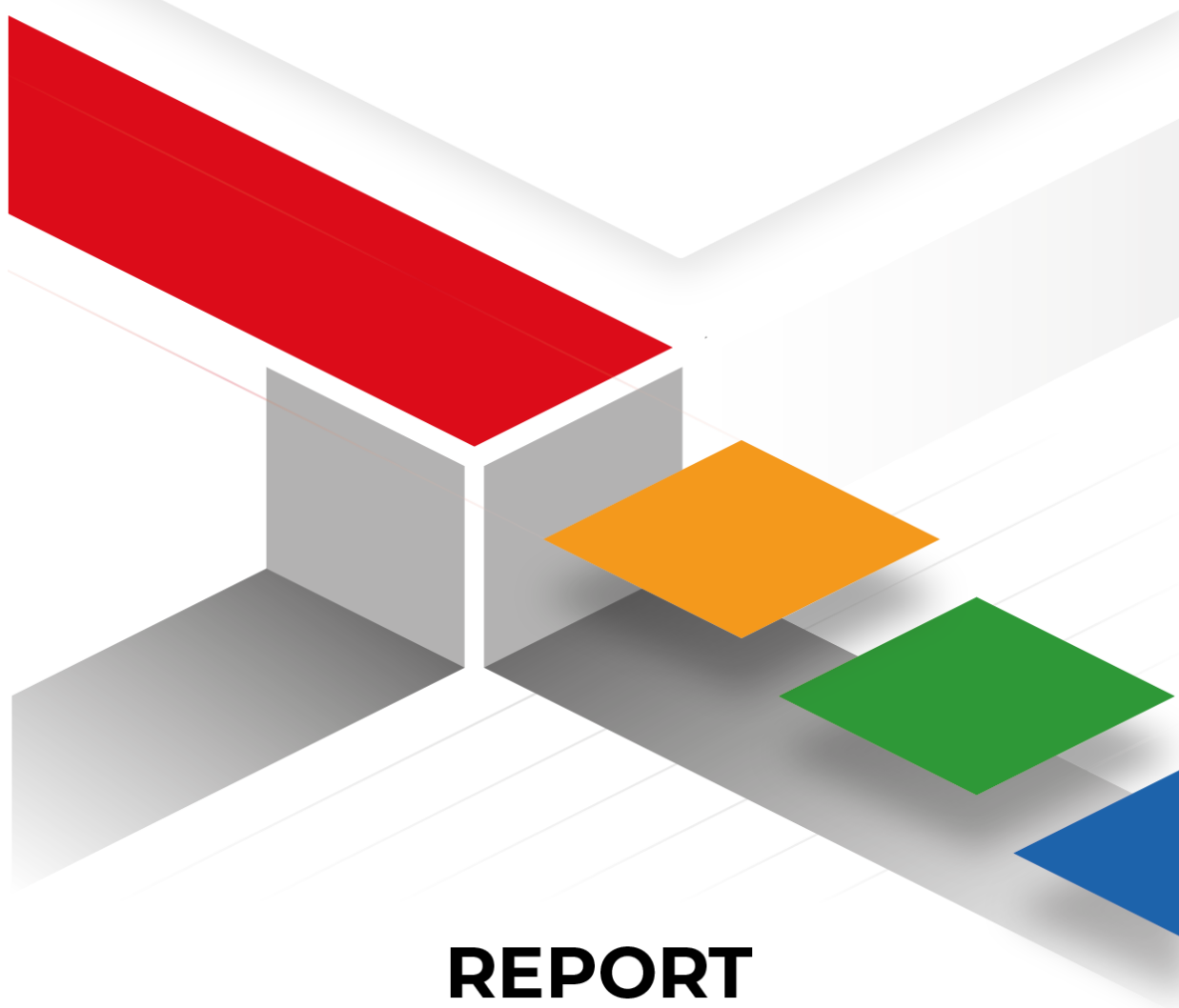


Profi Competence Tests for Adults



REPORT

Report: Name

Report type: Short

ID: 0000

Date: 2020-12-11



ASSESSMENT REPORT

PROFI COMPETENCE FOR ADULTS

Profi Competence Test for Adults is a multidimensional tool used in personality testing in the context of numerous areas of your life, both private and professional. It allows for an accurate and detailed description of your personality, resulting from an individual profile determined by your age, gender and life experience. The comprehensive report that you hold in your hand presents the typical ways of behaving, feeling and thinking in different life situations. The report shows your functioning in six dimensions:

MY RELATIONSHIPS
MY CO-OPERATION
MY ACTIONS
MY WORK
MY SELF-ASSESSMENT
MY EMOTIONS

Each of the dimensions identifies additional subcategories so that the report includes an in-depth analysis of your personality, covering each of the thirty-two areas individually as well as the connections between them. Reading the report you will find answers to a number of questions about your functioning in such areas as:

 MY RELATIONSHIPS	 MY CO-OPERATION	 MY WORK
Kindness Willingness to socialize Interpersonal contacts Assertiveness Thrill seeking	Suspicion Sincerity Egoism Rivalry Humility	Effectiveness Leadership Self-control Goal pursuit Fame
 MY EMOTIONS	 MY SELF-ESTEEM	 MY ACTIONS
Anxiety Sense of inferiority Helplessness Depressiveness Hostile behaviour	Authenticity General self-perception Identity Sense of intimacy Attractiveness	Organization Order Conscientiousness Caution Determination Inner-direction

In such a broad sense you will read about your reactions, behaviours, attitudes, beliefs, strengths and areas for development. The suggested guidelines refer, among others, to your emotional, social, intellectual and physical development.

