Profi Competence
Tests for Adults

COOPERATION

REPORT
MY CO-OPERATION

Report: Name

Report type: Short

ID: 0000

Date: 2021-02-20

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REPORT TEST

MY CO-OPERATION

My Co-operation Test is a multidimensional tool used in personality testing in the context of many 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 co-operation resulting from an individual profile determined by your age, gender and experience. The tool identifies behavioural characteristics in the area of interpersonal relationship building. It examines the internal human predispositions necessary to create effective cooperation with others. It identifies the elements that influence good cooperation between people, such as: amicability, attitude towards yourself or others, trust and suspicion. It is designed to help you build or strengthen cooperation in your life. The report you are holding in your hand presents typical ways of behaving, feeling and thinking in various interpersonal situations in your private and professional life. The test describes your results in five dimensions:

Reading the report, you will find answers to a number of questions about your needs and about your style of functioning in co-operation with 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 comprehensive knowledge about yourself, which can be translated into your goals and decisions in your personal and professional life.

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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 CO-OPERATION

It is possible to receive a high result on the scale of **MY CO-OPERATION**, which consists of: low level **SUSPICION**, high level **SINCERITY**, low level **EGOISM** and high level **HUMILITY** and simultaneously high level **RIVALRY**, though a lower level is expected for co-operation.

We are then dealing with a person who is trustful, sincere, altruistic and modest. Their behaviour lacks egoism or arrogance, however, they are highly competitive. It may be their mechanism of achieving goals. Maybe they had to or have to fight for their rights currently in life, however, they do so in a way that doesn't harm other people.

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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

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SOCIAL APPROVAL - A

SOCIAL APPROVAL - A

100 %

The dimension ***Social Approval*** desribes 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 high result

Your result on the ***Social Approval*** scale is very high in comparison with other people. It means that you tend to ascribe yourself extraordinary strengths and deny common flaws.

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

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based on extreme submission may lead to conformism and complete dependence on others.

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