

# ***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.

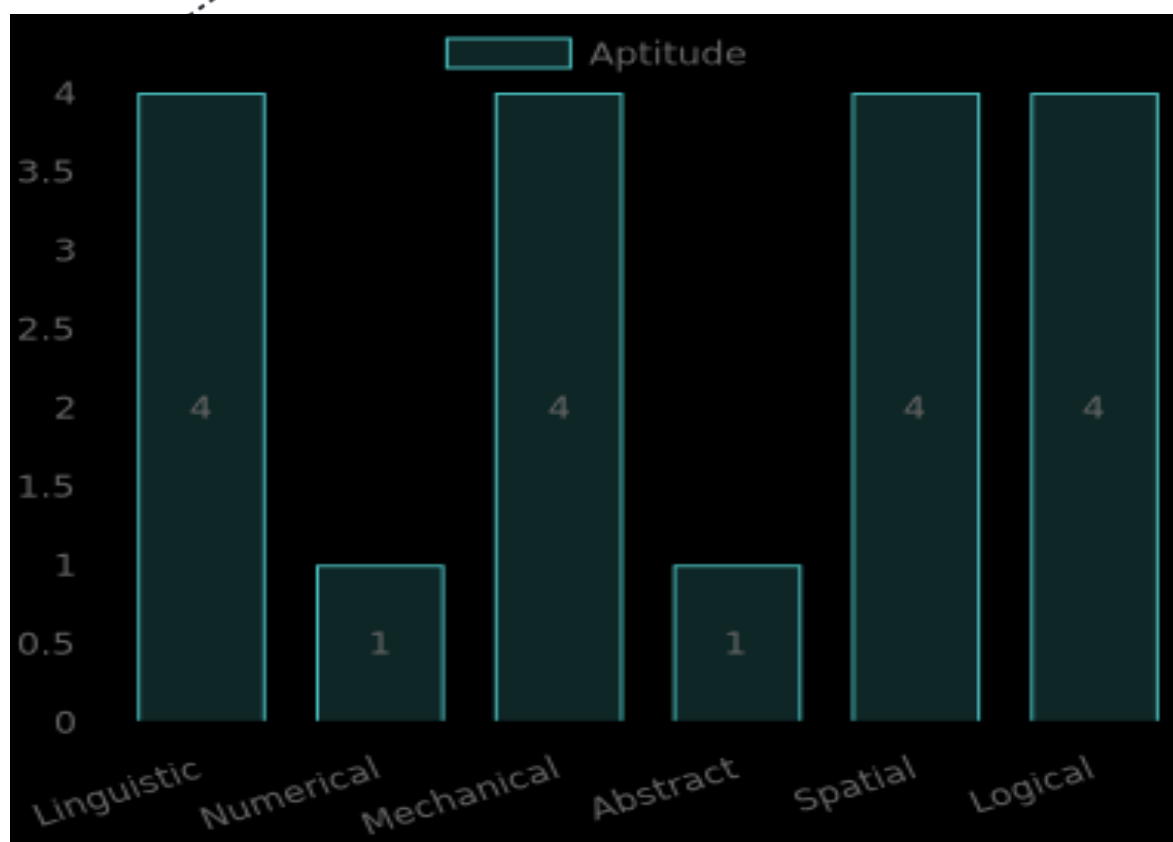
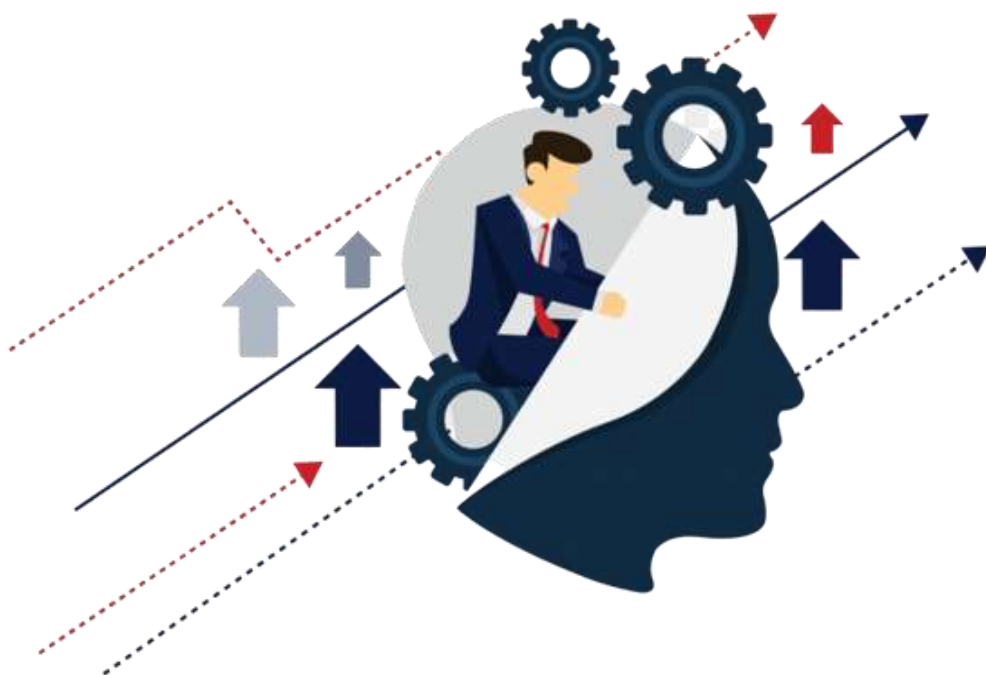


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# 1. APTITUDE





# APTITUDE

## 1. Linguistic Reasoning:



**Score :** 4 ( Category: Developing )

**Feedback:**

Your commitment to improving your verbal reasoning skills is admirable. While your current score falls in the lower range, remember that progress takes time and effort. Keep practicing and learning, and you'll undoubtedly see growth in your abilities.