This report offers comprehensive knowledge about yourself, which can translate into your goals and decisions in your private and professional life.

HOW TO INTERPRET THE REPORT



When analysing your results pay attention to the fact that some subdimensions may present your natural traits and other subdimensions may provide information about your learned reactions. It's completely natural. In your everyday functioning you mostly apply your innate traits, talents and strong sides.

However sometimes the position that you take or the role that you assume in a team (privately and professionally) requires certain behaviours of you. After some time innate reactions become so obvious, that you accept them as your natural reactions.

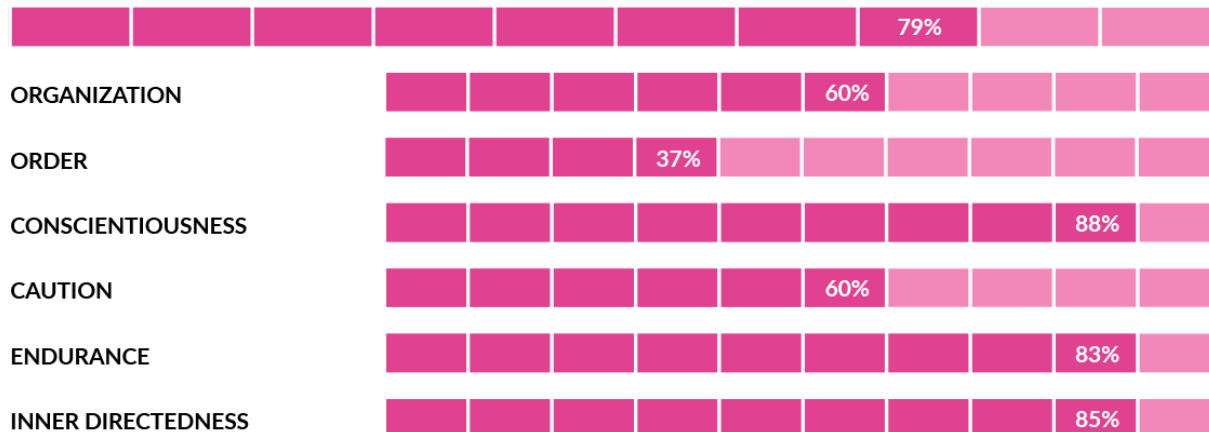
When analysing the results, decide which of the subdimensions show that what is innate to you and which ones show a developed way of being. Additionally decide which traits you would like to keep working on, which ones you would like to start working on and which ones you are fully satisfied with.

Pay attention to the fact that in some of the assessments you may have a generally high result in your overall score, however particular subdimensions (one or two) may show moderate or low scores.

Example:

The overall assessment score, which is the average of the subdimension results, describes the global image of a person in action, combining the results of all the subdimensions into one general score.

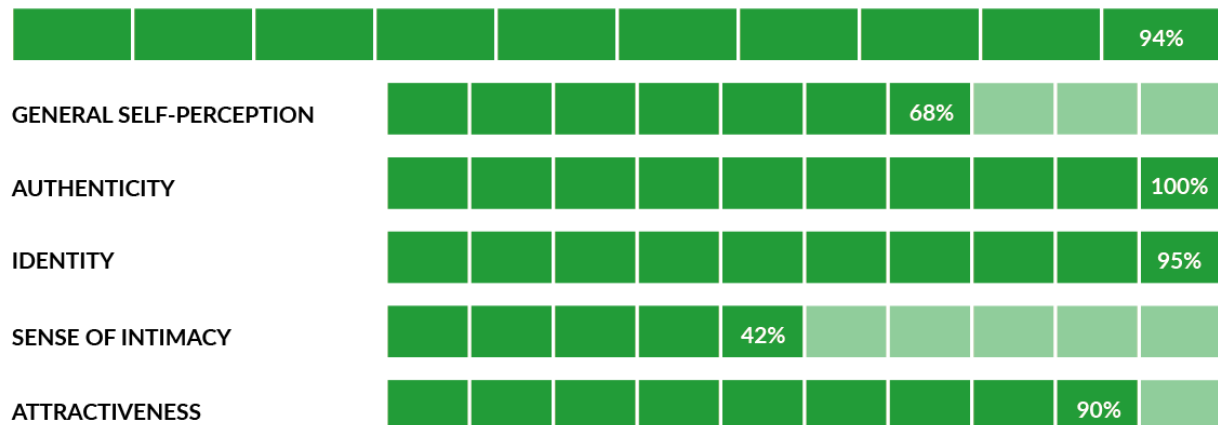
MY ACTIONS



It is possible to receive a high result on the scale of **MY ACTIONS** and simultaneously receive a low result on one of the subdimensions - **ORDER**.

We are then dealing with a person, who is highly organised, conscientious and enduring in action, furthermore they are cautious in making decisions and are strongly inner directed, meaning they are strongly decisive regarding themselves, however their way of ordering private matters as well as professional ones may be at a low level, so that this is a person, who doesn't pay full attention to the order surrounding them.

