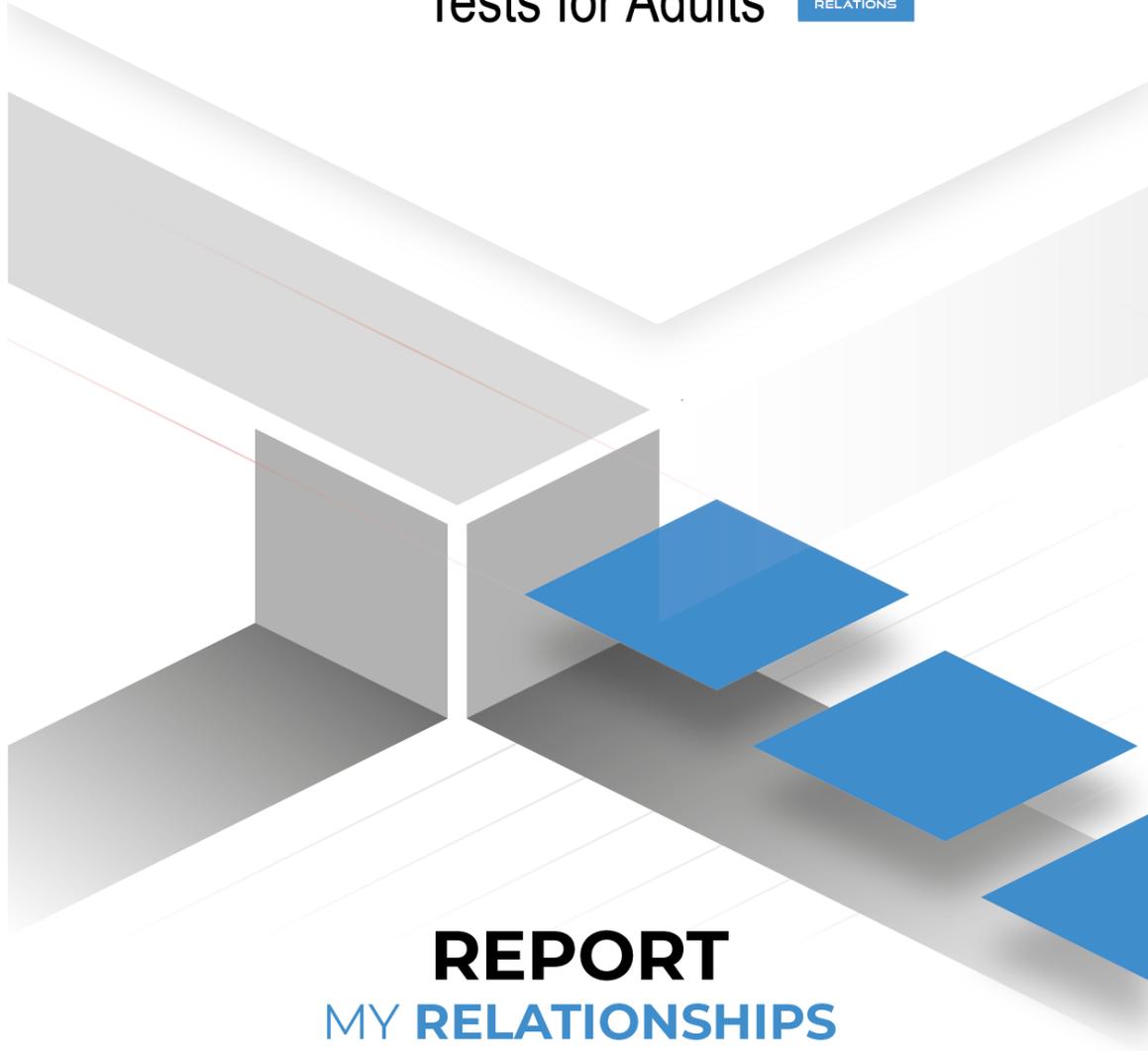


Profi Competence Tests for Adults



REPORT MY RELATIONSHIPS

Report: Name

Report type: Long

ID: 0000

Data: 2021-02-24

REPORT TEST

MY RELATIONSHIPS

My Relationships Test is a multidimensional tool used in personality testing in the context of numerous areas of your private and professional life. This method allows for an accurate and detailed description of your personality in terms of how you act and function in interpersonal relationships resulting from an individual profile determined by your age, gender and experience. The tool identifies the characteristics of behaviour in the area of building interpersonal relationships. It examines the value of kindness, willingness to be with people and build interpersonal contacts, as well as the assertive attitude in relations. The report you are holding in your hand presents typical ways of behaving, feeling and thinking in various interpersonal situations in your private life and at work. The test describes your results in five sub-dimensions:



Reading the report, you will find answers to a number of questions about your needs and your style of functioning in relation to other people. You will learn about your reactions, behaviours, attitudes, beliefs, strengths and areas for development. The proposed guidelines refer, among others, to your interpersonal, emotional, intellectual and physical development.

