

NextMind – Questionnaire Report (Static)

Name: Sofia Duarte

Section 1 – Big Five (Score out of 5)

Openness — Score: 3.0/5 (moderate)

Strengths

- Open when benefits are concrete and clear.

Weaknesses

- Prefers proven methods over constant change.

Conscientiousness — Score: 4.0/5 (high)

Strengths

- Consistent, organized, and dependable delivery.

Weaknesses

- May over-structure under uncertainty.

Extraversion — Score: 3.0/5 (moderate)

Strengths

- Balanced collaboration and steady participation.

Weaknesses

- Less energized by highly dynamic environments.

Agreeableness — Score: 4.8/5 (high)

Strengths

- High empathy, active listening, and conflict de-escalation.

Weaknesses

- May avoid necessary confrontation.

Emotional Stability — Score: 4.0/5 (high)

Strengths

- Calm under pressure; consistent emotional regulation.

Weaknesses

- Watch for hidden stress accumulation.

Section 2 – DISC (Score out of 5)

Scores D/I/S/C: D=1.0, I=3.0, S=5.0, C=3.0

Dominant styles: S:5.0, I:3.0, C:3.0, D:1.0

Strengths

- High steadiness and reliability (S).

Weaknesses

- Low dominance—may avoid direct confrontation.

Section 3 – Workplace Well-being (Score out of 5)

Score: 4.0/5

Strengths

- High satisfaction and strong team climate.

Weaknesses

- Protect recovery time during peak periods.

Section 4 – Resilience & Emotional Intelligence (mean out of 5)

Score: 4.0/5

Strengths

- Robust emotional regulation and adaptation.

Weaknesses

- Maintain habits to keep resilience high.