**Career Suggestions:**

Consider roles that involve basic communication skills, such as data entry, administrative support, or entry-level customer service. These roles can provide a foundation for further skill development and growth.

## 2. Numerical Reasoning



**Score :** 1 ( Category: Developing )

**Feedback:**

Your dedication to improving your numerical reasoning skills is evident. While your current score reflects a starting point, remember that progress takes time and effort. Continue practicing and learning to see significant improvements.

**Career Suggestions:**

Consider roles that require basic numeracy skills, such as data entry, administrative support, or entry-level positions in customer service. These roles can provide a foundation for further skill development and growth.

# APTITUDE

## 3. Mechanical Reasoning



**Score:** 4 ( Category: Developing )

**Feedback:**

Your interest in mechanical reasoning is evident, and while your current score reflects a starting point, remember that learning takes time. Keep exploring mechanical concepts and practicing to enhance your understanding.

**Career Suggestions:**

Consider roles that involve basic mechanical tasks, such as assembly line work, equipment operation, or assistant positions in maintenance. These roles can provide hands-on experience and opportunities for skill development.



## 4. Abstract Reasoning

**Score:** 1 ( Category: Developing )

**Feedback:**

Your dedication to improving your abstract reasoning skills is evident. While your current score is in the lower range, remember that growth takes time and effort. Your commitment to learning will undoubtedly lead to progress.

**Career Suggestions:**

Focus on enhancing your visual thinking, pattern recognition, and problem-solving abilities. Engaging in activities like puzzles, spatial reasoning games, and creative arts can help you gradually develop your abstract reasoning skills. Entry-level positions in fields like data entry, administrative support, or basic technical roles could be a starting point.



# APTITUDE



## 5. Spatial Reasoning

**Score :** 4 ( Category: Developing )

**Feedback:**

Your interest in developing your spatial reasoning skills is evident. While your current score reflects a starting point, remember that improvement takes practice and effort. Continue working on enhancing your spatial awareness and visualization abilities.

**Career Suggestions:**

Consider roles that require basic spatial skills, such as assembly line work, basic drafting, or introductory positions in fields like architecture and design. These roles can provide a foundation for further skill development.

## 6. Logical Reasoning



**Score :** 4 ( Category: Developing )

**Feedback:**

Your willingness to engage with logical reasoning is evident, even though your current score is in the lower range. Remember that logical reasoning skills can be developed over time with practice and learning. Keep exploring and honing your skills.

**Career Suggestions:**

Start by focusing on roles that require basic problem-solving skills, such as administrative or entry-level positions in various industries. Building a strong foundation in logical thinking will serve as a stepping stone for future growth.

## 2. MULTIPLE INTELLIGENCE





## MULTIPLE INTELLIGENCE

### 1. Linguistic Intelligence

**Score:** 35 ( 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:** Explore a career in linguistics, where your exceptional language mastery can be applied to study, analyze, and document languages.
- **Professor/Teacher:** Consider becoming a professor or teacher in language-related subjects, sharing your knowledge and expertise with others.
- **Diplomat/Translator:** Pursue diplomatic roles or become a professional translator, using your exceptional language skills to bridge communication gaps between cultures and languages.
- **Novelist/Poet:** Write novels, poetry, or literary works at the highest level of creativity and sophistication, showcasing your mastery of language.
- **Speechwriter:** Work as a speechwriter for politicians, executives, or public figures, crafting compelling speeches that resonate with audiences.



## 2 Logical/Mathematical Intelligence

**Score:** 25 ( 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:** 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:** Utilize your exceptional interpersonal skills to help individuals and groups address mental and emotional challenges.
- **Executive Leadership:** As a top-level executive, you can lead organizations to success by fostering a positive and collaborative work environment.
- **Diplomat:** Represent your country's interests and build international relationships as a diplomat.
- **Leadership Coach:** Help executives and leaders improve their interpersonal and leadership skills.
- **Mentorship Programs:** Establish mentorship programs within organizations or communities to empower others with your expertise.





