

# ***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.



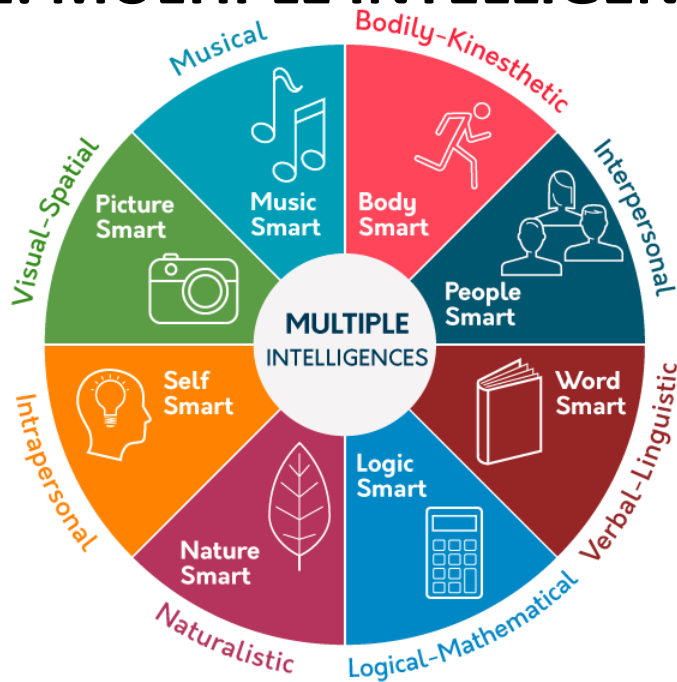
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# 1. MULTIPLE INTELLIGENCE





## MULTIPLE INTELLIGENCE

### 1. Linguistic Intelligence

**Score:** 32 ( Category: Exceptional Mastery )

**Feedback:**

Exceptional! Your linguistic intelligence score places you in the highest category of mastery. Your command of language is outstanding, and you have the potential to excel in various language-intensive fields. Consider exploring professions such as writing, journalism, linguistics, teaching, or even diplomatic roles that require strong communication and language skills. Your ability to convey complex ideas, evoke emotions through words, and connect with others through language is truly remarkable.

**Career Suggestions:**

Linguist, Professor/Teacher, Diplomat/Translator, Novelist/Poet, Speechwriter, etc.

**Linguistic Characteristics:**

- People with Linguistic intelligence love words. They enjoy reading and writing.
- Linguistic people are often gifted at learning languages. They appreciate the complexities of sentence structure, word structure, meaning and sound. They relish complicated words and are quick at learning them. They possess rich vocabularies.
- School is an area in which people with Linguistic intelligence often do well. They enjoy lectures and taking notes. They also have the ability to teach others and communicate complex concepts.
- People with Linguistic intelligence is adept at communicating through the written word and seek to enhance their skills.
- They're Good at editing, love playing with words, always share thoughts on what they read, never forget a good quote, and have a blast with foreign languages.



## 2 Logical/Mathematical Intelligence

**Score:** 40 ( Category: Exceptional Mastery )

**Feedback:**

Exceptional! Your logical/mathematical intelligence places you in the highest category of mastery. Your aptitude for logical reasoning and mathematical thinking is outstanding. Consider pursuing careers in fields such as mathematics, theoretical physics, computer science, cryptography, or any discipline that requires complex problem-solving and analytical skills. Your ability to dissect intricate systems and formulate innovative solutions is a rare and valuable talent.

**Career Suggestions:**

Doctor, Mathematician, Theoretical Physicist, Computing Scientist, Artificial Intelligence Researcher, etc.

**Logical Characteristics:**

- People with Logical intelligence process information through logic and reason. They are attracted to investigation by means of the scientific method.
- They do well with quantitative methods that rely on the researcher's ability to observe and reach a verifiable conclusion.
- They dislike unclear assumptions and subjective analysis. Instead, they trust hard facts and numerical data. They seek accuracy and precision in their learning and work. Their mind is complex and works like a computer. They are good at strategy games.
- Logical Intelligence thrives on mathematical models, measurements, abstractions and complex calculations.



**Picture Smart**

### 3 Visual/Spatial Intelligence

**Score:** 33 ( 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, Industrial Design Manager, Fine Artist, 3D Modeler/Animator, Scientific Visualization Specialist, etc.

**Visual/Spatial Characteristics:**

- People with Visual/Spatial intelligence are very aware of their surroundings and are good at remembering images. They have a keen sense of direction and often enjoy maps. They have a sharp sense of space, distance and measurement.
- People with Visual intelligence learn well through visual aids such as graphs, diagrams, pictures and colourful displays.
- They usually enjoy visual arts such as drawing, painting and photography. They can visualize anything related to art, fashion, decoration and culinary design before creating it.



## 4 Interpersonal Intelligence



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

**Feedback:**

Exceptional! Your interpersonal intelligence score places you in the highest category of mastery. You have a remarkable talent for connecting, understanding, and influencing others. Your ability to build relationships, inspire teamwork, and navigate complex social dynamics is exceptional. Consider careers in fields such as psychology, coaching, mentoring, diplomacy, or executive leadership, where your exceptional interpersonal skills can drive meaningful change and success.

**Career Suggestions:**

Psychologist, Executive Leadership, Diplomat, Leadership Coach, etc.

**Interpersonal Characteristics:**

- People with Interpersonal intelligence is Extroverted, thrive with social interaction. They are gifted at establishing rapport with strangers and make friends easily. They are adept at reading, empathizing and understanding others.
- People with Interpersonal intelligence work well with others and often have many friends. They are masters at collaboration.
- Interaction, dialogue and lively discussions are ways in which people with Interpersonal intelligence learn. They are enthusiastic and lively, enjoy social events. Others often seek them out for advice, help and comfort. They are good at making others feel welcome and often reach out to outsiders. They are inclusive of others. The more the merrier.



### 5 Musical Intelligence

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

**Feedback:**

Congratulations, your musical intelligence falls within the strong proficiency range. You have a solid foundation in understanding and creating music. To continue advancing, consider formal music training, learning advanced techniques on your chosen instrument, and exploring composition. Your developed musical intelligence could lead to opportunities in music performance, teaching, music therapy, or even music production, where your ability to understand and convey emotions through music is highly valuable.

**Career Suggestions:**

Professional Musician, Music Teacher (Intermediate/Advanced Levels), Music Producer, etc.

**Musical Characteristics:**

- People with Musical intelligence recognize sounds and tones with ease. They appreciate music and rhythm. They have a “good ear” for music and can easily learn and memorize songs and melodies. They notice when someone is singing off-key. People with musical intelligence are good at imitating sounds or other people’s voice or intonation and enjoys different sounds.
- Rhythm and music can be a way for them to memorize concepts. Some people with musical intelligence are especially gifted at composing, singing or playing an instrument. They are talented with instruments. They often have a song running through their head, whistles or taps foot. They often learn well through lectures since they are highly auditory.

## 6 Naturalistic Intelligence



Nature Smart

**Score:** 25 ( Category: Strong Proficiency )

**Feedback:**

Congratulations, your naturalistic intelligence falls within the strong proficiency range. You have a keen ability to connect with and understand the natural world. Your deep appreciation for nature could lead you towards impactful careers such as environmental education, ecological research, or park management. Continue to expand your expertise by delving into more specialized areas of naturalistic study and sharing your knowledge with others.

**Career Suggestions:**

Ecologist, Environmental Educator, Park Manager, etc.

**Naturalistic Characteristics:**

- People with Naturalist intelligence have a sensitivity to and appreciation for nature. The Naturalist intelligence focuses on how people relate to their natural surroundings.
- Naturalists have a special ability to grow plants, vegetables and fruit. They have an affinity for animals and are good at training and understanding them.
- Naturalists can easily distinguish patterns in nature. They are aware of and intrigued by weather phenomena. They are good at discovering the wonders of nature.
- Naturalists love to walk, climb, camp and trek. They enjoy the outdoors.
- People with Naturalist intelligence is inspired and rejuvenated by nature.



Body Smart

## 7 Body/Kinaesthetic Intelligence

**Score:** 26 ( Category: Strong Proficiency )

**Feedback:**

Congratulations, your Body/Kinesthetic intelligence is in the strong proficiency range. You have a solid command of physical coordination and movement, allowing you to excel in activities that require hands-on skills. To further enhance your abilities, consider specializing in a particular physical discipline or art form. This could involve pursuing careers in dance, sports, acting, or other performance-related fields. Your strong kinesthetic intelligence can also be valuable in careers such as physical education, fitness training, or even fields that involve hands-on craftsmanship.

**Career Suggestions:**

Professional Athlete, Professional Dancer, Physical Education Teacher, Choreographer, etc.