MY SELF-ESTEEM



It is possible to receive a high result on the scale of **MY SELF-ESTEEM** despite receiving a low result on the **SENSE OF INTIMACY** subdimension.

We are then dealing with a person whose general self-perception is positive, who lives in accordance with their own values and appreciates their own physical attractiveness, however their **SENSE OF INTIMACY** is at a low level, as they may not have felt love and acceptance in life, coming from their close friends and family, hence it is now difficult for them to benefit from the support of other people or to display emotional intimacy towards others.

MY WORK



It is possible to receive a high result on the scale of **MY WORK**, and simultaneously receive a low result on the **FAME** subdimension.

We are then dealing with a person who has leadership skills, is effective, manages in difficult situations, strives towards reaching set goals, however they do not need fame and praise in doing so and do not aim to be popular.

YOUR RESULTS

SOCIAL APPROVAL - A



MY RELATIONSHIPS - A



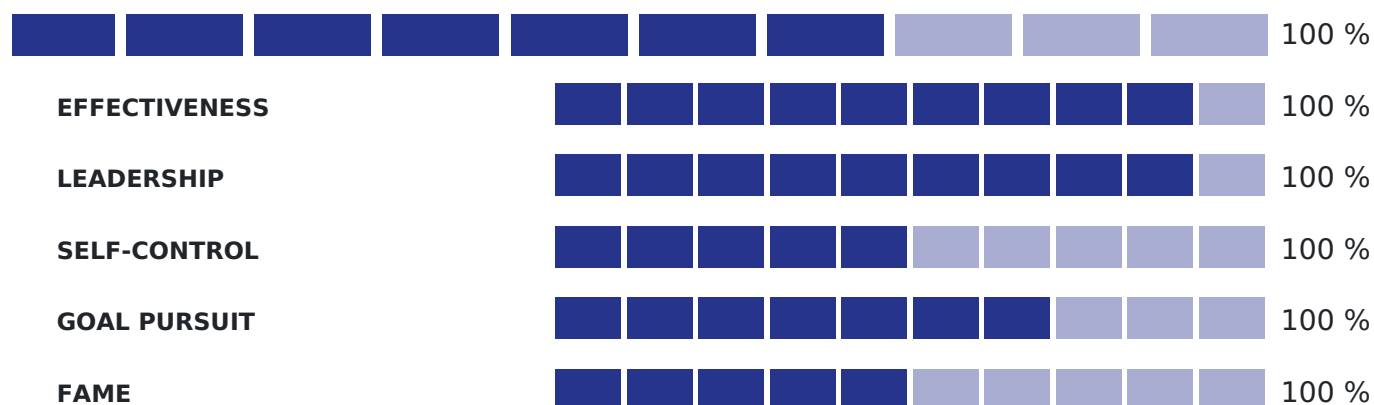
MY CO-OPERATION - A



MY ACTIONS - A



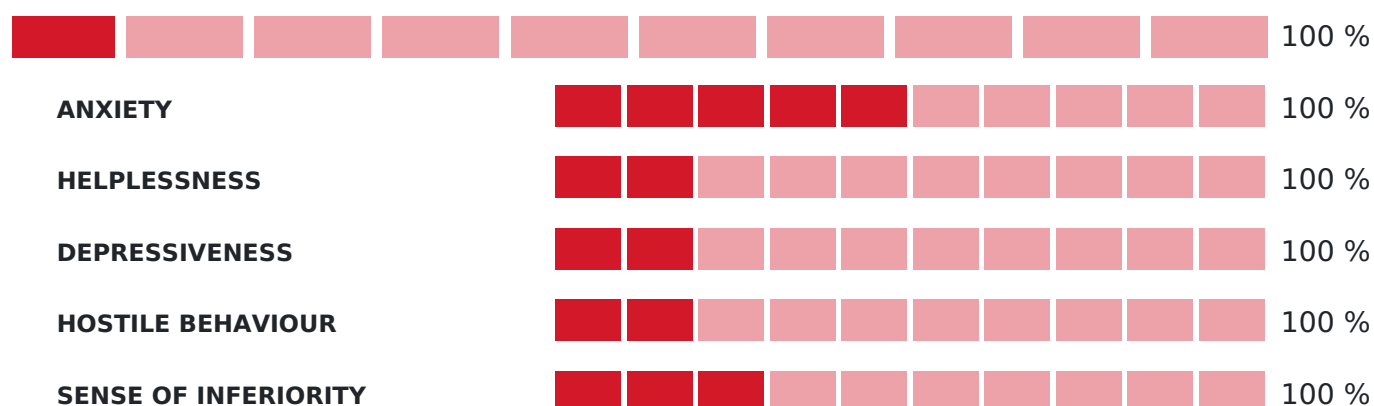
MY WORK - A



MY SELF-ESTEEM - A



MY EMOTIONS - A





MY RELATIONSHIPS - A

The dimension **My Relationships** is characterised by the quality and quantity of social interactions and the level of activity, energy and ability to feel positive emotions in relationships with other people. It determines the desire for social attention i.e. gaining satisfaction from being in the centre of attention and focal point of other people, but also shows the level of willingness to build interpersonal relationships and to maintain them both in private and professional life. It demonstrates the ambitions, the level of an inclination to dominate, as well as the tendency to react with positive or negative emotions in social contacts.