This report offers extensive knowledge about yourself, which can be translated into your goals and decisions in your personal 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 from you certain behaviours. After some time, innate reactions become so obvious that you accept them as your natural reactions.

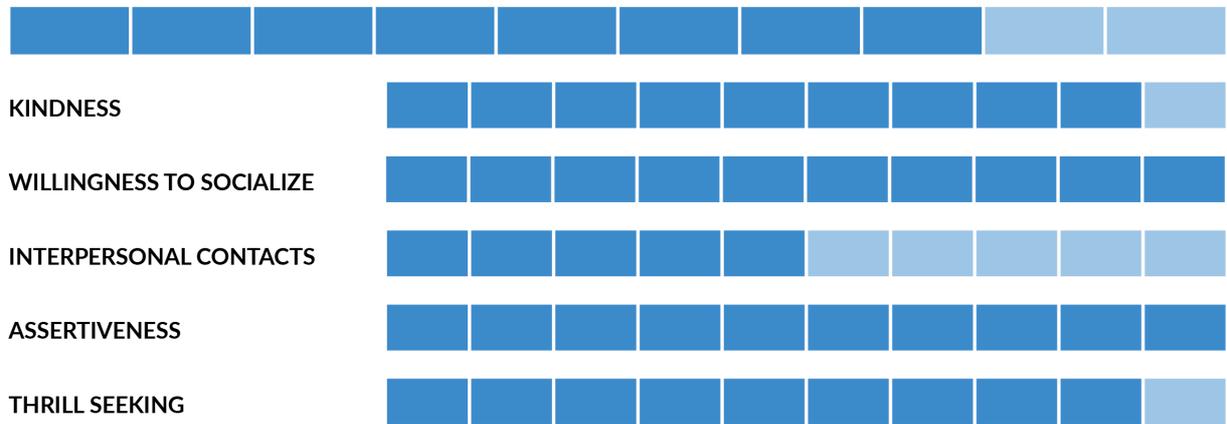
When analysing the results, decide which of the subdimensions show what is innate to you and which ones show a developed way of being. Additionally decide which traits you would like to keep working on, which ones you would like to start working on and which ones you are fully satisfied with.

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 RELATIONSHIPS



It is possible to receive a high result on the scale of **MY RELATIONSHIPS** and simultaneously receive a low result in one of the subdimensions - **INTERPERSONAL CONTACTS**.

We are then dealing with a person who is highly sociable, kind, assertive and who seeks a lot of different kinds of sensations. They are helpful and willingly maintain close relationships with people, however, the desire to search for new interpersonal contacts is limited, which is manifested by a low score in this subdimension. This may be due to e.g. the intensity of interpersonal contacts required by the job position.