**Kinesthetic Characteristics:**

- People with Kinaesthetic intelligence learn through movement and experimentation. They enjoy sports and activities that require physical exertion and mastery.
- Some Kinaesthetic people enjoy the artistic side of movement such as dance or any kind of creative movement. They enjoy acting and performing in front of an audience.
- People with Kinaesthetic intelligence is Well-coordinated, enjoy building things and figuring out how things work. They like to use their hands and are very active. They have excellent motor skills and coordination. They are very physical and are keenly aware of their bodies.

## 8 Intrapersonal Intelligence



**Self Smart**

**Score:** 25 ( Category: Strong Proficiency )

**Feedback:**

Congratulations, your intrapersonal intelligence suggests a strong level of self-awareness. You have a solid grasp of your emotions, values, and internal processes. Your ability to navigate your inner world can serve you well in both personal and professional settings. Consider pursuing careers involving coaching, counselling, psychology, or leadership roles where your adept understanding of human behaviour and motivation can significantly impact you.

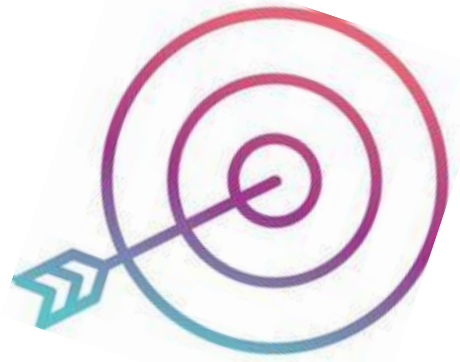
**Career Suggestions:**

Psychologist, Leadership Coach, Motivational Speaker, etc.

**Intrapersonal Characteristics:**

- People with intrapersonal intelligence are adept at looking inward and figuring out their own feelings, motivations and goals. They are quintessentially introspective. (characteristically thoughtful) They are Self-aware. They analyse themselves and seek understanding.
- People with intrapersonal intelligence are intuitive and usually introverted. They learn independently and through reflection. They are mostly Interested in self-employment.
- Philosophy, Psychology and Theology are often of interest to people with intrapersonal intelligence. They enjoy journaling because it helps them learn about themselves.
- They are also good at helping others understand themselves. They are able to predict the reactions of themselves and others.

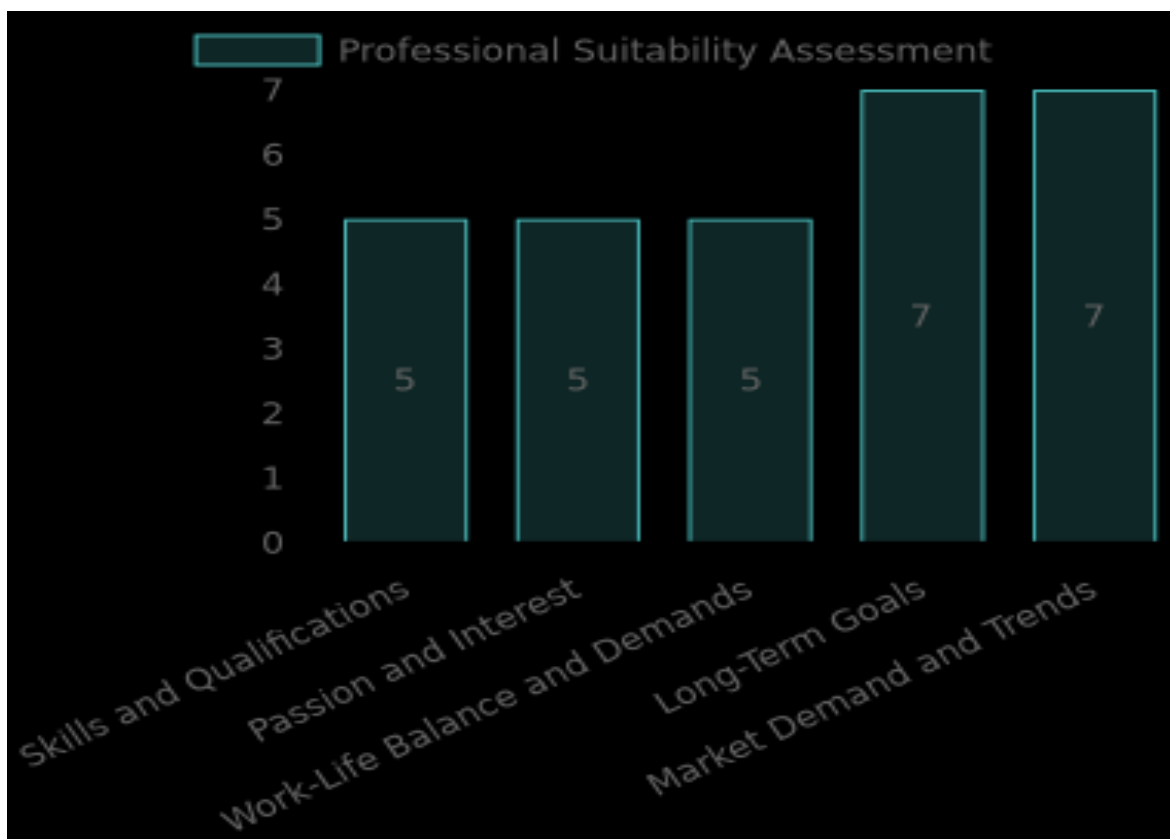
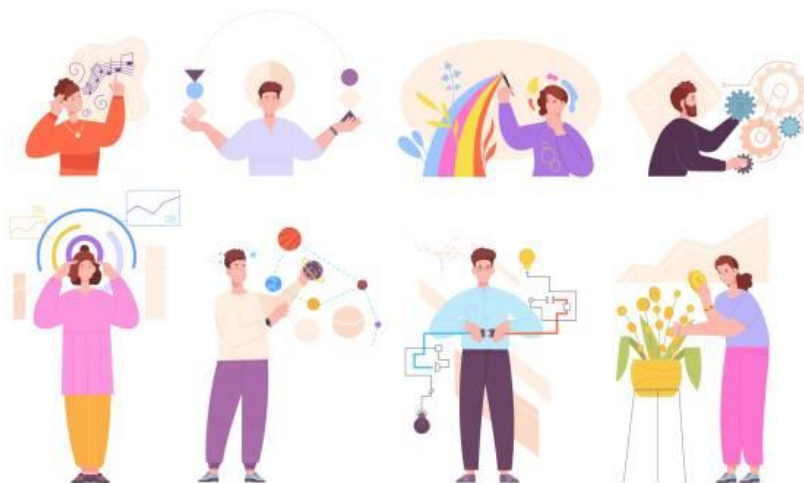
## Career Priority List



1. Lawyer/Attorney/ Judge
2. Administrator
3. Advertising Specialist
4. Sculptor
5. Historian
6. Photographer/ Cinematographer
7. Driver
8. Sound Engineer
9. Martial Arts Instructor
10. Yoga/ Fitness/Physical Education Instructor

Other: Businessman, dr. CA

## 2. PROFESSIONAL SUITABILITY ASSESSMENT



# PROFESSIONAL SUITABILITY ASSESSMENT

## Skills and Qualifications:

**Score :** 5 ( Category: Competing )

### Feedback:

You possess certain skills and qualifications that relate to the profession. Consider investing in further training and development to bolster your capabilities and effectiveness.



## Passion and Interest:

**Score :** 5 ( Category: Competing )

### Feedback:

You have some level of passion and interest in the profession. By nurturing and deepening these aspects, you'll find increased satisfaction and drive in your career.



## Work-Life Balance and Demands:

**Score :** 5 ( Category: Competing )

### Feedback:

You have a general sense of the work-life balance and demands, though further exploration and preparation are recommended to align your expectations effectively.





# PROFESSIONAL SUITABILITY ASSESSMENT

## Long-Term Goals:

Score : 7 ( Category: Excelling )

### Feedback:

Your long-term goals are well-suited to the profession, and with some refinement, you'll craft a clear path toward meaningful accomplishments.



## Market Demand and Trends:

Score : 7 ( Category: Excelling )

### Feedback:

You have a solid grasp of market dynamics, and with ongoing exploration, you'll stay ahead of trends that can shape your career journey.