KINDNESS

Determines interpersonal traits, level of cordiality and warmth in relation to other people. It describes the level of the approach and attachment towards people in private and professional relationships.



WILLINGNESS TO SOCIALISE

Determines the level of choosing the company of other people over loneliness. It measures the level of external stimulation, motivation to take action and engagement in interpersonal relationships.



INTERPERSONAL CONTACTS

Determines the level of building interpersonal relationships, their meaning and significance in private and professional life. It reveals the level of involvement in interpersonal relationships and their meaning in building one's position in contact with other people.



ASSERTIVENESS

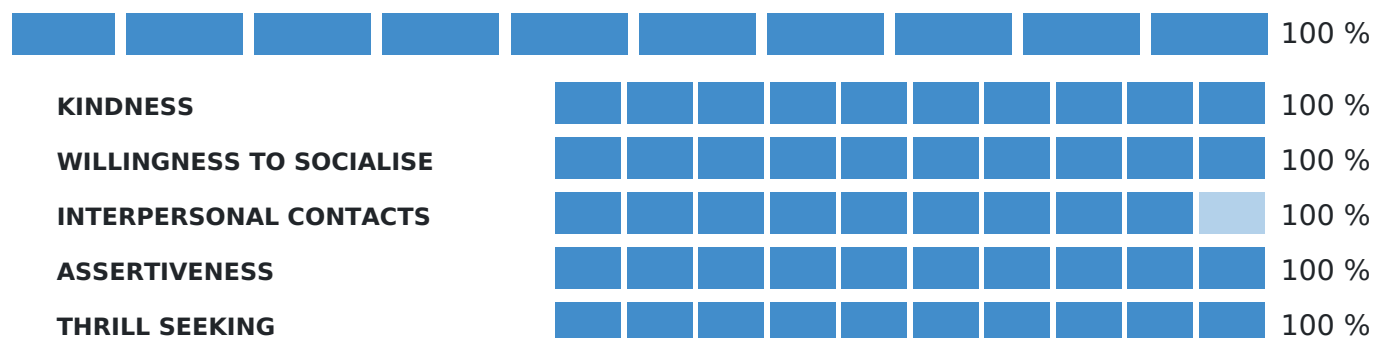
Measures the skill level of expressing one's own opinion, displaying emotions and attitudes, without aggression and instead with respect for others and one's own rights and mental territory. It shows the tendency for domination and leadership and the degree of decision-making abilities.



THRILL SEEKING

Shows the ways of searching for sensations which are the source of external stimulation. It examines the ability and level of making risky decisions, which may have impact on setting and achieving both private and professional goals.

MY RELATIONSHIPS - A





MY CO-OPERATION - A

The dimension **My Co-Operation** describes the method of establishing and maintaining co-operation in interpersonal relations both in private and professional life. It inspects behaviour in these relations. It demonstrates attitudes towards others. On the emotional level it expresses sensitivity or indifference to people's issues. However, on the behavioural level, it demonstrates a cooperative or competitive attitude. It shows how a relation is built with other people as well as self-perception in the eyes of others.



SUSPICION

It determines the level of trust in people in interpersonal relations. It describes the approach and the attitude towards others in co-operation, including the level of cynicism and scepticism. It presents the intentions to build stable co-operation and relations in private and professional life.



SINCERITY

It determines the tendency to be truthful and sincere. It describes the level of honesty in co-operation with other people. It describes the skill to manipulate others and use social engineering.



EGOISM

It determines the level of self-centredness in interpersonal relations as well as in the process of communication. It shows the degree of involvement in helping others. It indicates an egoistic attitude.



RIVALRY

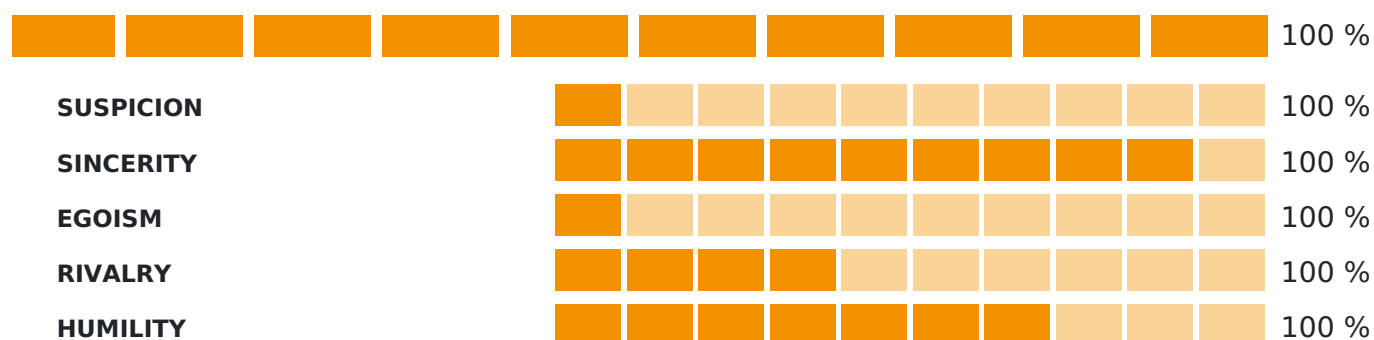
It determines how to respond to interpersonal conflicts. It indicates the level of focus on co-operation or rivalry. It measures the level of the tendency to demonstrate anger, aggressive behaviour or attitudes that build warm relations and consent.



