhibit a good balance between guiding your team and fostering collaboration. There's room for growth, but your communication and management abilities are effective in achieving team goals. Keep refining your leadership techniques to elevate your impact and ensure continued growth.

# 10. LEADERSHIP STYLE



# LEADERSHIP STYLE

## Authoritative



**Score :** 37 ( Category: Exceptional Mastery )

**Feedback:**

Congratulations! Your high score within this range indicates a mastery of the authoritative leadership style. You excel at providing a clear vision, making confident decisions, and motivating your team to achieve exceptional results. Your balanced approach between being directive and open to feedback creates an atmosphere of trust and empowerment. Continue to serve as a role model for other leaders by consistently leading with purpose, empathy, and a strong sense of direction.



## Democratic

**Score :** 38 ( Category: Exceptional Mastery )

**Feedback:**

Congratulations on achieving the highest score range for the Democratic leadership style! Your commitment to empowering your team through democratic practices is exceptional. Your approach of actively seeking input, encouraging collaboration, and allowing team members to take ownership of their work demonstrates your strong leadership skills. This creates an atmosphere where everyone feels valued and motivated to contribute their best efforts, ultimately leading to higher productivity and job satisfaction.



# LEADERSHIP STYLE



## Facilitative

**Score :** 34 ( Category: Exceptional Mastery )

**Feedback:**

Congratulations! Your high score in this range signifies mastery of the facilitative leadership style. Your adeptness at facilitating group dynamics, fostering open dialogue, and collectively arriving at well-informed decisions is truly commendable. Your team likely experiences a high level of trust, and your leadership approach empowers them to take ownership of their work. Continue being an exemplar of facilitative leadership by consistently promoting collaboration, empathy, and mutual understanding.



## Situational

**Score :** 37 ( Category: Exceptional Mastery )

**Feedback:**

Congratulations! Your high score within this range indicates mastery of the situational leadership style. Your ability to flexibly adapt your leadership behaviours based on individual and situational factors is commendable. You likely create an environment in which each team member feels supported and empowered to succeed. Continue to lead by example, fostering a culture of continuous learning and adaptation as you guide your team toward excellence.

## 11. CYBER DEPENDENCY

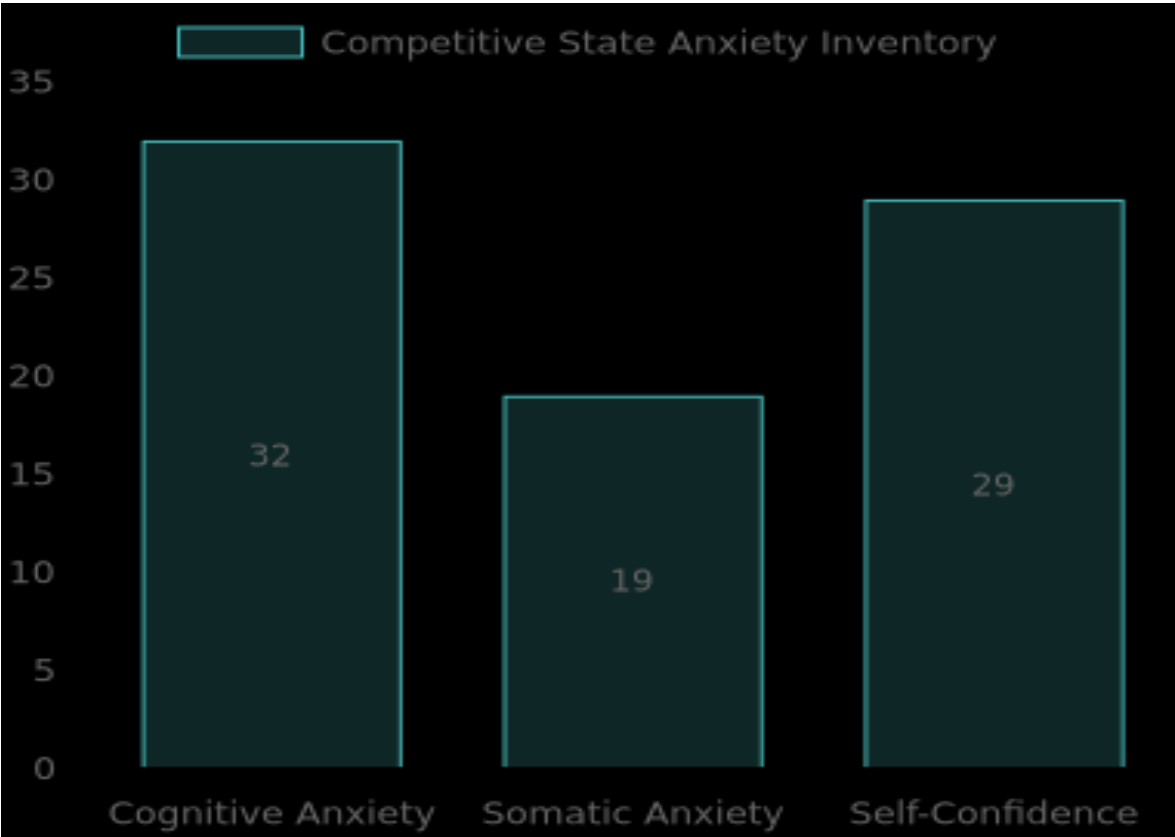


**Score :**75 ( Category: Moderate-High Dependency )

**Feedback:**

Your cyber dependency score is in the moderate-high range, indicating a significant dependence on digital resources. While this reliance has advantages, it's important to diversify your skill set to include offline methods. This will help you maintain productivity during digital downtimes and minimize the impact of potential disruptions.

## 12. COMPETITIVE STATE ANXIETY INVENTORY



# COMPETITIVE STATE ANXIETY

## Cognitive Anxiety



**Score :** 32 ( Category: High )

### Feedback:

Your cognitive anxiety score is in the high range, which suggests that you might frequently experience intense anxious thoughts and worries. It's important to recognize that seeking support is a sign of strength, and there are various resources available to help you manage your anxiety. Consider reaching out to a mental health professional, practicing relaxation techniques, and engaging in activities that bring you joy and a sense of accomplishment. With proper strategies and support, you can learn to navigate your anxious thoughts more effectively.

## Somatic Anxiety



**Score :** 19 ( Category: Moderate )

### Feedback:

Your score falls within the moderate range for somatic anxiety. This suggests that you might experience noticeable physical symptoms when facing stressors or anxiety-provoking situations. While these sensations can be uncomfortable, they are signals from your body. Your awareness of these symptoms is a crucial step toward effectively managing your anxiety. Consider exploring relaxation techniques or stress-reduction strategies to further enhance your well-being.

## Confidence



**Score :** 29 ( Category: High )

### Feedback:

High Self-Confidence: Congratulations on your high self-confidence! Your self-assured attitude and belief in yourself are powerful assets. Continue to tackle challenges with your optimistic outlook and embrace new opportunities. Remember, your confidence not only influences your actions but also inspires those around you.

### ***Disclaimer***

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