### 3. INTEGRITY ASSESSMENT

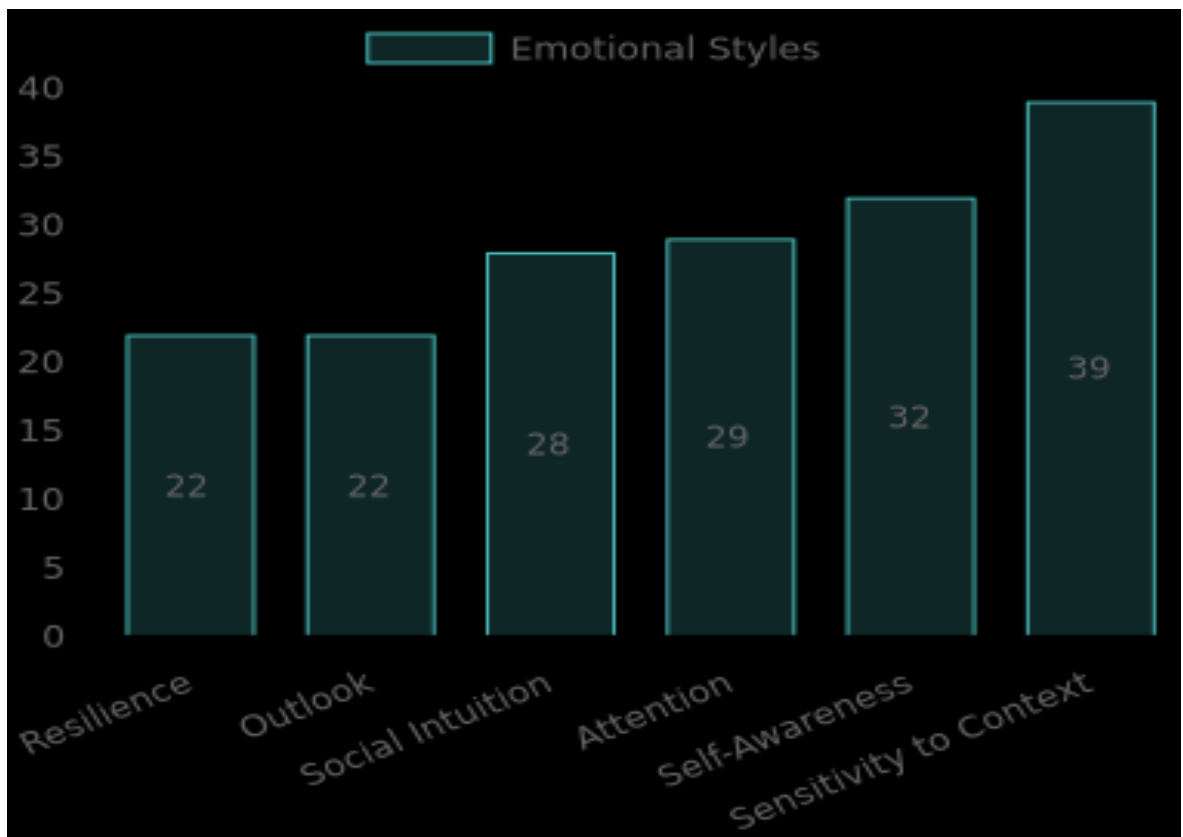


**Score:** 27 ( Category: Competing )

**Feedback:**

Your integrity assessment score falls within a moderate range, suggesting a sincere effort towards ethical behaviour. While you make ethical choices, there's room for improvement in consistently aligning your actions with your values. As you continue to reflect on your decisions, you have the potential to further strengthen your commitment to integrity.

# 4. EMOTIONAL STYLES



# EMOTIONAL STYLES



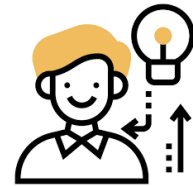
## Dimension I - Resilience

**Score:** 22 ( Category: Progressing )

**Interpretation:**

Your total score indicates that you are in the process of developing your resilience. While you possess some coping mechanisms, further exploration and investment in resilience-building strategies will serve you well. Focus on learning and applying techniques to enhance your emotional strength.

## Dimension 2 - Outlook



**Score:** 22 ( Category: Progressing )

**Interpretation:**

Your total score indicates that you are in the process of developing your outlook on life. While you may face challenges with a bit of scepticism, there's room for growth in adopting a more positive and resilient perspective.

# EMOTIONAL STYLES



## Dimension 3 - Social Intuition

**Score:** 28 ( Category: Competing )

**Interpretation:**

Your total score suggests a good level of social intuition. You're attuned to social dynamics, although there's room for deeper understanding. By honing your skills and being attentive to nonverbal cues, you'll enhance your social interactions.

## Dimension 4 - Self-Awareness



**Score:** 32 ( Category: Competing )

**Interpretation:**

Your total score suggests that you're in the process of developing your self-awareness. You're beginning to recognize the connection between your thoughts, emotions, and behaviours. With continued effort and introspection, you'll make significant strides in your self-awareness journey.

# EMOTIONAL STYLES



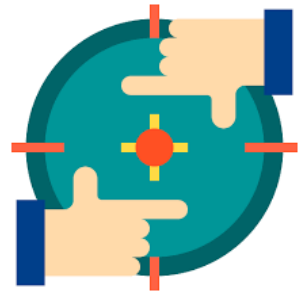
## Dimension 5 - Sensitivity to Context

**Score:** 39 ( Category: Excelling )

**Interpretation:**

Well done! Your total score reflects strong sensitivity to context. You have a solid grasp of the subtleties that shape various situations. With continued awareness and refinement, you can enhance your ability to adapt effectively.

## Dimension 6 -Attention

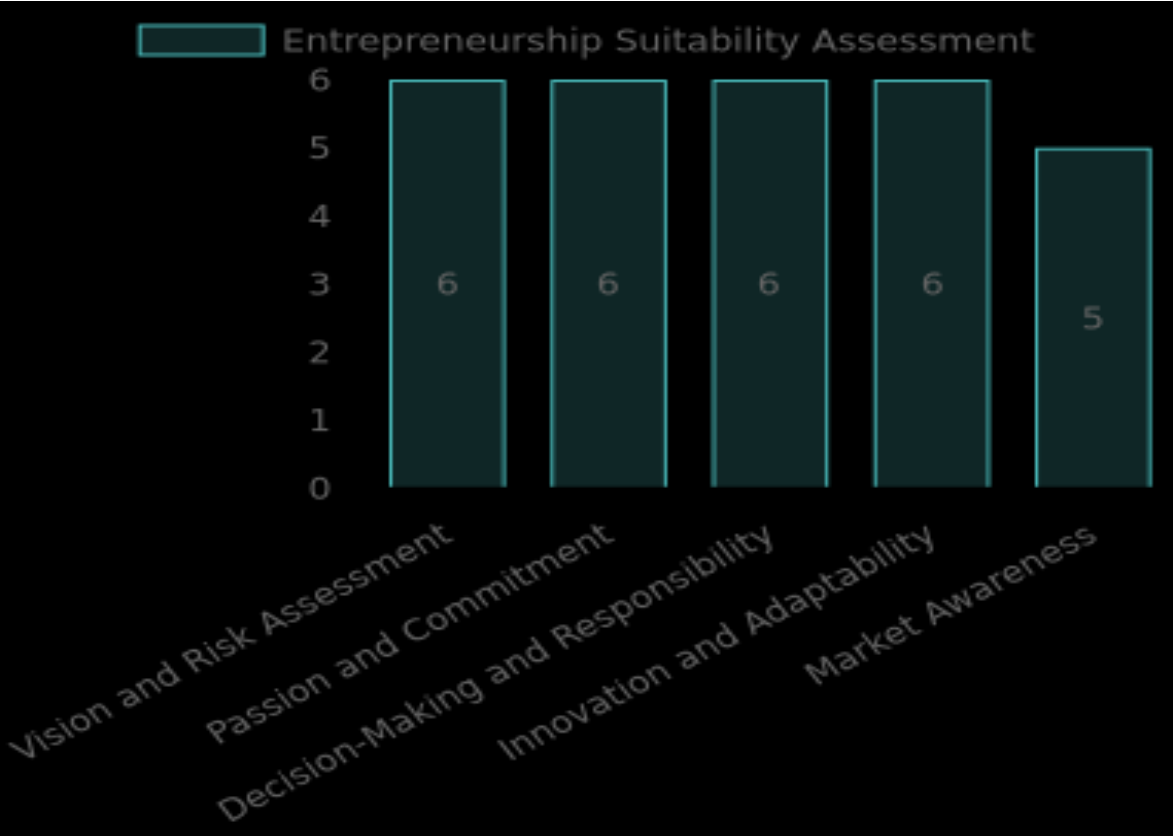


**Score:** 29 ( Category: Competing )

**Interpretation:**

Your total score suggests good attention skills. You possess a reasonable ability to focus on tasks, and with intentional effort, you can further refine your attention to detail and task persistence. Practice and mindfulness can help you excel.

# 5. ENTREPRENEURSHIP SUITABILITY



# ENTREPRENEURSHIP SUITABILITY

## Vision and Risk



**Score:** 6 ( Category: Excelling )

**Interpretation:**

You have a sense of direction but may need to further clarify your vision and risk tolerance.

## Passion and Commitment



**Score:** 6 ( Category: Excelling )

**Interpretation:**

You're passionate about entrepreneurship but could amplify your commitment.