Music Smart

### 5 Musical Intelligence

**Score:** 32 ( 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:** 35 ( 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:** 39 ( 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:**

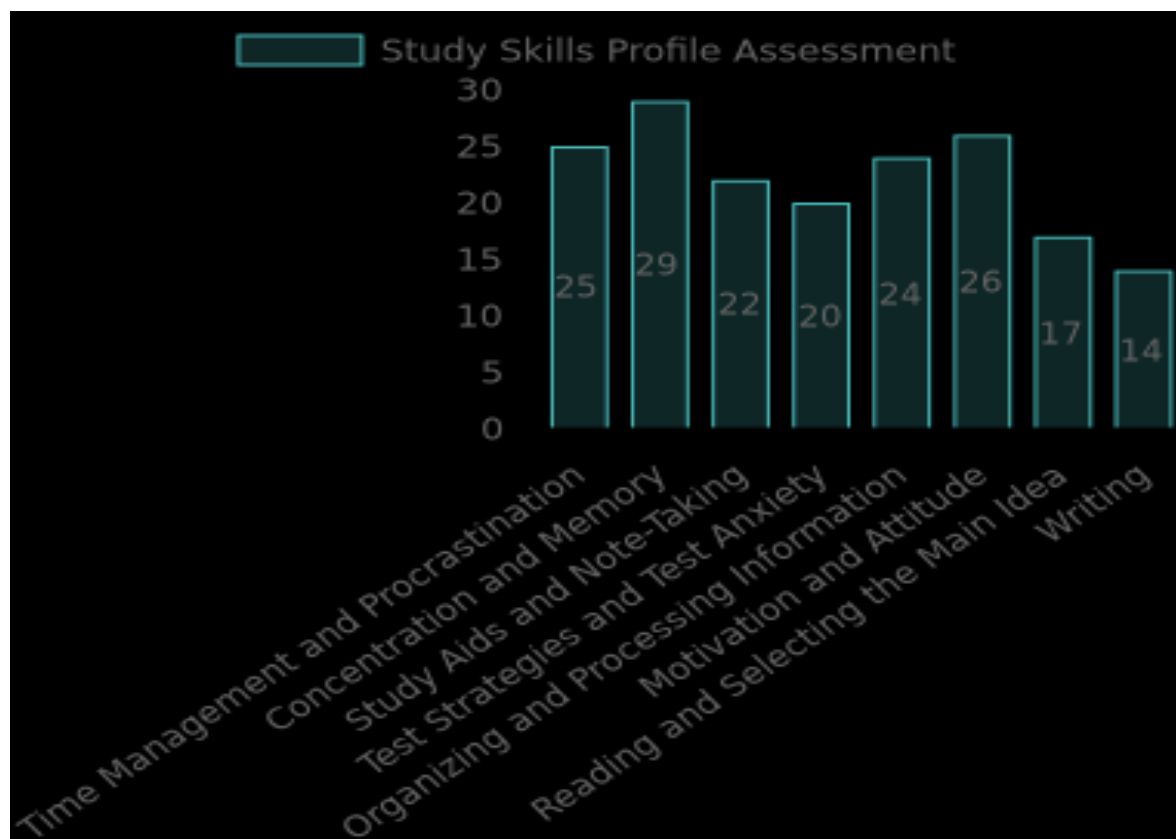
- **Psychotherapist:** Offer in-depth therapy and support to individuals dealing with complex emotional issues.
- **Creative Director:** Use your exceptional self-mastery to lead and inspire creative teams in fields like advertising, design, or filmmaking.
- **Spiritual Guide:** Guide individuals in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

## Career Priority List



1. Consultant
2. Life Coach/ Leadership Coach
3. Theologian/Religious Leader
4. Actor / Actress
5. Teacher/ Professor
6. Politician
7. Psychologist
8. Marine Biologist
9. Actor / Actress
10. Dancer /Choreographer

### 3. STUDY SKILL PROFILE ASSESSMENT





# STUDY SKILL PROFILE



## 1. Time Management and Procrastination

**Score :** 25 ( Category: Exceptional Mastery )

**Feedback:**

Your mastery of time management and triumph over procrastination are remarkable. Your disciplined approach and effective strategies are yielding impressive results. Keep up the exceptional work as you enjoy heightened productivity and focus in your endeavours.

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

**Feedback:**

Your score suggests a solid foundation in study aids and note-taking. Continue to develop and fine-tune these strategies to further streamline your learning process and increase your understanding of the material.

# STUDY SKILL PROFILE



## 4. Test Strategies and Test Anxiety

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

**Feedback:**

Your commitment to mastering test strategies and managing test anxiety is evident. Continue to refine your techniques through consistent effort and utilize resources to achieve optimal results in exams.

## 5. Organizing and Processing Information

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

**Feedback:**

Your organizational and information processing capabilities are solid, showcasing your commitment to effective learning. Continue to explore advanced strategies to enhance your skills even further.



## 6. Motivation and Attitude

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

**Feedback:**

Your exceptional motivation and unwavering positive attitude are truly inspiring. Your proactive approach and enthusiasm set a strong foundation for continuous growth and remarkable accomplishments.

## STUDY SKILL PROFILE



### 7. Reading and Selecting the Main Idea

**Score :** 17 ( Category: Strong Proficiency )

**Feedback:**

Your proficiency in reading and selecting the main idea is commendable. Continue engaging with a variety of texts to reinforce your skillset. Fine-tune your analytical prowess and main idea identification through continuous practice, leading to a deeper understanding of textual content.