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

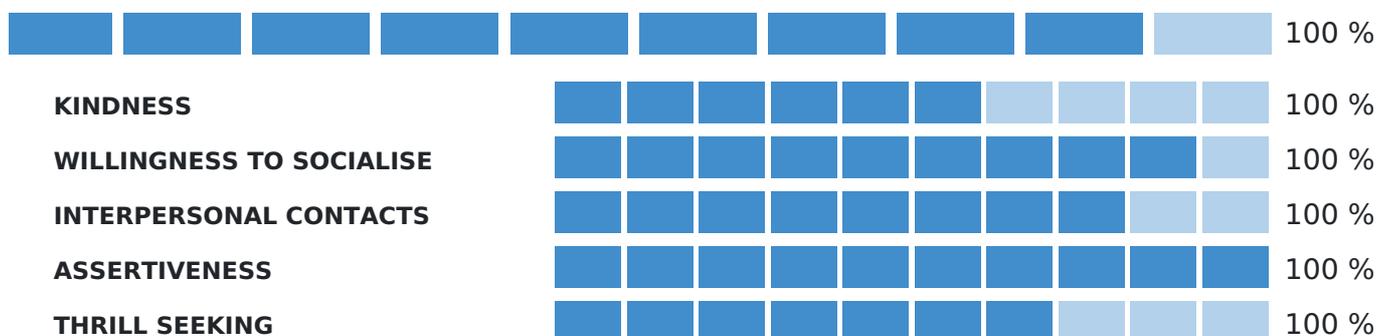
Measures the skill level of expressing one's own opinion, displaying emotions and attitudes, without aggression and instead with respect for others and one's own rights and mental territory. It shows the tendency for domination and leadership and the degree of decision-making abilities.



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



DIMENSION

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.

Very low result

Your result on the ***Social Approval*** scale is very low in comparison with other people. It means that you are a kind of person who is absolutely not driven by the need for social acceptance or you want to present yourself with your answers as a person who is completely unaffected by social influences.

DIMENSION

MY RELATIONSHIPS - A



SUBDIMENSIONS:



KINDNESS



WILLINGNESS TO SOCIALISE



INTERPERSONAL CONTACTS



ASSERTIVENESS



THRILL SEEKING



MY RELATIONSHIPS - A

GENERAL DESCRIPTION

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.

Now take a close look at the detailed results to find out which of the subdimensions have the greatest impact on your overall result.

DETAILED DESCRIPTION



KINDNESS

Your result on the scale of the **Kindness** subdimension means that in interpersonal relationships you build a cordial and kind interpersonal relationship while keeping a healthy distance. You care about maintaining good relationships with other people, however you will not be an excessively friendly person. You are able to become involved in the area of social functioning, however it isn't the most important aspect to you. In interpersonal relationships you are no stranger to the use of social engineering techniques. You are able to utilise it if the situation requires doing so. You prefer a kind and honest conversation, both on your part as well as on the part of the interlocutor, but keeping a healthy distance. You are able to become attached to people but it is unlikely to affect the decisions you make in difficult situations. The

aspect of an interpersonal relationship is important to you but won't dominate your behaviour. Your neutral approach to interpersonal relationships enables you to work and build relationships with many people. As a leader you will be building a friendly atmosphere, without becoming overly engaged in the bonds between co-workers. People may sometimes perceive you as a person with a low level of compassion and empathy.

REMEMBER: Be a kind person, build authentic relationships but remember that every interlocutor is different and the way that you build relationships influences your work and contact with others.



WILLINGNESS TO SOCIALISE

Your result on the scale of the *Willingness to Socialise* subdimension means that you belong to a group of very outgoing people, who enjoy spending time with others. You are characterised by your passion for parties and being part of the crowd. You definitely aren't a loner. The more people that surround you, the better you feel. You may choose acquaintances and meetings over other areas of life. You belong to a group of people who are energetic and socially confident. You build relationships with a wide range of people. In company you speak rather loudly and very clearly. During meetings you allow yourself to be seen. You belong to a group of people who are friendly and available, who care about building relations with a wide range of people. Spending time with people is external stimulation which propels you to action. At work you have good networking skills and building many business relationships. During team meetings you are an active person, who speaks bravely and is able to create a sense of being a good leader. During interactions you speak rather than listen. In relationships you belong to a group of people who are very brave. You prefer group work to individual work. Sometimes your high level of energy can intimidate or even overwhelm other people.