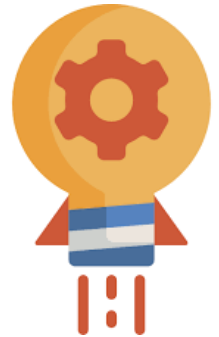
## ENTREPRENEURSHIP SUITABILITY

### Decision-Making and Responsibility

**Score:** 6 ( Category: Excelling )

**Interpretation:**

You're comfortable with decision-making but could bolster your sense of responsibility.



## Innovation and Adaptability

**Score:** 6 ( Category: Excelling )

**Interpretation:**

You possess some innovation and adaptability traits but can further develop them.



# ENTREPRENEURSHIP SUITABILITY

## Market Awareness

**Score:** 5 ( Category: Competing )

**Interpretation:**

You're developing market awareness skills, but there's more to learn.

# 6. WORK-LIFE BALANCE





## WORK-LIFE BALANCE

### Time Management

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

**Interpretation:**

Focus on enhancing time management to better balance work and personal life.

### Boundaries and Communication



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

**Interpretation:**

Your boundaries and communication need significant attention for a healthier work-life integration.



## WORK-LIFE BALANCE

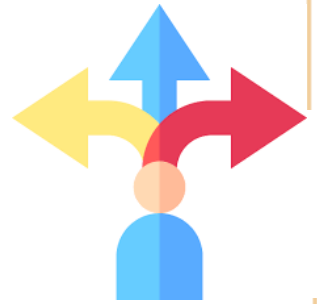
### Well-being and Self-Care

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

**Interpretation:**

Prioritize self-care activities for better stress management and a healthier work-life balance.

## Flexibility and Adaptability



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

**Interpretation:**

Embrace changes more effectively to prevent disruptions and enhance your work-life equilibrium.



# WORK-LIFE BALANCE

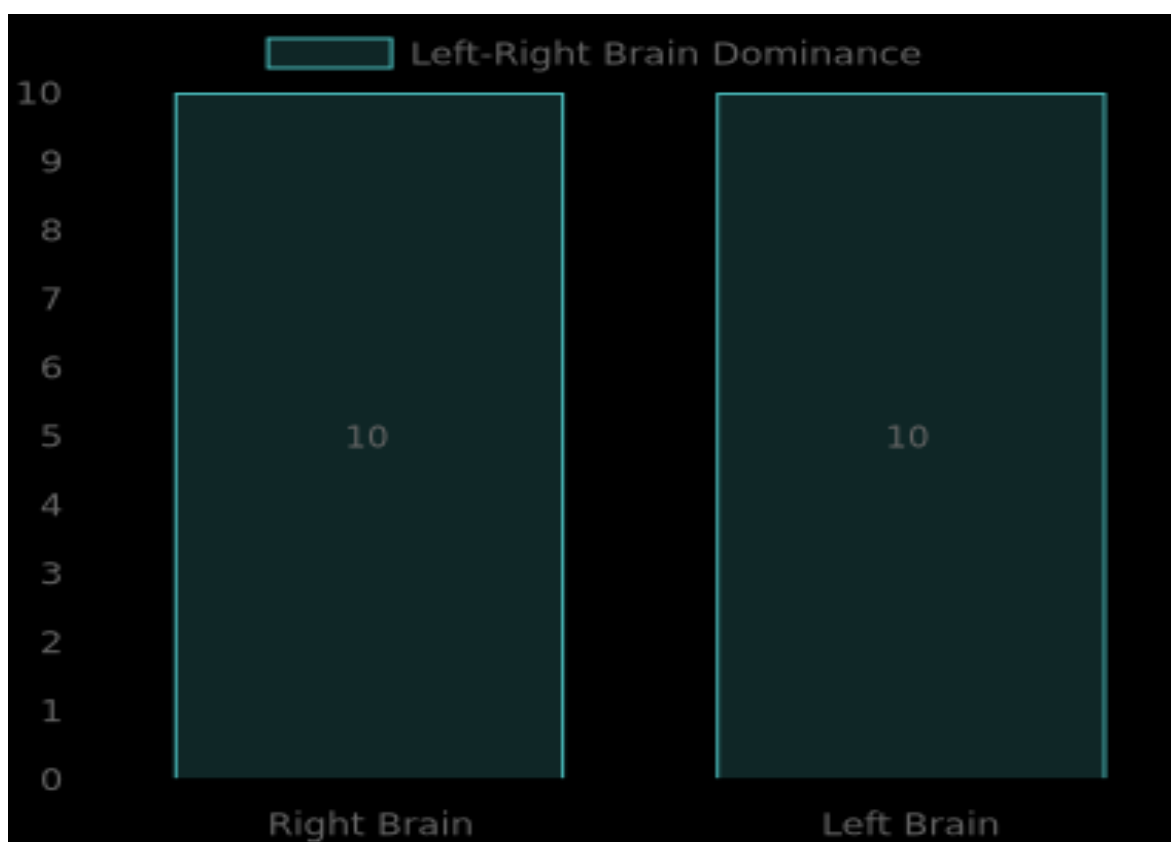
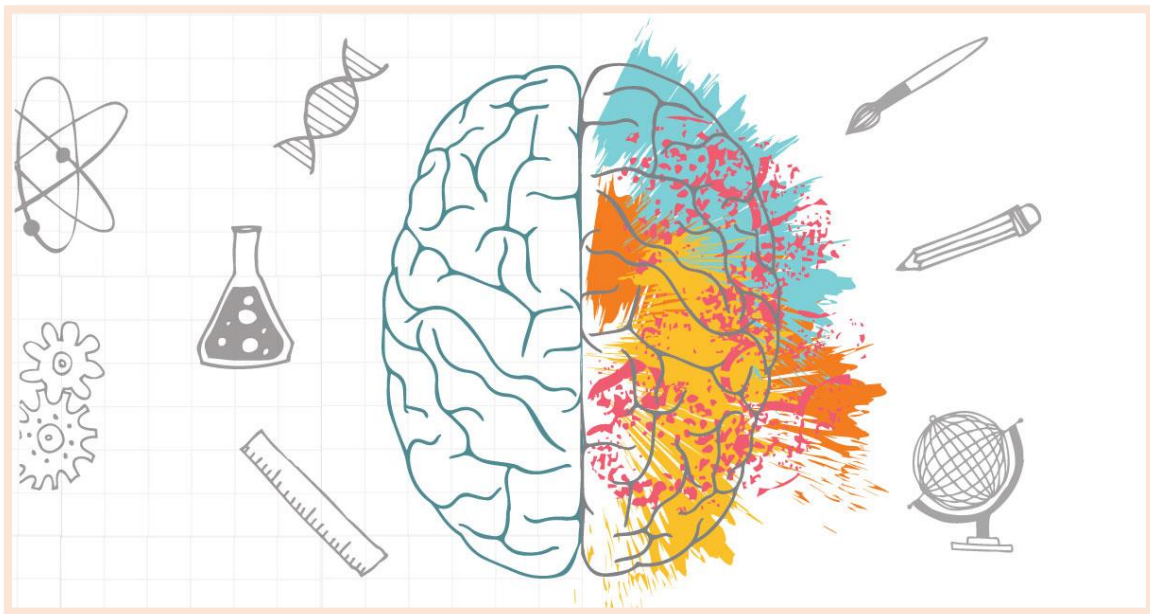
## Relationships and Fulfilment

**Score:** 14 ( Category: Excelling )

**Interpretation:**

You're doing well, but nurturing relationships and personal interests further will enhance your balance.

## 7. RIGHT-LEFT BRAIN DOMINANCE



# RIGHT-LEFT BRAIN DOMINANCE



## Left Brain Dominance:

**Score :** 10 ( Category: Strong Dominance )

**Feedback:**

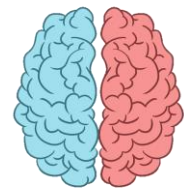
Analytical Thinking: Exceptional logical problem-solving skills.

Language Skills: Advanced verbal communication and grammar.

Math and Logic: Highly skilled with numbers and reasoning.

Structured Planning: Expertly organizes tasks and goals.

Sequential Processing: Seamlessly follows linear sequences.



## Right Brain Dominance:

**Score :** 10 ( Category: Strong Dominance )

**Feedback:**

Creativity: Exceptional ability for imaginative and original thinking.

Visual Perception: Highly skilled in noticing shapes and colors.