### 8. Writing

**Score :** 14 ( Category: Developing Skills )

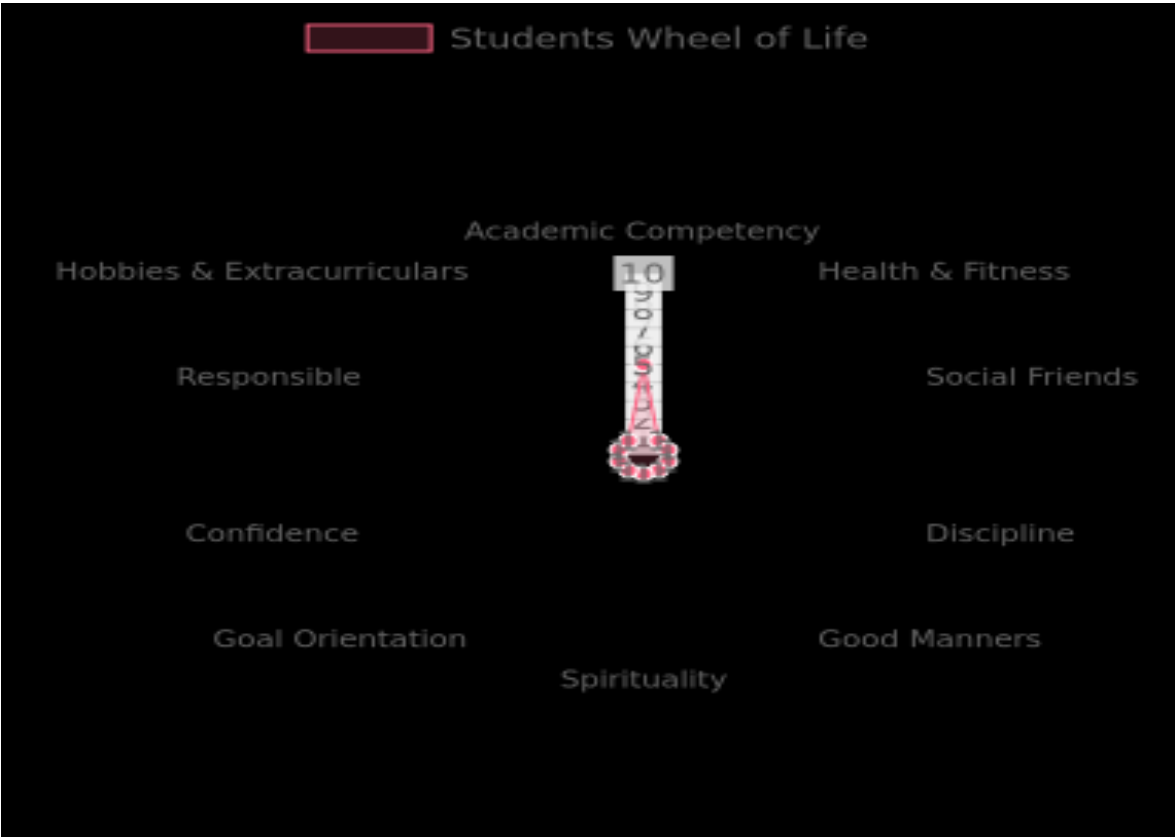
**Feedback:**



You are demonstrating a foundation in writing, but there is room for refinement. Paying attention to clarity, and coherence, and incorporating more varied vocabulary will contribute to stronger and more engaging compositions.