REMEMBER: Listen, listen, listen!!! Speaking isn't always effective communication. Use your social skills at work to engage and develop other people, those who are less open and less confident.



INTERPERSONAL CONTACTS

Your result on the scale of the *Interpersonal Contacts* subdimension means that you belong to a group of people who initiate and build interpersonal relations with others. In these relations you are a very active person, full of energy. You definitely care more about contacts and meeting with others than spending free time on other activities in solitude. By establishing contacts in the workplace, you belong to a group of people who are proactive and care about the quality of those relationships. You initiate many interactions. You care about good relations with others in interpersonal contacts, so you skilfully tend them and maintain them for a long time. You do not treat acquaintances in a brief manner. When spending time with people, you take care of providing a good atmosphere, you are a person who gives energy rather than deriving it from others. As you are highly open to the surrounding world, you easily establish interpersonal contacts both in private and professional life. You care about meeting new people, which is why you enjoy spending time in a group of many people. You do not stray away from crowds or social gatherings. Your business networking skills are highly developed, as well as building a network of clients and you have a strong ability to exert social influence.

REMEMBER: Use your interpersonal skills but pay attention to other people. Not everybody likes to build interpersonal contacts. There are people who need their own space. Your way of interaction, which bursts with energy and enthusiasm may bother others.



ASSERTIVENESS

Your result on the scale of the **Assertiveness** subdimension means that you belong to a group of people who can decisively express their opinion along with directly expressing their emotions and attitudes within boundaries that do not violate the rights and mental territory of other people as well as their own, without aggressive behaviours. Additionally you are able to defend your own rights in social situations. You are a person who eagerly expresses their beliefs in a confident and clear manner. The messages that you send when interacting with others are decisive and concrete. Your assertive attitude benefits you in creating the image of a decisive, confident person, who knows what to expect in a given situation. You definitely aren't a person who prefers to listen and who sits quiet. In interpersonal relations you are a dominant person who speaks often. You easily assume the role of a leader in a group and you are predisposed to climbing the career ladder. When taking action you can be a very effective person, in communication you don't beat around the bush and in a group you are a good leader.

REMEMBER: Watch out for the line between assertiveness and arrogance. Excessive assertiveness may be seen by others as aggressive behaviour or aggressive communication. Behave in a way that is simultaneously respectful to yourself and to others.



THRILL SEEKING

Your result on the scale of the **Thrill Seeking** subdimension means that you belong to a group of people who, in both private and professional life, seek many sensations. You like bold colours and diversity. You are a person who prefers an intense lifestyle, social gatherings, parties. Being in company, in different surroundings causes you to gain energy which, in turn, motivates you to take action. You have a very fast-paced life. You constantly seek external stimulation and action in order to function at high speed. You find yourself wherever there is something happening. Everyday mundanity overwhelms you and you do everything you can to wind up the atmosphere or to incite a situation which induces an adrenaline rush. You are a very decisive person who does not withdraw in difficult situations. A calm, orderly and organised life bores you. You are always in search of strong thrills. Challenges propel you. You choose mainly noisy and crowded places, you avoid calm, quiet gatherings. You aren't afraid of taking risks. You are able to make risky decisions which influence your private and professional life.

REMEMBER: Slow down sometimes. An overly intense lifestyle may cause you to overlook what you are missing. Your body, besides adrenaline and emotions, also needs to rest and reset. Sometimes it is good to stop and calmly take a look at life from the side.



KINDNESS

- You are able to skilfully build interpersonal relationships based on honesty and kindness. That is why you should focus more on strengthening your ability to use different tools of communication. This will allow you to achieve even greater results.
- Learn new social engineering techniques. Utilise them but in a way that isn't too distinct and without negatively affecting other people.
- In some relationships you may allow yourself to build very honest and authentic connections. Do not worry that someone may take advantage of it. When needed, you are able to take a step back. You have a good sense for it.
- Learn the different types of personalities, their strong and weak sides. This will allow you to build relationships with every person. You will know to what extent you should be a kind person and to what extent you should be a formal person, without showing excessive honesty and openness. Remember, you are the one who can control it.