HUMILITY

It determines the level of humility in contacts with others. It shows the importance of modesty, avoiding publicity. It indicates the level of the sense of superiority or even arrogance in interpersonal relationships in private and professional life. It shows how a relationship with others is built and what is your self-perception in the face of other people.

MY CO-OPERATION - A





MY ACTIONS - A

The dimension **My Actions** describes task-oriented or goal-oriented behaviours which are connected with reliability, organisation, orderliness, thoroughness and durability. It refers to the pursuit of achievements, planning and organisational skills and completion of tasks. It reflects the tendency to follow rules, be obedient and loyal and the ability to take control over one's personal life in the decision-making process.



ORGANISATION

It describes trends in planning tasks in private and professional life. It describes the ability to organise tasks and implement plans into life.



ORDER

Measures the tendency to maintain order in various spheres of life. It also concerns keeping one's surroundings tidy.



CONSCIENTIOUSNESS

It measures the tendency to live according to ethical and social principles. It shows how they influence your private and professional life. It determines the level of obligation, reliability and diligence in action. It shows how much you can rely on someone and how much the person under examination is responsible for his or her actions.



CAUTION

It determines the tendency to analyse exactly what is to be done. It shows the level of prudence and caution or spontaneity and impulsiveness in the decision-making process. It indicates how cautious we are in action.



ENDURANCE

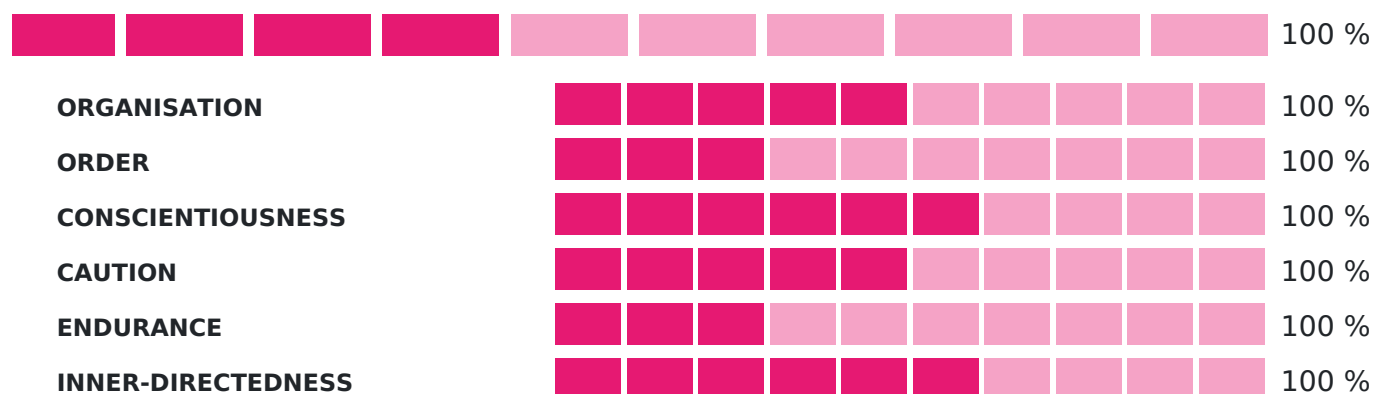
It measures the tendency to lengthen the duration of the task, to remain in the process of implementation, despite the presence of nuisances, distractors or deficiencies. It measures the degree of focus when performing different tasks and activities as well as the reactions whenever difficulties occur.



INNER-DIRECTEDNESS

Measures how strongly you rely on yourself, on your own judgements. It informs of the independence in making decisions in different situations, both private and professional. It shows the level of control in life. It determines to what extent a person controls their life independently and to what extent under the influence of other people or situations.

MY ACTIONS - A



MY WORK - A

The dimension **My Work** describes a person at work, which roles are assumed, how difficult scenarios are handled. It describes the self-assessment of expertise, abilities and effectiveness in taking action. It demonstrates leadership, authority and management skills considering the establishment of authority at work and the ability to control one's own emotions. It measures the inner desire to achieve set goals and the importance of a professional career to a person.

EFFECTIVENESS

Determines the self-assessment of skills, competences and efficiency in taking action in professional life. It informs to what extent one has faith in their abilities and to what extent they are effective at work as well as how one copes in difficult situations.

LEADERSHIP

Determines leadership abilities and the skill to direct people at work. It shows the way of building up authority and evoking respect among people in professional relations. It measures the level of assertiveness in interpersonal contacts. It determines whether one sets the direction or rather prefers to follow others.

SELF-CONTROL

Determines the level of control of one's own emotions, concentration and stable action. It shows the ability to manage difficult situations. It determines the focal point of one's own resources. It describes the practice of self-control at work. It answers the question, whether the person submits to momentary whims or whether they focus more on the task and aims.