# 4. WHEEL OF LIFE

## STUDENT’S WELLNESS DIMENSIONS



# WHEEL OF LIFE: STUDENT'S WELLNESS DIMENSIONS

## Feedback:

## Score:

Academic Competency: Average understanding, room to improve. 5/10

Health & Fitness: Poor physical health, lack of exercise. 1/10

Social Friends: Limited social interactions, few connections. 1/10

Discipline: Lack of self-control and organization. 1/10

Good Manners: Frequent lapses in etiquette and politeness. 1/10

Spirituality: Minimal engagement, lack of personal connection. 1/10

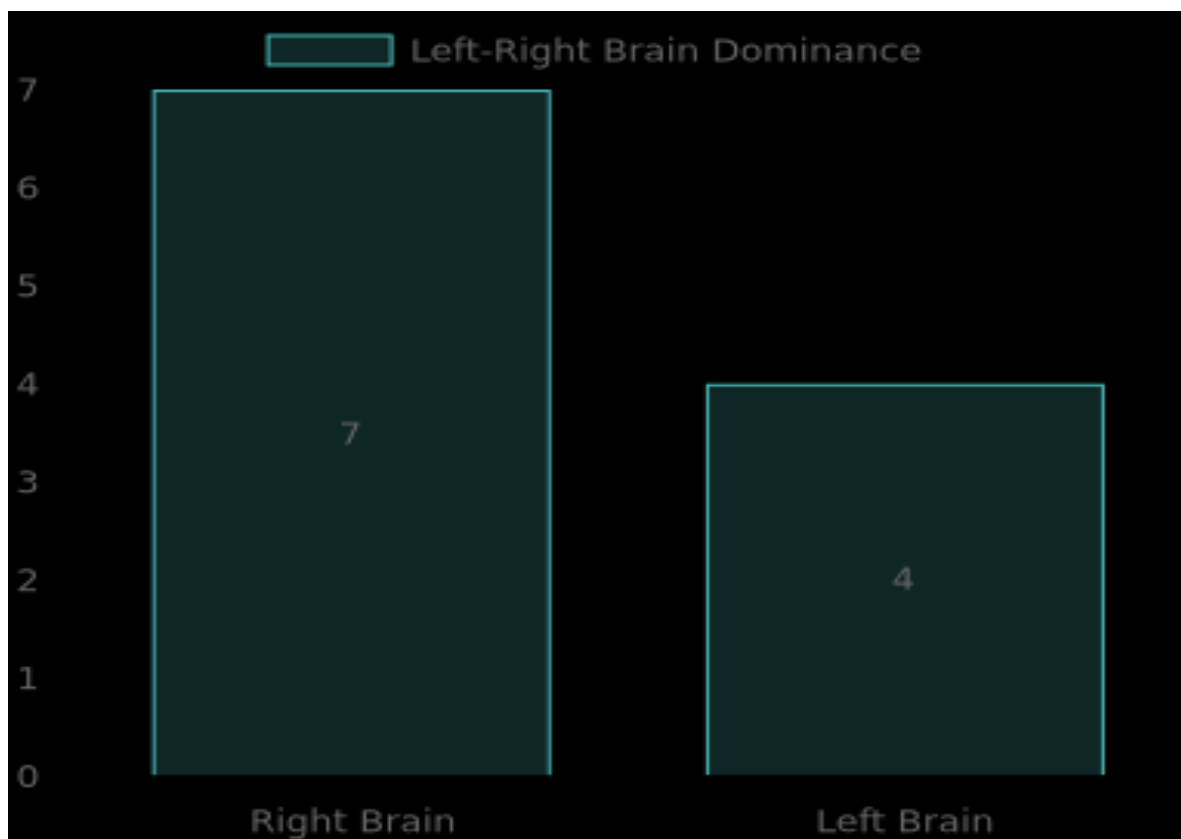
Goal Orientation: Undefined goals, lack of direction. 1/10

Confidence: Low self-esteem, self-doubt. 1/10

Responsible: Inconsistent commitment to responsibilities. 1/10

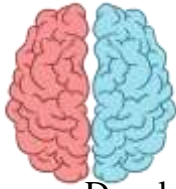
Hobbies & Extracurriculars: Limited engagement, lack of interests. 1/10

## 5. RIGHT-LEFT BRAIN DOMINANCE





# RIGHT-LEFT BRAIN DOMINANCE



## Left Brain Dominance:

**Score :** 4 ( Category: Developing Dominance )

### **Feedback:**

Analytical Thinking: Some logical problem-solving skills.

Language Skills: Adequate verbal communication and grammar.

Math and Logic: Basic comfort with numbers and reasoning.

Structured Planning: Can organize tasks and set goals.

Sequential Processing: Follows linear sequences with effort.

## Right Brain Dominance:



**Score :** 7 ( Category: Balanced Dominance )

### **Feedback:**

Creativity: Strong capacity for imaginative and original thinking.

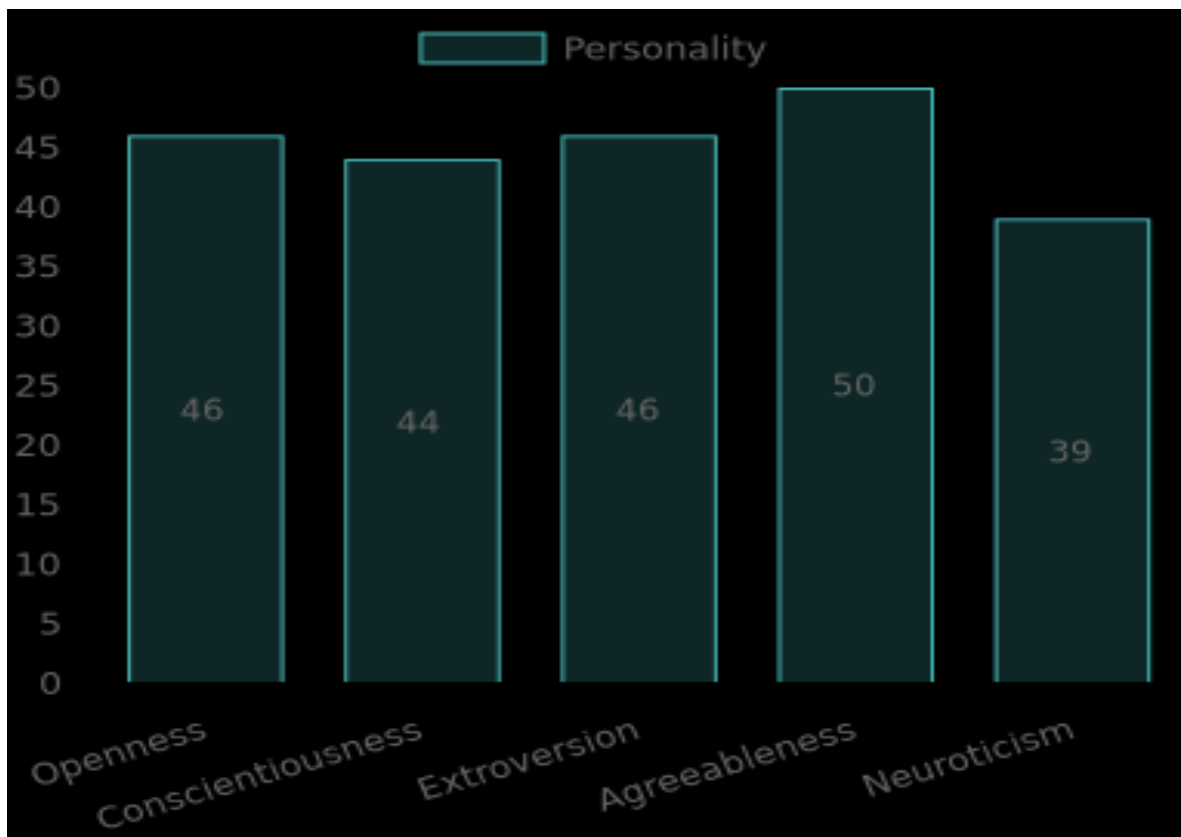
Visual Perception: Proficient in noticing shapes and colors.