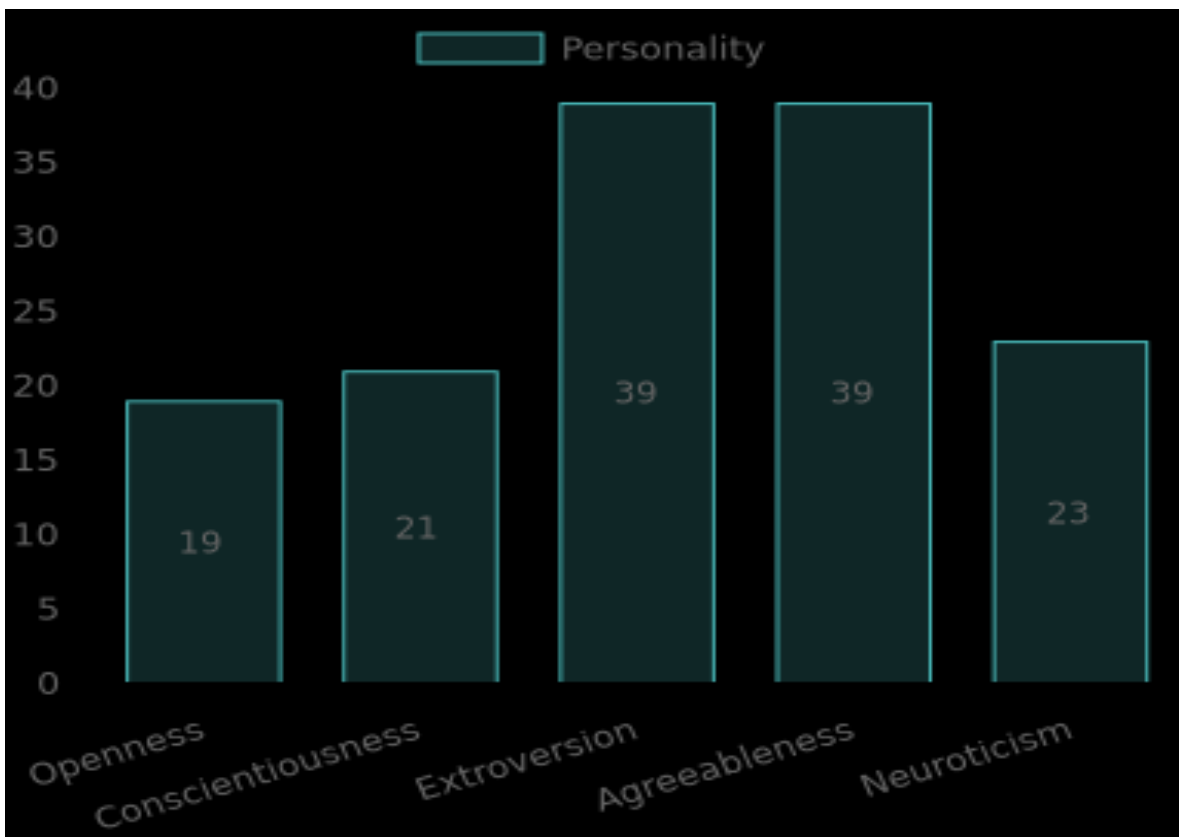
Intuition: Highly intuitive, relies on instincts effectively.

Holistic Thinking: Masters the bigger picture and makes intricate connections.

Artistic Abilities: Exceptional skills in artistic expression.



## 8. PERSONALITY TRAITS DOMINANCE



# PERSONALITY TRAITS DOMINANCE

## 1 Extroversion:



**Score :** 39 ( Category: Excelling )

### Feedback:

Your extroverted tendencies are noticeable, and you thrive in social settings. You are energized by interactions with others and enjoy being part of groups.

**Possible Personality Type:** Possible Personality Type: Outgoing, Sociable, Energetic

### Career Options:

Pursue roles that involve frequent interaction with people, leadership, and dynamic environments. Public relations, customer service, teaching, or counseling may align well with your personality.



## 2 Agreeableness:

**Score :** 39 ( Category: Excelling )

### Feedback:

Your agreeable nature is evident in your interactions, and you excel at maintaining positive relationships. You value cooperation and may prioritize group cohesion over individual achievements.

**Possible Personality Type:** Possible Personality Type: Cooperative, Supportive, Amiable

### Career Options:

Pursue roles that involve mentoring, coaching, or community engagement. Nonprofit work, counseling, healthcare, or teaching may be fulfilling avenues for you.

## PERSONALITY TRAITS DOMINANCE

### 3 Conscientiousness:



**Score :** 21 ( Category: Competing )

**Feedback:**

You maintain a balanced approach to organization and responsibility, effectively managing your tasks and goals. You can shift between focused, goal-oriented work and more flexible activities.

**Possible Personality Type:** Possible Personality Type: Balanced, Diligent, Methodical

**Career Options:**

Consider roles that involve a mix of planning, execution, and adaptability. Project management, administrative roles, data analysis, or research positions could be suitable.

### 4 Neuroticism:



**Score :** 23 ( Category: Competing )

**Feedback:**

Your emotional responses are generally balanced, with occasional fluctuations in response to stressors. You exhibit a healthy range of emotional expression and are capable of managing moderate stress. professions may resonate with your abilities.

**Possible Personality Type:** Possible Personality Type: Stable, Flexible, Self-Aware

**Career Options:**

Look for roles that value emotional intelligence, teamwork, and interpersonal dynamics. Human resources, counseling, teaching, or creative professions may resonate with your abilities.

## PERSONALITY TRAITS DOMINANCE

### 5. Openness :



**Score :** 19 ( Category: Progressing )

**Feedback:**

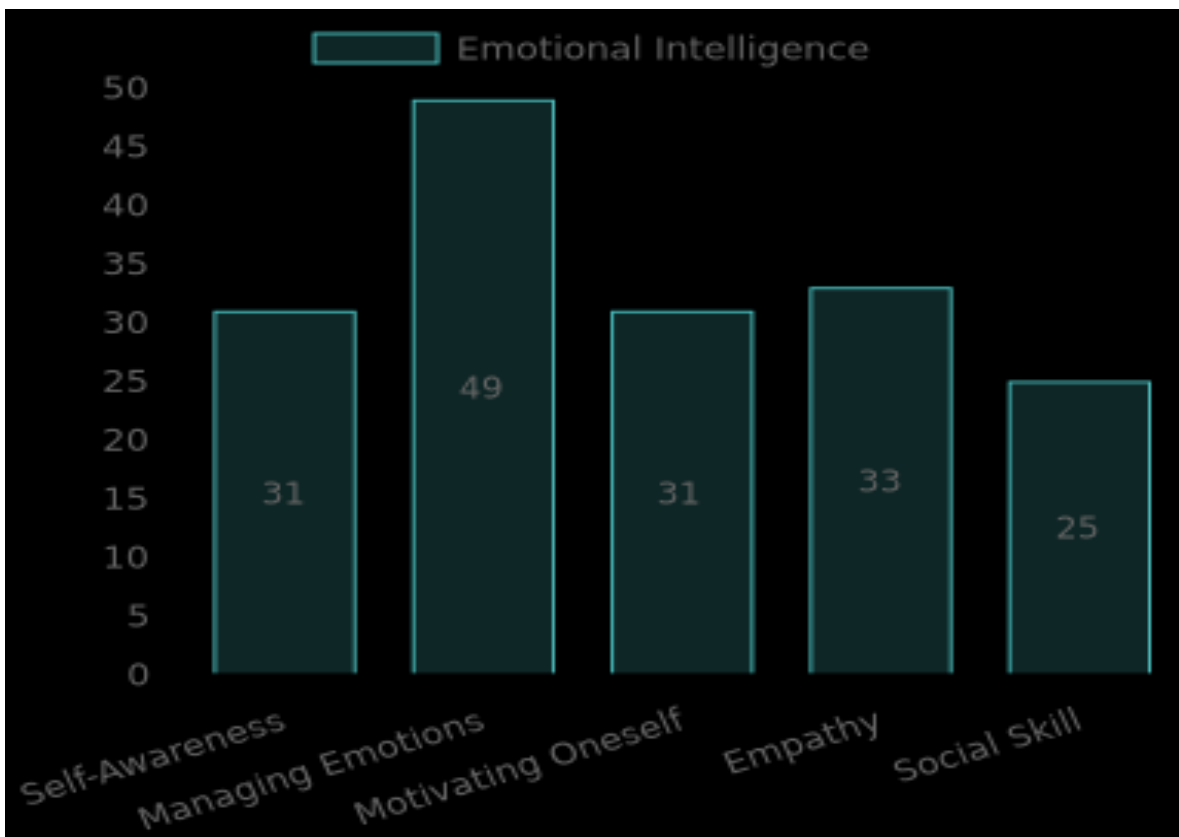
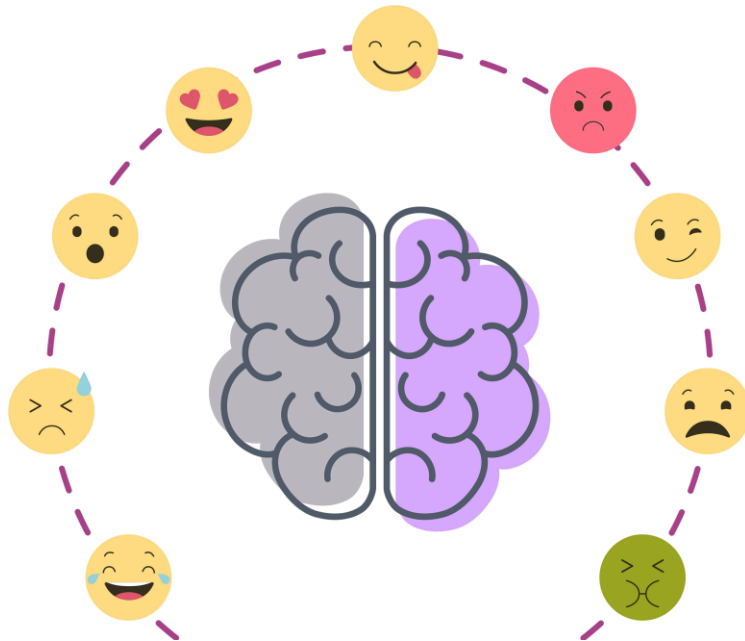
You exhibit a balanced approach to new experiences, appreciating both routine and the occasional departure from the familiar. You can adapt to change while maintaining a degree of traditionalism.