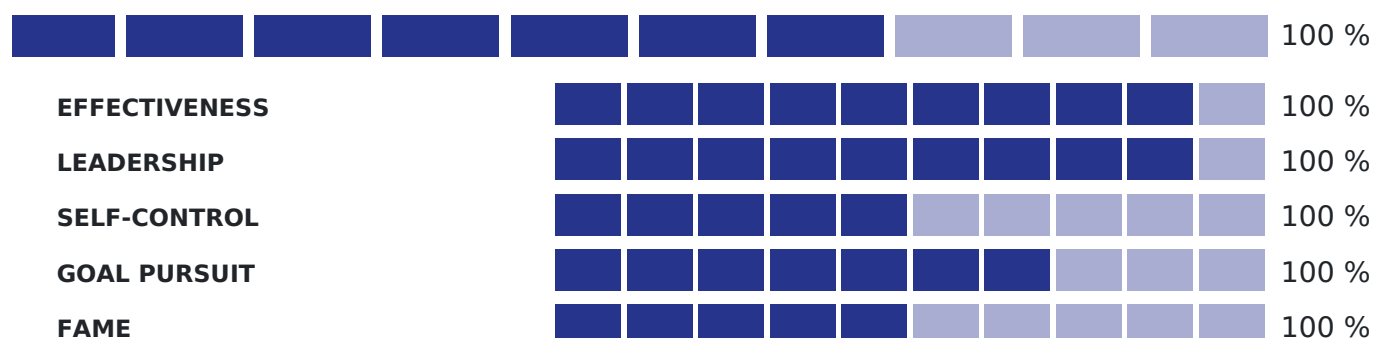
GOAL PURSUIT

It measures the inner desire to reach goals. It reveals aspirations or lack of ambition, perseverance at work or laziness, diligence or carelessness, decisiveness and a sense of the meaning of life. It determines the way in which goals and priorities are set at work. It presents the level of ability to juggle professional and private life and to what extent one desires to climb the career ladder.

FAME

Expresses the level at which social recognition and acceptance within the surroundings are expected. It's one's own self-image, it displays the aspiration for popularity, gaining fame, being admired and liked by other people. Additionally, it shows awareness of being accepted by the surroundings and the role in a team at work.

MY WORK - A





MY SELF-ESTEEM - A

The dimension **My Self-Assessment** describes the way of thinking about yourself. It displays information about the assessment of one's own morality, internal consistency with core values. It shows the perception of one's own attractiveness as well as the feeling of being accepted among close friends and family. It describes the ability to show feelings towards close friends and family. It measures the level of self-confidence and regarding yourself as an important person.



AUTHENTICITY

Measures the assessment of one's own morality. It shows the tendency towards extreme judgement of one's own behaviour - either as decent or as inappropriate. It defines the level of following moral principles in life and perceiving the surrounding morality.



GENERAL SELF-PERCEPTION

Determines the level of perceiving oneself as either an important and confident or self-deprecating person. It shows the tendency towards positive or negative thinking about one's future. It points out the ability to focus on either the successes or failures in life.



IDENTITY

Measures the level of awareness of personal identity and goals in life. It shows the tendencies towards being internally coherent or contradictory. It points out the ability to either make decisions that influence the future or remain indecisive.



SENSE OF INTIMACY

Measures the feeling of acceptance, love and sense of social support. It determines the level of either feeling unconditionally accepted by close friends and family or lack of love and acceptance. It points out the ability to express feelings in close relationships.



ATTRACTIVENESS

Determines the way of perceiving one's own physicality, the level of awareness of one's attractiveness compared to others. It measures the level of satisfaction with one's own appearance.

MY SELF-ESTEEM - A





MY EMOTIONS - A

The dimension **My Emotions** describes the intensity of the occurrence and strength of different emotions which influence everyday functioning. It shows the level of anxiety when approaching difficult challenges, the stage of falling into a depressive state. It measures the tendency to self-criticise. It also reveals the internal experience of anger, aggression or will to give up in difficult situations. It is the knowledge of internal states which influence actions and reactions in everyday situations.



ANXIETY

It determines the level of internal fear and tension and the strength of the tendency to worry. It shows the tendency to be overly concerned about current and future situations.



HELPLESSNESS

It determines the vulnerability to stress and failure to cope in difficult situations. It shows the tendency to surrender in the case of danger. It measures the strength of succumbing to paralysing emotions in difficult moments. It determines the degree of the demand for external support in such situations.



DEPRESSIVENESS

It determines the tendency to fall into a sad mood. It shows the tendency to feel depressed, lonely or guilty, regardless of the day, situation or the surrounding people.