Intuition: Comfortable relying on instincts and gut feelings.

Holistic Thinking: Easily sees the big picture and makes connections.

Artistic Abilities: Proficient artistic expression.

## 6. PERSONALITY TRAITS DOMINANCE



# PERSONALITY TRAITS DOMINANCE

## 1 Extroversion:



**Score :** 46 ( 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 :** 44 ( Category: Outstanding )

**Feedback:**

Your conscientiousness is a dominant trait, and you excel in planning, organization, and goal achievement. You take your responsibilities seriously and are known for your reliability.

**Possible Personality Type:** Possible Personality Type: Methodical, Disciplined, Achievement-Oriented

**Career Options:**

Seek roles that demand meticulous attention to detail, project management skills, and consistent follow-through. Consider careers in finance, operations management, research, or regulatory compliance.

### 4 Neuroticism:



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

**Feedback:**

You may experience heightened emotional responses in certain situations, indicating a sensitivity to stressors. However, you are also likely to possess effective coping mechanisms and can recover from setbacks. Roles in the helping professions could be avenues to explore.

**Possible Personality Type:** Possible Personality Type: Sensitive, Reflective, Resilient Learner

**Career Options:**

Pursue roles that encourage personal growth, creative expression, and communication. Writing, artistic pursuits, counseling, or roles in the helping professions could be avenues to explore.

# PERSONALITY TRAITS DOMINANCE

## 5. Openness :



**Score :** 46 ( Category: Outstanding )

**Feedback:**

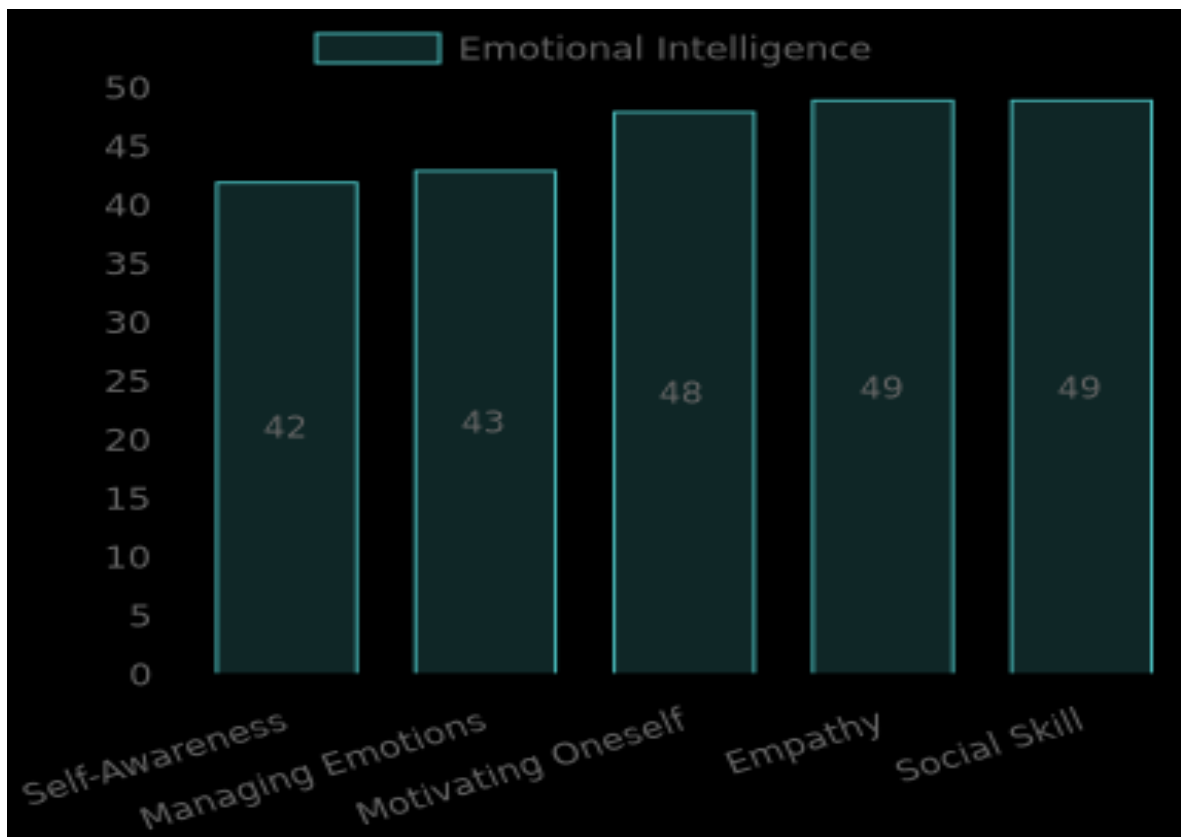
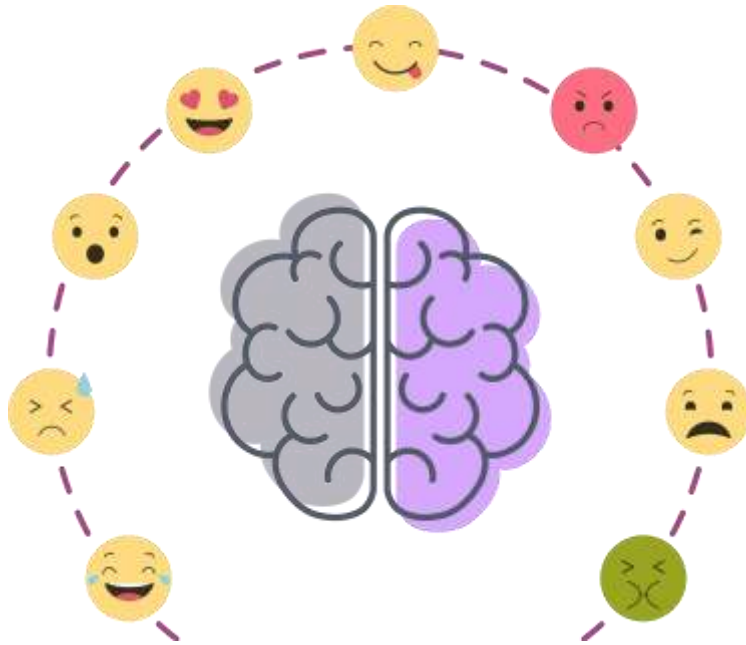
Your high openness underscores a profound appreciation for creativity, intellectual pursuits, and unconventional thinking. You find inspiration in a wide array of experiences and are drawn to pushing boundaries.