WILLINGNESS TO SOCIALISE

- When speaking with people, make sure that you are also able to listen to them. Speaking isn't always effective communication. Try to also listen. Thanks to this you will be capable of finding out more. Your relationships with others will be more effective.
- Remember that your bursts of enthusiasm may bother others.
- Ask others for feedback in order to verify if they understood you well.
- You definitely derive energy from interactions. You need external stimulation which propels you to work. Try to spend a bit of time on individual work. This can sometimes enable you to calm down and analyse your own ideas.
- Use your social skills to engage those who are less open. Actively meet with them.
- Use your energy to motivate other people. Allow them to prove themselves as well.
- Develop your skills and communication tools even more. This will definitely be very easy for you.
- Thanks to your high interpersonal competence, it will definitely be easier for you to build up leadership traits and a large authority.



INTERPERSONAL CONTACTS

- You are able to initiate and build many interpersonal contacts. This is your strong side. Take care of these relations. They will enable you to build a network of contacts, which you may apply both in professional and private life.
- In interpersonal contacts pay attention to other people. Motivate them to take action. You have so much energy that you can positively influence others.
- Use your high interpersonal competence in both private and professional life. Your curiosity relating to people and the willingness to spend time with them allows for creating a very good atmosphere. Take care of these relations and others, this will enable you to develop your education and career.
- Become involved in social activities. You are capable of offering a lot, especially in contact with others.
- Develop your interpersonal skills even more. Build relations based on trust. You can motivate others with your high level of energy. It's one of the traits of leadership.
- You enjoy co-operating with people. This propels you. However sometimes allow yourself

to spend time in solitude. This will allow you to calm down and analyse your thoughts. Maybe you will come up with some intriguing ideas.



ASSERTIVENESS

- You have a high level of assertiveness. Be careful not to cross the line between assertiveness and aggressive behaviour.
- Respect yourself and other people. When providing feedback, be an honest person. However be careful as to how you formulate the message. Take care not to hurt anyone. Sometimes it's better to express your opinion by paying attention to which words you use.
- You are able to defend your beliefs. However sometimes you should listen to what your interlocutor has to say. A change of your beliefs and viewing something from a different perspective can bring about many benefits. From time to time do not stick to your guns so much.
- You are largely predisposed towards being a leader. Develop your leadership skills in the field of planning, organisation and control.
- Take caution not to dominate people. On the other side you may have less assertive people who will be submissive towards you, which won't be comfortable for them. This attitude may negatively influence the way of building up your relations.
- You are able to construct an image of a decisive and confident person, so you should build up large authority in your surroundings and this will allow you to lead the group.
- Be an assertive person but take care of building warm relations based on co-operation.



THRILL SEEKING

- Try to calm down sometimes. Living in a constant rush with high energy can turn out to be overly exploitative for you. Slow down sometimes and allow yourself to have a moment of reflection.
- Your life is most likely very fast-paced. You seek a lot of thrills, which propel you. Try to stop from time to time and see how many things around you are unnoticed by you.
- Remember that besides from adrenaline and emotions, your body also needs to rest and reset. Learn relaxation techniques. Try out activities which will allow you to calm down slightly.
- Your high energy level can overwhelm and intimidate other people. In order to keep good relations, try to build a so-called rapport with other people, in the sense of mirroring the behaviours, way of speech and attitudes of your interlocutors.
- You can take large risks, which doesn't always bring about positive results. Remember that there are situations in which it is better to stop and think over your decision again, as well as your next move.
- Work on your ability to spend some time alone. This will allow you to take a closer look at your emotions and needs.
- Seek not only external stimulation.
- Use your energy to motivate other people. This will allow you to build the role of a leader in your surroundings.