**Possible Personality Type:** Possible Personality Type: Balanced, Adaptable, Practical Visionary

**Career Options:**

Consider roles that require a mix of analytical thinking and creativity. Project management, technical writing, research analysis, or financial planning could align well with your abilities.

## 9. EMOTIONAL INTELLIGENCE



# EMOTIONAL INTELLIGENCE



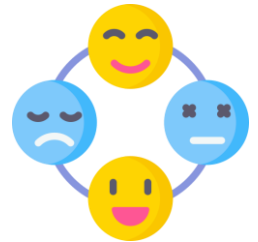
## 1. Self-Awareness

**Score :** 31 ( Category: Competing )

**Feedback:**

You're on the right track! Your self-awareness is developing nicely. You are attuned to your emotions and can often decipher their impact on your decisions. As you continue to explore your thought patterns and motivations, you'll find more growth opportunities. By deepening your understanding of your own experiences, you're positioning yourself to navigate challenges with greater insight and resilience.

## 2. Managing Emotions



**Score :** 49 ( Category: Outstanding )

**Feedback:**

Outstanding job! Your ability to manage emotions is exceptional. You've demonstrated a high level of emotional regulation and control. Your skill in handling challenging situations and maintaining a balanced emotional state is truly commendable. Your proficiency in managing emotions positively influences your interactions, decision-making, and overall well-being. Keep up the impressive work in maintaining emotional resilience and equilibrium.

## 3. Motivating Oneself



**Score :** 31 ( 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 :** 33 ( Category: Competing )

**Feedback:**

You possess a moderate level of empathy, indicating that you are attuned to the emotions of others to some extent. As you continue to develop this skill, you can further enhance your ability to connect with people on an emotional level. By actively listening and demonstrating understanding, you'll strengthen your relationships and contribute to a more harmonious and empathetic environment.

## 5. Social Skill

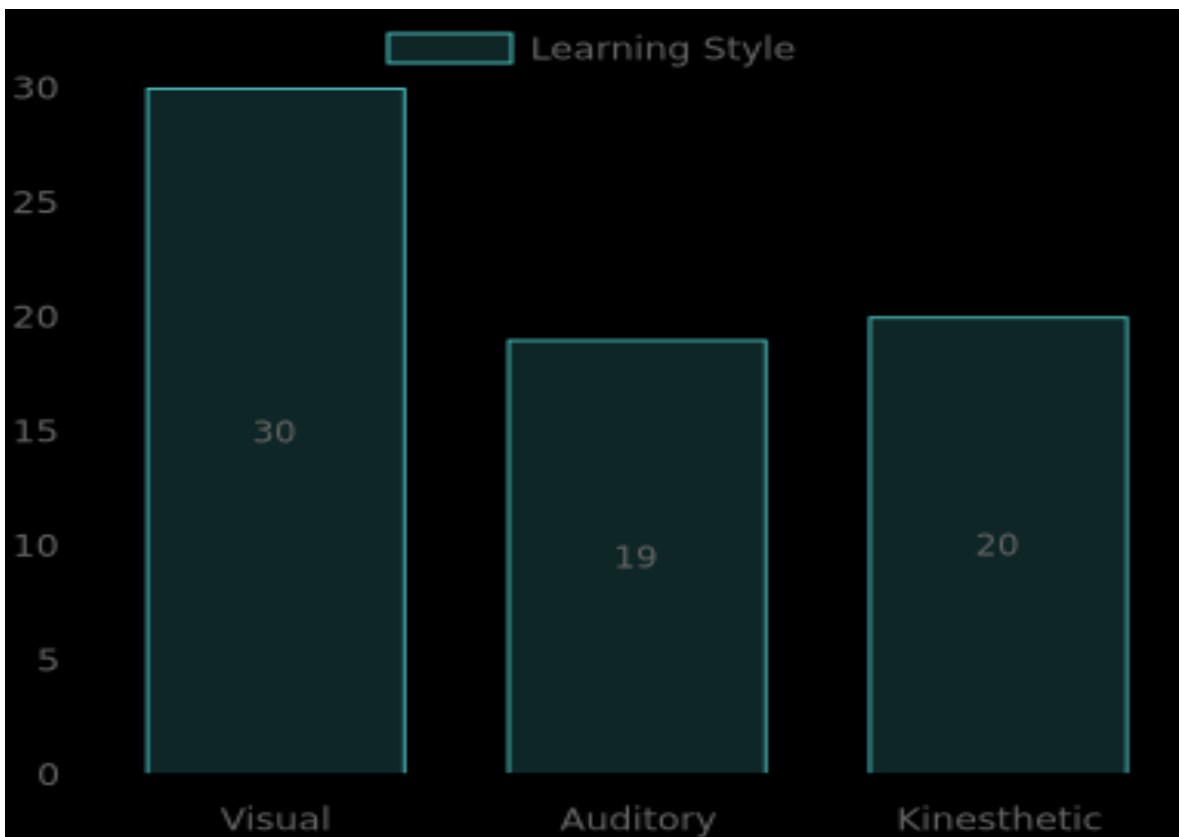


**Score :** 25 ( Category: Progressing )

**Feedback:**

Your social skills could benefit from some improvement. While you may have some basic interpersonal skills, there's room for growth in terms of understanding others' emotions and expressing yourself clearly. Work on enhancing your communication style, empathy, and adaptability in social situations. With dedication and practice, you can develop stronger social connections and foster more positive interactions.

## 10. LEARNING STYLE





# LEARNING STYLE

## 1. Visual



**Score :** 30 ( 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 :** 19 ( 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

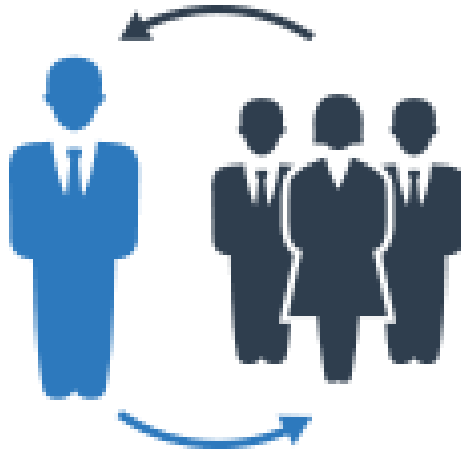


**Score :** 20 ( Category: Moderate )

### **Feedback:**

You have a balanced approach to learning, valuing both hands-on experiences and other methods. Practical applications, experiments, and physical engagement support your learning style. Integrating kinesthetic methods with visual and auditory aids can lead to comprehensive understanding.