**Possible Personality Type:** Possible Personality Type: Creative, Visionary, Intellectual Explorer

**Career Options:**

Seek roles that encourage innovation, abstract thinking, and interdisciplinary collaboration. Writing, artistic endeavors, academia, or roles in cutting-edge fields could provide avenues for your passions.

## 7. EMOTIONAL INTELLIGENCE





# EMOTIONAL INTELLIGENCE



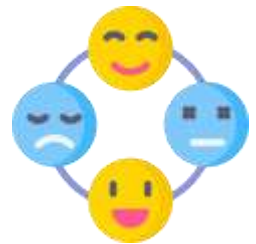
## 1. Self-Awareness

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

**Feedback:**

Well done! Your self-awareness is strong, and you have a solid grasp of your emotions and reactions. You are mindful of your strengths and areas for improvement, which allows you to adapt and learn effectively. Your commitment to self-reflection is evident, and it positively impacts your interactions with others. Continue honing your self-awareness—it's a valuable asset that will serve you well in various aspects of life.

## 2. Managing Emotions



**Score :** 43 ( 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 :** 48 ( Category: Outstanding )

**Feedback:**

Congratulations! Your ability to motivate yourself is exceptional. You exhibit a high level of self-discipline, resilience, and a strong sense of purpose. Your proactive approach to setting and achieving goals is truly inspiring. Your intrinsic motivation serves as a powerful driving force, enabling you to overcome challenges and consistently achieve excellent results. Keep up the remarkable work, as your self-motivation positively influences both your personal and professional life.

# EMOTIONAL INTELLIGENCE

## 4. Empathy



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

**Feedback:**

Your social skills are truly exceptional! You excel in building and maintaining relationships, displaying empathy, active listening, and effective communication. Your ability to connect with others is outstanding, and it's evident that you create positive and meaningful interactions. Your strong social skills contribute to harmonious relationships, successful collaborations, and a supportive network. Keep up the exceptional work!

# 8. 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 :** 24 ( Category: High )

### **Feedback:**

For those with a strong preference for auditory learning, spoken words and discussions are powerful tools for comprehension. You excel when information is presented through auditory means. To capitalize on this strength, continue participating in discussions, attending lectures, and seeking out audiobooks or podcasts for your studies. While auditory learning is your forte, it's still beneficial to occasionally incorporate visual aids and hands-on experiences into your learning process to maintain a well-rounded and comprehensive approach to education.