HOSTILE BEHAVIOUR

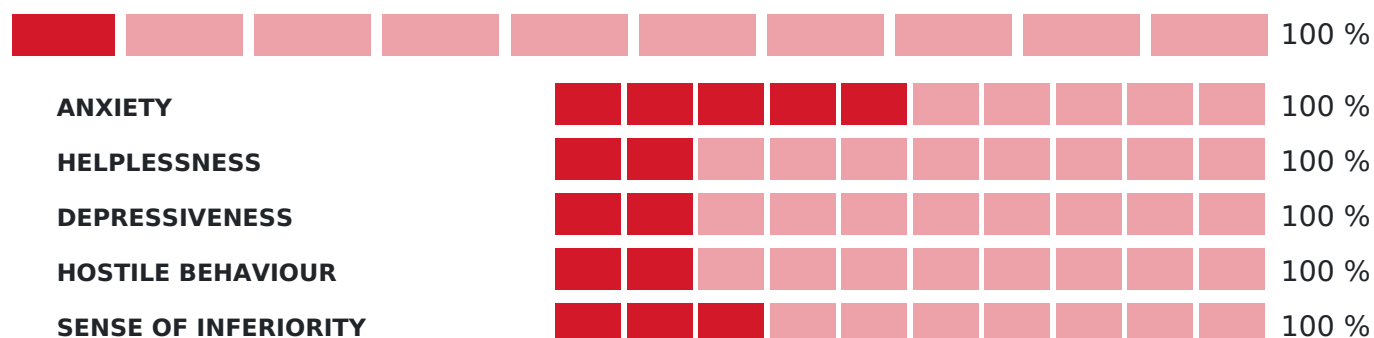
It determines the tendencies towards internally experiencing anger, frustration and hostility. It measures the intensity of falling into a state of aversion to others or aggression. It determines the impulsivity and the ease of falling into unjustified internal rage.



SENSE OF INFERIORITY

It measures the tendency towards excessive self-criticism. It shows the tendency to suppress casual self-expression in social situations, in fear of judgement, or the tendency to express oneself fully.

MY EMOTIONS - A





SOCIAL APPROVAL - A

SOCIAL APPROVAL - A



The dimension ***Social Approval*** describes the tendency to present yourself in a better light to achieve greater social acceptance. It is connected with the willingness to behave in a socially desirable and acceptable manner. The need to win social approval is also demonstrated in the test situations by attributing to yourself positive or commendable behaviour, as well as negating the presence of undesirable attitudes or behaviour within yourself. To some extent it overlaps with conformism and increases the tendency to alter or embellish your own way of behaviour.

MODERATE RESULT

Your result on the ***Social Approval*** scale is on a moderate level in comparison with other people. It means that you are a person who demonstrates a completely genuine and natural need for social acceptance. Your result shows that the level of this parameter that you possess is high enough to understand and follow social norms, yet at the same time low enough to acquire adequate knowledge concerning yourself and other people. You don't need to alter your true self-image to attract better social acceptance.



MY RELATIONSHIPS - A

VERY HIGH RESULT

**Below you will find overall result for the MY RELATIONSHIPS dimension
being the average of your subdimensions**

Your result on the scale of the ***My Relationships*** dimension is very high in comparison with other people. It means that in interpersonal relationships you are a people person and you are keen on building relationships through socialising with others. You make contacts with great ease. You like people, you prefer to remain in large groups, at crowded meetings and events. Interpersonal relationships are very important to you. You draw external stimulation from them and it motivates you to take action. You belong to those people who are strongly involved in the external world and in activities which require interpersonal relationships. You are heavily influenced by the social world and you strive to have strong influence on it, too. You live an optimistic life and you are full of vigour. You have a cheerful disposition. In company you tend to speak rather than listen. You are an open and friendly person. You can confidently express strong opinions, emotions and attitudes without aggression, while respecting your own and other people's rights and mental territory. Unlike the people characterised by low score, which can be attributed to their greater sensitivity to punishment and lack of reward, your

sensitivity focuses on the presence of reward and lack of punishment. You are better at fulfilling duties requiring multitasking rather than alertness or involving careful analysis of details. You prefer to complete the task quickly rather than precisely. Your result shows that you are predisposed to professions which require frequent social contacts and to professions with a high degree of autonomy. Additionally, you have a strong sense of the efficiency of your work in a group.



MY CO-OPERATION - A

VERY HIGH RESULT

Below you will find overall result for the **MY CO-OPERATION** dimension
being the average of your subdimensions

Your result on the scale of the **My Co-Operation** dimension is very high in comparison with other people. It means that you belong to a group of people with an amicable approach towards co-operation and build warm relations based on trust. Thanks to this it is easier for you to build new friendships, as well as maintaining current ones. Through your high level of amicability, you have more compassion towards other people. You are characterised by your high level of altruism. You frequently have compassion for others and eagerly come to their aid, often forgetting about your own needs. Your sincerity, lack of suspicion and high degree of humility cause people to like you very much and gladly spend time with you. You have a tendency to accept or reject certain thoughts, depending on the opinion of other people. This may cause you to be less willing to attempt to safeguard your own interests. You are able to own up to your own weaknesses without belittling yourself or exaggerating. This attitude characterises people who are free of arrogance, vanity, self-righteousness and false humility. You belong to a group of people who are humble towards their own achievements and accomplishments. You believe that humility is a very important quality in life, while self-importance and arrogance lead to bad co-operation with others. In contact with others you are characterised by a high degree of self-restraint which sometimes doesn't allow for spontaneity or behaviour that is not suitable for a modest person. You definitely do not like competing with others. You prefer warm relations, built on mutually establishing co-operation. You rarely portray anger or aggression. You avoid conflict, leaving matters to others. Your co-operation based on extreme submission may lead to conformism and complete dependence on others.



