



**PSYCHO
METER**

REPORT

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Date : Fri Nov 10 20:18:24 UTC 2017

General Information

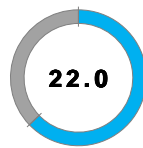
Quotient	Daughter Quotient	Description
Intrapersonal Quotient (I1Q)	Self-Esteem Quotient Body Wellbeing Quotient Locus of Control Quotient	Intrapersonal Quotient is simply about how we view, judge and therefore feel about ourselves and expect to be accepted and valued by people who we value in life. A strong sense of self is vital in determining how we approach life; relate to and work with others. This quotient is measured by our skill in tackling life events and is interpreted by us via feedback got from others.
Interpersonal Quotient (I2Q)	Aggressive-Assertive Quotient Passive-Assertive Quotient Friendliness Quotient Controlling Quotient	Interpersonal Quotient is about how we interact, deal with and manage others. It's about communicating to others what we feel or deserve – however in a manner that does not infringe upon their rights. It is also about understanding and appropriately responding to other's communication about what they feel or deserve. Being assertive, that is talking about our needs, wants, feelings, beliefs and opinions to others in a straightforward style, yet which still shows respect for them, is an important component of this quotient. However, at times we confuse assertive behavior with aggression and control, and erroneously assume that to assert ourselves is to be loud and belligerent and refuse to compromise in any way, or try to make others agree to what we want by any and all means. The use of aggressive behaviors, such as verbal or physical threats, or attempts to control others indirectly through manipulation, may sometimes get us what we desire, but at the cost of any goodwill in our relationships. Over a period of time, aggression and control are as self-defeating as being passive or submissive.
Rational Emotive Quotient (REQ)	Rationality Quotient Impulsiveness Quotient	Thousands of years ago, the Greek philosopher Epictetus said that we are not disturbed by things but the views we take of them. Many centuries later, the most famous English dramatist Shakespeare wrote a similar line: that there is nothing good or bad but our thinking makes it so. Rational emotive behavior is about understanding the importance of this idea and working to make our emotions more rational. The behavior is founded on a small number of straightforward principles having deep implications: we are accountable for our own emotions and actions; our hurtful emotions and dysfunctional behaviors are the result of our illogical thinking; we can learn to have more reasonable and realistic views and, with practice, make them a part of us; we'll experience a deeper acceptance of ourselves and greater satisfactions in life by developing a reality-based outlook.
General Well-Being Quotient (GWQ)	Stress Quotient Happiness Quotient Anxiety Quotient	General Well-being quotient is about how we feel generally in life. Our perceived level of stress is an important part of our general well-being. Stress is a condition or feeling experienced when a person perceives that demands exceed the personal and social resources the individual is able to mobilize. A little bit of stress, called positive stress, is good for us as it helps us work better in demanding situations. But if not within acceptable limits, stress can affect both our body and our mind. People under large amounts of stress can become tired, sick, and incapable of concentrating or thinking clearly. Sometimes, they even suffer mental breakdowns. Similarly our happiness and anxiety levels also affect our general well-being

Score, Interpretation

Quotient

Score

Interpretation

Intrapersonal
Quotient (I1Q)

ADEQUATE

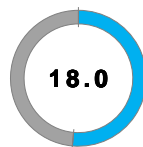
The individual's response suggests that their confidence levels and sense of self-esteem lies in the median range. So while it is good that they have a fair amount of confidence and self-direction, it will be good if some more work is put in to develop a stronger sense of self.

More specifically, the scores show the following...

One, self-esteem is in the median range and while that is encouraging, still the individuals need to put a fair amount of attention in developing a stronger sense of self.

Two, the individuals think their bodies and physical appearance fall in the ok range, but they are not satisfied with their bodies. This leads to a reduced sense of self that could gain from focused effort in the area of body improvement as well as a more positive assessment of the situation.

And three, the scores show that the individuals feel that on an average they have a say in their lives, but that the opposite also holds true many times. It is good to see them taking responsibility for how their lives are, and it will be good if they act in ways where they feel even more like that.

Interpersonal
Quotient (I2Q)

ADEQUATE

The individuals' responses suggest that their IQ2 scores and hence their interpersonal skills are in the median range. While on an average, they work well with others, it is suggested they take some time to improve their interpersonal skills considering the enormous importance of these skills.

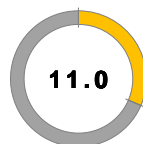
More specifically, the scores show the following...

One, aggression is in the median range and while that is close to acceptable, still the individuals need to put some amount of attention in reducing their aggression and developing behavior that is more assertive: mutually respectful, accepting, honest but tactful, clear, decisive, responsible and spontaneous.

Two, the individuals also often display avoidable passivity in their approach characterized by traits like helplessness, indecisiveness, being needlessly apologetic, lack of responsibility and indirectness. A much more assertive approach is desired in such circumstances.

Three, the scores show that individuals are, on an average, friendly to others which is good. However, at times a little more effort is required to mix with others and get to know, understand and socialize with them.

And four, on an average the individuals lead their own lives and let people around them including their near and dear ones lead theirs. However, sometimes others may still feel that their lives are being interfered with. The individuals should be mindful of that.

Rational Emotive
Quotient (REQ)

IN-ADEQUATE

A significant gap exists between the degree of REQ that is present and that is desirable. The individual's response suggests that in many situations they lack the ability to formulate emotional responses that are rational. Therefore a fair amount of attention needs to be paid to develop this ability.

More specifically, the scores show the following...

One, the individuals are quite irrational at times and this can cause a lot of trouble in their personal and professional lives. A lot of improvement on this front is needed and the individuals need to realize that extreme reactions to situations hinder or sometimes completely damage their ability to solve complex problems.

And two, the scores show that the individuals are characterized by a degree of impulsiveness falling in the median range. This is acceptable as this shows a fairly balanced mix of thinking and planning combined with quick decision making. However, the individuals should take care that in certain situations, not taking time to think through can lead to poor decisions and sub-optimal actions. And three, it is heartening to see that the anxiety levels of the individuals is quite low and they feel they are in control of their lives which in turn leads to higher effectiveness in their lives in a positive feedback loop. The individuals should continue in the worldview and activities that result in such low anxiety levels.

Quotient

Score

Interpretation

General Well-Being
Quotient (GWQ)



ADEQUATE

The individual's response suggests that their general well-being lies in the median range. So while it is good that they feel fairly well in their lives, it will be good if some more work is put in to develop a stronger sense of well-being. More specifically, the scores show the following...

One, responses show that stress levels are in the median range. While that is ok, some attention should be paid to bring down the stress levels.

Two, the individuals' feelings of happiness lies in the median range. This is encouraging as being happy is very important if we want to live fruitful personal and professional lives. Individuals should continue to find ways to increase their happiness.

Profile Indicators



TEAM PLAY

ADEQUATE



CONFLICT HANDLING

ADEQUATE



DECISION MAKING

ADEQUATE



STRESS HANDLING

ADEQUATE



LEADERSHIP

ADEQUATE



EMPLOYEE RELIABILITY

ADEQUATE



SALES ACHIEVEMENT

ADEQUATE



WORK ENGAGEMENT

ADEQUATE



PERSUASIVENESS

ADEQUATE



BUSINESS ACUMEN

ADEQUATE



CUSTOMER SERVING ATTITUDE

ADEQUATE





Graphical Interpretation

You have been assessed on four parameters: Intrapersonal, Interpersonal, Rational Emotive, and General well being. Following is the graphical analysis of your result. The grey area represents the Ideal map, the yellow represents the Indian average (Benchmark) and blue represents Actual Score.