## 3. Kinaesthetic

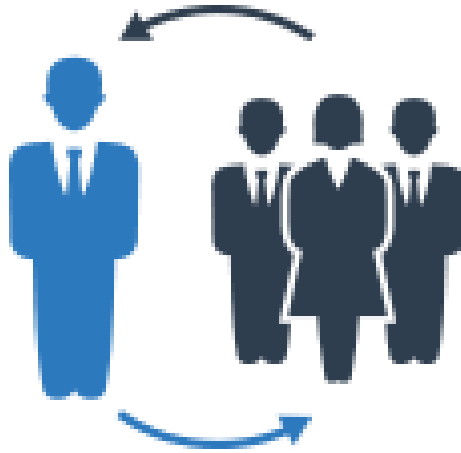


**Score :** 25 ( Category: High )

### **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



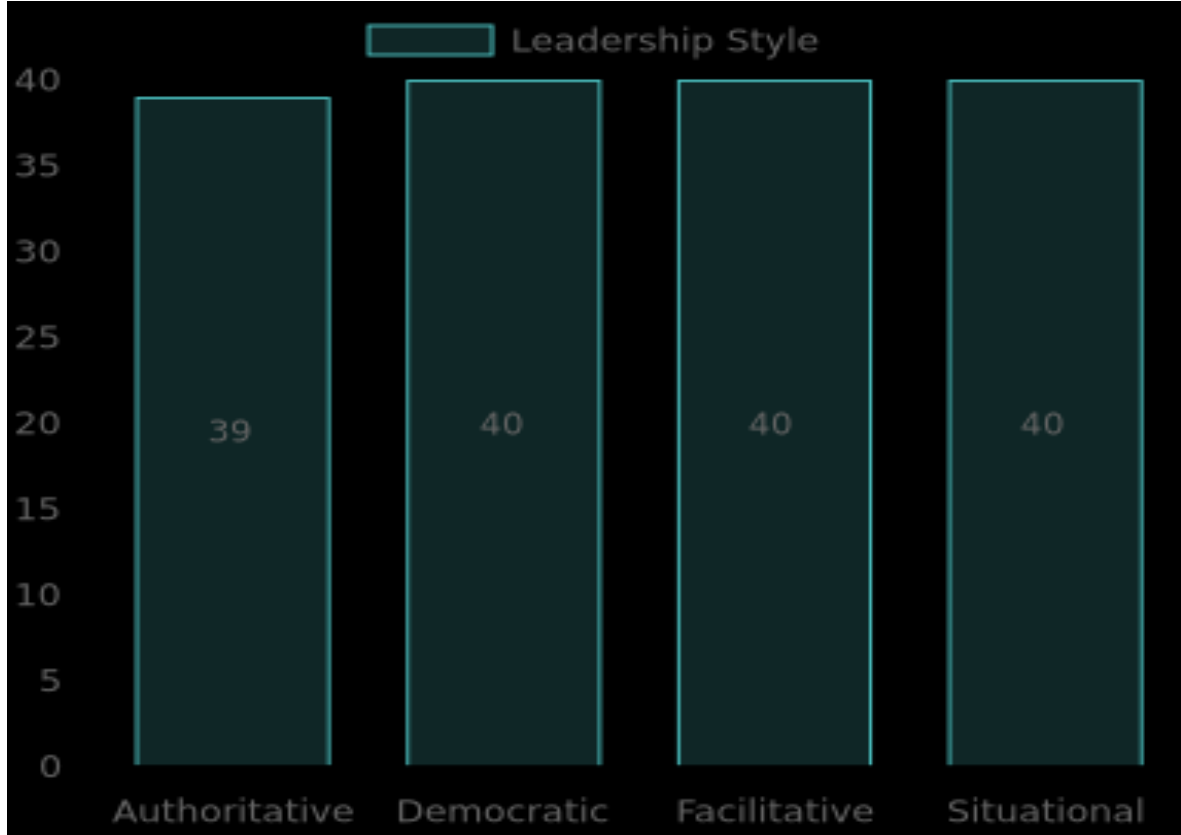
### Leadership Skills

**Score :** 92 ( Category: Outstanding )

### Feedback:

Congratulations! Your exceptional leadership skills are evident in your score. You consistently demonstrate strong communication, decision-making, and team-building abilities. Your approach inspires and motivates others to excel, creating a positive and productive work environment. Keep up the remarkable work and continue to be a role model for effective leadership.

# 10. LEADERSHIP STYLE



# LEADERSHIP STYLE

## Authoritative



**Score :** 39 ( 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 :** 40 ( 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 :** 40 ( 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 :** 40 ( 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 :**87 ( Category: High Dependency )

**Feedback:**

Your cyber dependency score is high, suggesting a heavy reliance on digital technologies for various tasks. While this is common in today's interconnected world, it also exposes you to vulnerabilities in case of technological failures or cyber incidents. To enhance your resilience, focus on reducing your dependency, developing offline capabilities, and having contingency plans for digital disruptions.

## 12. COMPETITIVE STATE ANXIETY INVENTORY



# COMPETITIVE STATE ANXIETY

## Cognitive Anxiety



**Score :** 30 ( 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 :** 33 ( Category: High )

### Feedback:

Your score indicates high somatic anxiety. You may experience significant physical symptoms when confronted with stress or anxiety. While this can be challenging, it's important to recognize that you are taking the first step toward understanding and addressing these symptoms. Seeking support from friends, family, or professionals can provide you with strategies to manage and alleviate these sensations. Your commitment to your well-being is commendable.

## Confidence



**Score :** 32 ( 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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