## 11. LEADERSHIP SKILLS



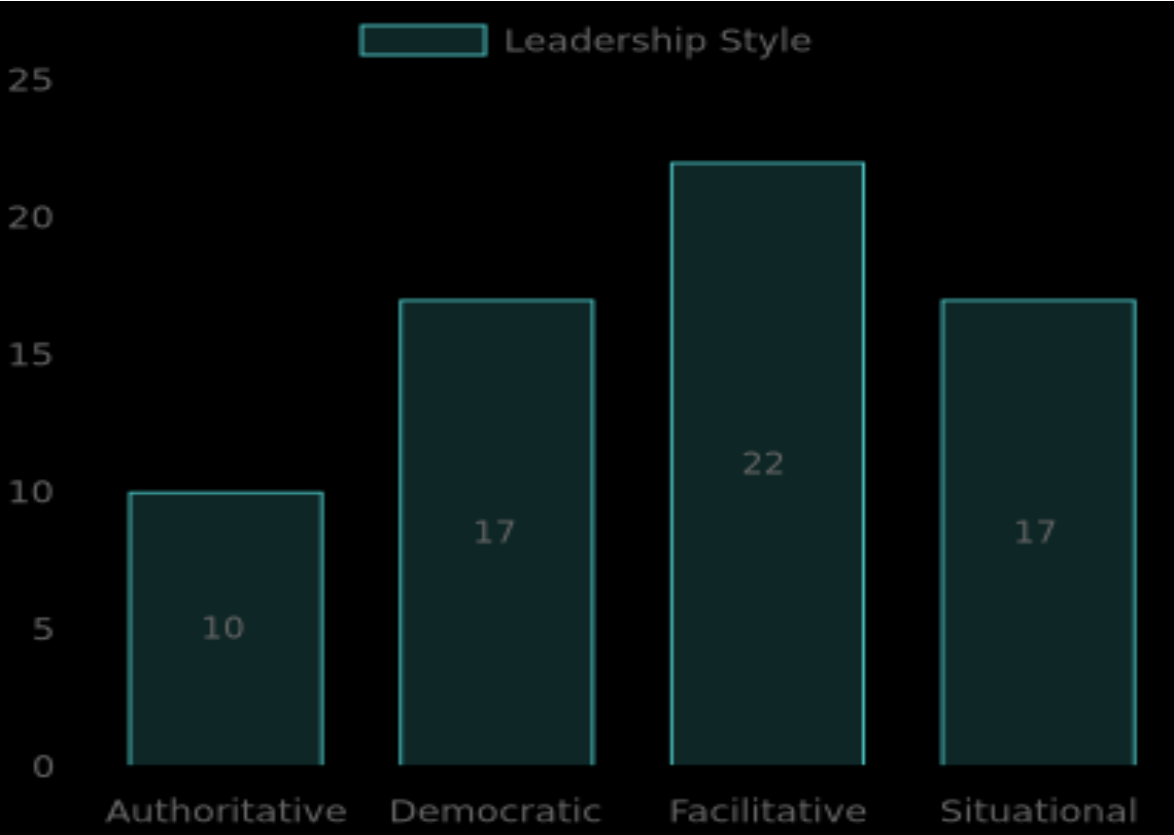
### Leadership Skills

**Score :** 60 ( Category: Competing )

#### Feedback:

You're on the right track, but there's room for improvement in your leadership skills. While you display some effective leadership traits, some areas need attention, such as communication consistency and decision-making. Focus on developing your skills further, seeking mentorship and feedback to help you enhance your leadership abilities.

# 12. LEADERSHIP STYLE



# LEADERSHIP STYLE

## Authoritative



**Score :** 10 ( Category: Basic Proficiency )

**Feedback:**

Your ability to exhibit an authoritative leadership style within this range shows a foundation for growth. You might be in the early stages of developing this style, which can be advantageous when leading in situations that require clear direction and decisions. Continue honing your skills by further understanding the balance between assertiveness and collaboration, which are essential components of this leadership approach.



## Democratic

**Score :** 17 ( Category: Developing Skills )

**Feedback:**

Your score reflects an increasing level of proficiency in practising democratic leadership. You seem to grasp the significance of empowering your team by allowing them to participate in shaping decisions. This approach can lead to enhanced engagement and a sense of ownership among team members. Your efforts to consider various viewpoints and incorporate diverse perspectives are a testament to your commitment to inclusivity.

# LEADERSHIP STYLE



## Facilitative

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

**Feedback:**

Your score within this range reflects a solid grasp of the facilitative leadership style. You're effective at encouraging team participation, leveraging diverse perspectives, and making decisions collaboratively. This approach helps create a culture of ownership and engagement among your team members. Keep honing your skills by ensuring that discussions remain constructive and that everyone's contributions are acknowledged and respected.



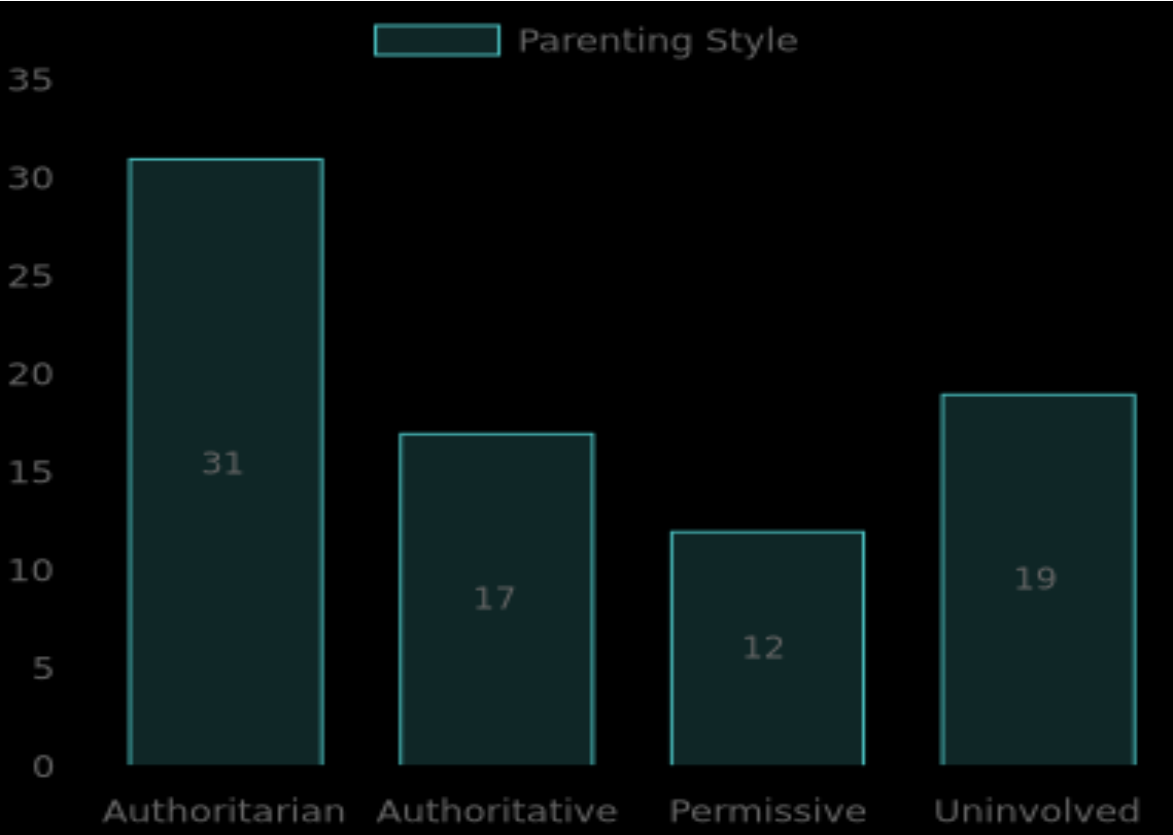
## Situational

**Score :** 17 ( Category: Developing Skills )

**Feedback:**

Within this range, you are demonstrating progress in embracing the situational leadership style. You recognize that different team members require different levels of guidance and support depending on their skills and experience. Continue refining your ability to assess the readiness of your team members and adapt your leadership approach accordingly. By doing so, you'll empower each individual to reach their full potential and contribute effectively to the team's success.

### 13. PARENTING STYLE



# PARENTING STYLE

## Authoritarian



**Score :** 31 ( Category: Excelling )

**Feedback:**

Your parenting style falls into the very high authoritarian category. You prioritize strict rules, discipline, and control over your child's actions. While structure is important, it's essential to ensure that your child also feels supported, heard, and valued. Be open to flexibility and empathy in your approach to help your child develop a strong sense of self-esteem and emotional well-being.



## Authoritative

**Score :** 17 ( Category: Progressing )

**Feedback:**

Your parenting style falls into the moderate authoritative category. You strike a good balance between setting boundaries and giving your child room for autonomy. Continue fostering open communication and nurturing a supportive environment for your child's growth. This approach can help them develop a strong sense of responsibility and self-discipline.

# PARENTING STYLE

## Permissive



**Score :** 12 ( Category: Progressing )

**Feedback:**

Your parenting style falls into the moderate permissiveness category. You provide a reasonable amount of freedom and independence for your child while also setting some limits. This balanced approach can be effective in fostering creativity and self-esteem, but it's crucial to ensure that your child understands the importance of rules and responsibilities.