MY ACTIONS - A

LOW RESULT

**Below you will find overall result for the *MY ACTIONS* dimension
being the average of your subdimensions**

Your result on the scale of the ***My Actions*** dimension is low in comparison with other people. It means that in your life you are rather dependent on others. You base your decisions on the advice of those surrounding you, putting your fate in their hands. You are subordinated to authority figures and people who lead you. You do not set priorities independently and usually you do not plan your actions. You accept proposals without thinking if they are worth it, without the analysis of risks, threats and consequences. In case of failure you prefer to shift the responsibility to the people around you. You feel more comfortable when somebody else makes a decision and provides you with the instructions. When you follow orders your actions are often characterised by chaos and lack of logic. You jump from one subject to another, you forget about certain things. If something requires an increased and longer-lasting focus, you prefer to engage in something lighter, easier and not requiring diligence and accuracy. You usually act at the last possible moment so, unfortunately, your work must always be subject to scrutiny. You are far from giving attention to detail and closing cases properly. You can provide colours to the story in order to cover up your mistakes. There is usually a mess around you, your things do not have their proper place. Both in your workplace and in your very actions there is disorder and chaos with which you disorganise other people's work. Usually you can't be relied on as you prefer relaxation and fun over systematic work and in your activities you don't concentrate on the result which would be satisfactory to you and others. Your low result is, unfortunately, accompanied by rigid views and the difficulty to convince you to change your thinking and actions.



MY WORK - A

HIGH RESULT

**Below you will find overall result for the *MY WORK* dimension
being the average of your subdimensions**

Your result on the scale of the ***My Work*** dimension is high in comparison with other people. It means that you belong to a group of people, who are very self-aware of their expertise and work skills. You know your strengths and weaknesses. You are a proactive person when undertaking action. You are able to set very ambitious goals, which you achieve step by step. In difficult scenarios you intentionally control your emotions. It is difficult to discompose you. You have strong leadership and management skills. In a group you are easily able to take control and assume the position of a leader. Organising and managing projects is your strength. You are an independent and confident person. You can establish authority among others. People pay attention to what you say and how you behave. Within a group you are able to speak with confidence. Public speaking is not an issue for you. You are highly aware of your approval among the people that surround you. You enjoy being in the centre of attention. People's lack of interest in you may influence your frame of mind and behaviour – it may cause

a drop in your energy level. At work you dislike stagnation. You are always looking for strong sensations. It propels you towards action. You have a task-oriented and non-emotional approach to an issue, you do not avoid it. You are a very determined person, always aiming towards achieving your set goals. You mainly focus on your professional career which is why sometimes you may lose sight of the boundary between private and professional life. You are prone to workaholism.



MY SELF-ESTEEM - A

HIGH RESULT

Below you will find overall result for the **MY SELF-ESTEEM** dimension
being the average of your subdimensions

Your result on the scale of the **My Self-Esteem** dimension is high in comparison with other people. It means that you are a self-aware person. You know who you are and what you expect from life because you have clearly defined values and priorities. You set clear-cut principles which you follow in life. This gives you strength in making decisions and setting goals. You are an internally coherent person and through your actions it is visible that you head in the direction that you set out for yourself. When you look at yourself, you see a person full of value, skilled and competent. You think positively of your future. You are aware that thanks to your skills you will always be able to handle life. You are a self-confident person, you recognize your strengths, you know what allows you to stand out among others. You notice your physical attractiveness and use it to achieve your personal goals. You take care of your appearance and your image evokes admiration among others. Your attractiveness draws people to you which further influences your high level of self-assessment. You feel fully accepted and loved by close friends and family. You know you are supported by them and you are aware that you always have someone to count on. You are able to reciprocate love too. In your relations you offer a lot of acceptance, friendship and closeness. You are a very empathetic person. Living close to others gives you strength, which is why you care about your closest friends and family.



MY EMOTIONS - A

VERY LOW RESULT

Below you will find overall result for the **MY EMOTIONS** dimension
being the average of your subdimensions

Your result on the scale of the ***My Emotions*** dimension is very low in comparison with other people. This means that in daily life you approach your life in a positive manner. You mainly focus on the good things, evoking a positive state within yourself. In difficult situations, the emotions which can disrupt your inner calm are kept under perfect control by you. This means that even in critical moments it is you who can assess the situation with a cool mind, make a decision and plan particular steps. You have a strong inner motivation to take action, which in turn causes you to rise up in difficult moments, without waiting for external support. You have a strong sense of efficacy and effectiveness, so you know that regardless of the situation, your action will lead you out of oppression. Regardless of the situation, hopelessness is foreign to you. Your mood does not drop to gloom, sadness or nostalgia. You don't give up, you don't let it go but instead you fight for what's yours. Emotions such as resentment or guilt do not exist in your life. If something isn't going your way, instead of withdrawing and returning to blissful memories of the past, you ponder how to escape the situation with calmness and even hope for success. You always perceive the good sides of the situation and enjoy even the little things. Your behaviour is far from hostility and anger in relation to others. You do not hold grudges or remember wrongdoings. You focus on what was good in the relation and keep that in memory. It is difficult to discompose you or infuriate you. Around you there is always peace and a good atmosphere which furthers building good relations with others.

IF YOU WANT TO:

DISCUSS YOUR REPORT INDIVIDUALLY

OBTAIN A DIAGNOSIS FROM A SPECIALIST

GET ADDITIONAL GUIDELINES AND RECOMMENDATIONS

DETERMINE PRIORITIES AND INDIVIDUAL DEVELOPMENTAL GOALS

GET TO KNOW WIDER PSYCHOLOGICAL ASPECTS OF YOUR RESULTS



CONTACT

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