## Uninvolved

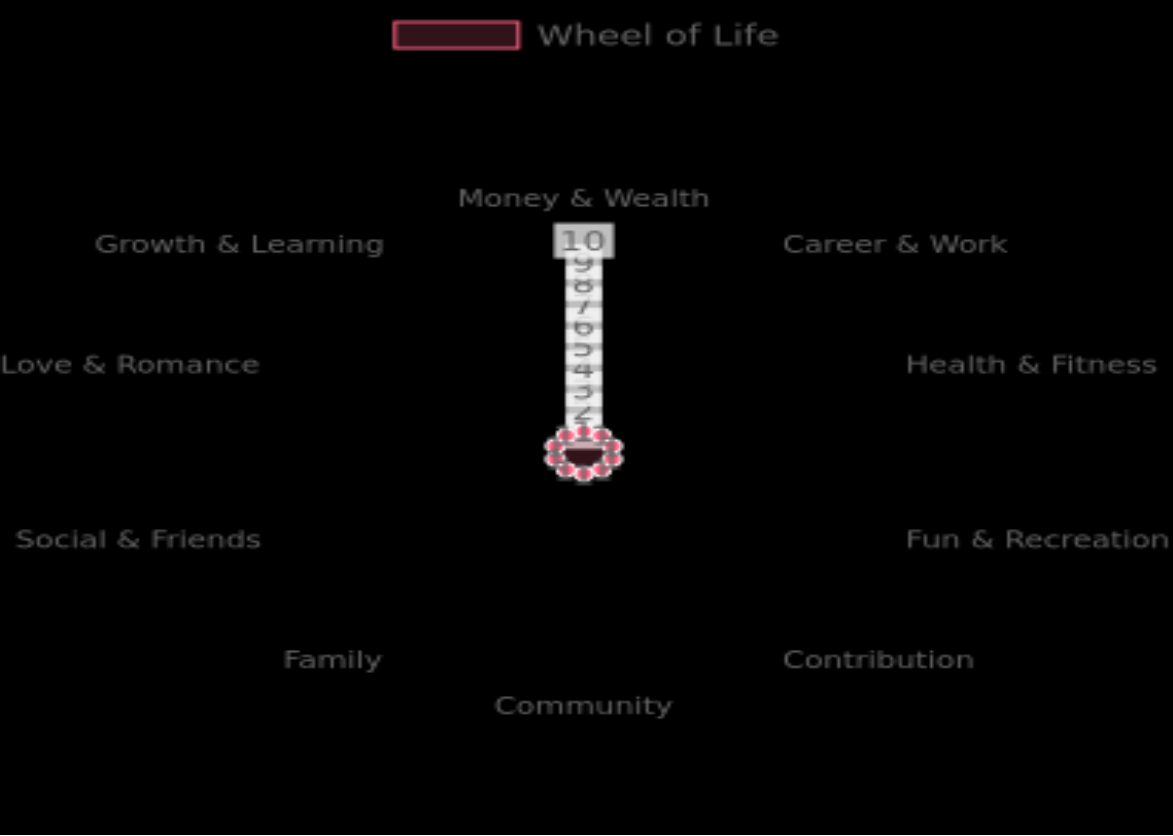
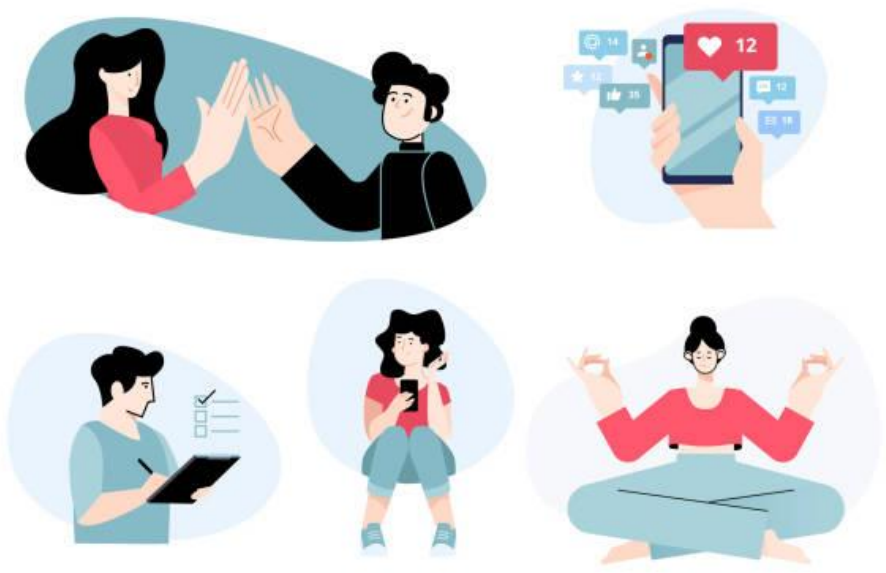
**Score :** 19 ( Category: Progressing )

**Feedback:**

Your parenting style falls into the moderate uninvolved category. While you are somewhat involved, there is room for improvement in terms of providing emotional support and guidance. Strive to become more engaged in your child's life, showing interest in their interests and concerns, and being present when they need you.



# 14. WHEEL OF LIFE WELLNESS DIMENSIONS



# WHEEL OF LIFE: WELLNESS DIMENSIONS

## Feedback:

## Score :

Your financial situation requires significant improvement. It's important to take proactive steps to address your financial challenges. Consider creating a budget, seeking financial advice, and exploring opportunities for saving and investing. Focusing on enhancing your financial literacy and setting clear financial goals will help you build a stronger foundation for your future.

1/10  
(Needs Significant Improvement)

Your career and work situation requires significant improvement, as you're currently in the lower percentage range. It's important to evaluate your career goals, assess your current role, and consider opportunities for advancement or skill development.

1/10  
(Needs Significant Improvement)

Your health and fitness routines are in need of significant improvement. It's crucial to address this area for the sake of your overall well-being. Consider consulting a healthcare professional to create a plan that includes regular exercise, balanced nutrition, and a focus on mental health.

1/10  
(Needs Significant Improvement)

# WHEEL OF LIFE: WELLNESS DIMENSIONS

## Feedback:

## Score :

Your engagement in fun and recreational activities needs significant improvement. Allocating time for enjoyable pursuits can greatly enhance your overall happiness. Consider exploring new hobbies or finding ways to incorporate leisure into your routine.

1/10  
(Needs Significant Improvement)

Your level of contribution to others and the community needs significant improvement. There's a notable opportunity for you to make a more positive impact on those around you.

1/10  
(Needs Significant Improvement)

Your engagement with your community needs significant improvement. Consider exploring ways to actively participate in community events and initiatives to foster stronger connections.

1/10  
(Needs Significant Improvement)

# WHEEL OF LIFE: WELLNESS DIMENSIONS

## Feedback:

Your engagement and connection with your family need significant improvement. Investing time and effort in nurturing familial relationships can lead to stronger bonds and greater happiness.

## Score :

1/10  
(Needs Significant Improvement)

Your social interactions and friendships need significant improvement. Investing more time and effort in building and maintaining connections can lead to a richer social life.

1/10  
(Needs Significant Improvement)

Your love and romance aspect needs significant improvement. It's important to invest time and effort into nurturing your romantic relationships and addressing any underlying concerns.

1/10  
(Needs Significant Improvement)

Your commitment to personal growth and learning requires significant improvement. It's important to invest time and effort in expanding your knowledge and skills to reach your full potential.

1/10  
(Needs Significant Improvement)

## 15. CYBER DEPENDENCY



**Score :**70 ( 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.

# 16. COMPETITIVE STATE ANXIETY INVENTORY



# COMPETITIVE STATE ANXIETY

## Cognitive Anxiety



**Score :** 24 ( Category: Moderate )

**Feedback:**

Your cognitive anxiety score falls within the moderate range, indicating that you might experience a noticeable level of anxious thoughts and concerns. It's important to remember that anxiety is a common emotion, and many individuals face similar challenges. Consider exploring mindfulness techniques, deep breathing exercises, and cognitive-behavioral strategies to manage and redirect your anxious thoughts, allowing you to regain a greater sense of control over your thinking patterns.

## Somatic Anxiety



**Score :** 21 ( 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 :** 22 ( Category: Moderate )

**Feedback:**

Moderate Self-Confidence: You're well on your way to building strong self-confidence. You have a good understanding of your abilities and areas you can grow in. Keep nurturing your strengths, setting achievable goals, and celebrating your successes. Your self-assured attitude will continue to serve you well.

### ***Disclaimer***

The information provided in this analysis belongs to its owner only. In case of a minor, the rights of information are with his legal guardian. The content of this analysis is only for reference, based on the scientific research in the field of psychology and statistical study conducted based on the psychometric tests and counselling session. The decision to follow any instruction, advise, suggestion or recommendation completely depends upon you and you will be solely responsible for the consequences of the same. We as an organization or any of its representatives are not responsible for any consequences under any circumstance. Before taking any crucial decision, please refer to a professional counsellor. The results are only indicative and the company or any authorized representative of the company shall in no case be liable for failure in any particular course of study or activity recommended in the report or any important decisions taken based on this report. Thus, it should not be used as a standalone instrument for any important decision-making. The accuracy of test results may be influenced by the honesty and self-awareness of the participants taking the test.