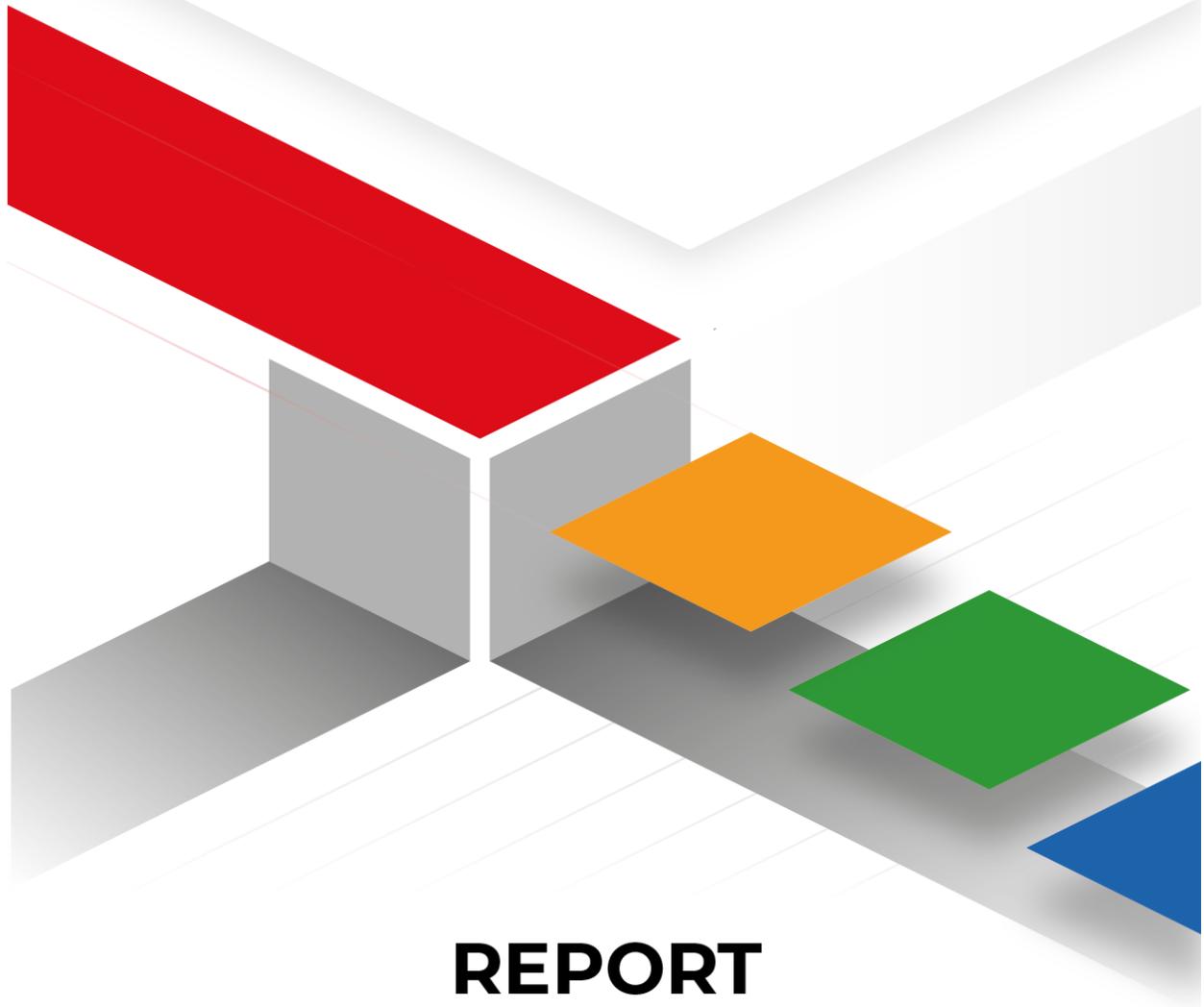


Profi Competence

Tests for Young



REPORT

Report: Name

Report type: Long

ID: 0000

Date: 2021-02-11

ASSESSMENT REPORT PROFI COMPETENCE FOR YOUNG

Profi Competence Test for Young People is a multidimensional tool used in personality testing in the context of numerous areas of your life, both private and school. It allows for an accurate and detailed description of your personality, resulting from an individual profile determined by your age, gender and experience. The comprehensive report that you hold in your hand presents your 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 SCHOOL
MY SELF-ASSESSMENT
MY EMOTIONS

Each of the dimensions distinguishes additional subcategories so that the report includes an in-depth analysis of your personality, covering each of the thirty-one 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:

<p> MY RELATIONSHIPS</p> <ul style="list-style-type: none"> Kindness Willingness to socialize Interpersonal contacts Assertiveness Thrill seeking 	<p> MY CO-OPERATION</p> <ul style="list-style-type: none"> Suspicion Sincerity Egoism Rivalry Humility 	<p> MY SCHOOL</p> <ul style="list-style-type: none"> Effectiveness Leadership Self-control Goal pursuit Fame
<p> MY EMOTIONS</p> <ul style="list-style-type: none"> Anxiety Sense of inferiority Helplessness Depressiveness Hostile behaviour 	<p> MY SELF-ESTEEM</p> <ul style="list-style-type: none"> Authenticity General self-perception Identity Sense of intimacy Attractiveness 	<p> MY ACTIONS</p> <ul style="list-style-type: none"> 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 extensive analysis of your results also includes recommendations from specialists in various fields. 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 life as well as in the process of setting your educational and professional career path.

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 role that you assume in a team (privately and at school) requires certain behaviours. After some time innate reactions become so obvious that you accept them as your natural reactions.

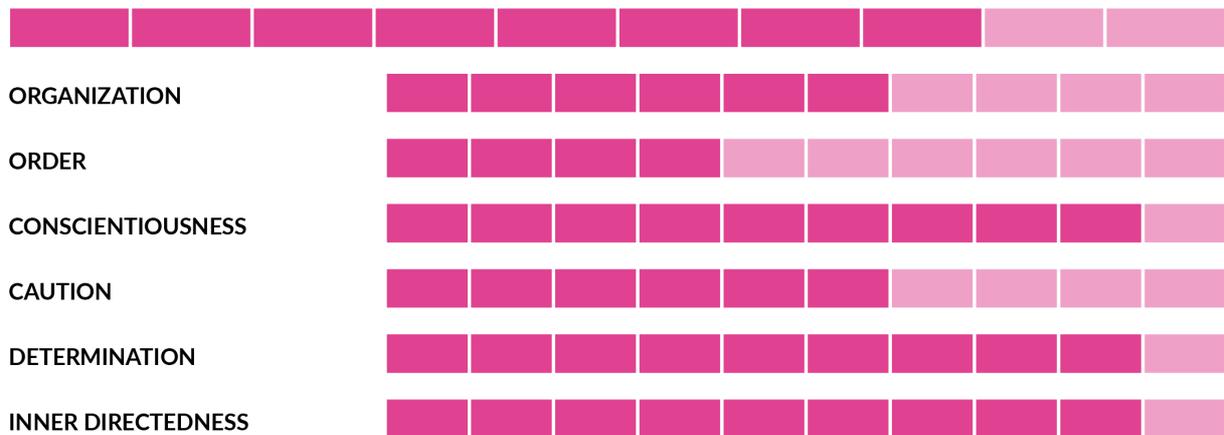
When analysing the results, decide which of the subdimensions show what is innate to you and which ones show a developed way of being. Additionally, decide which traits you would like to keep working on, which ones you would like to start working on and which ones you are fully satisfied with.

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.

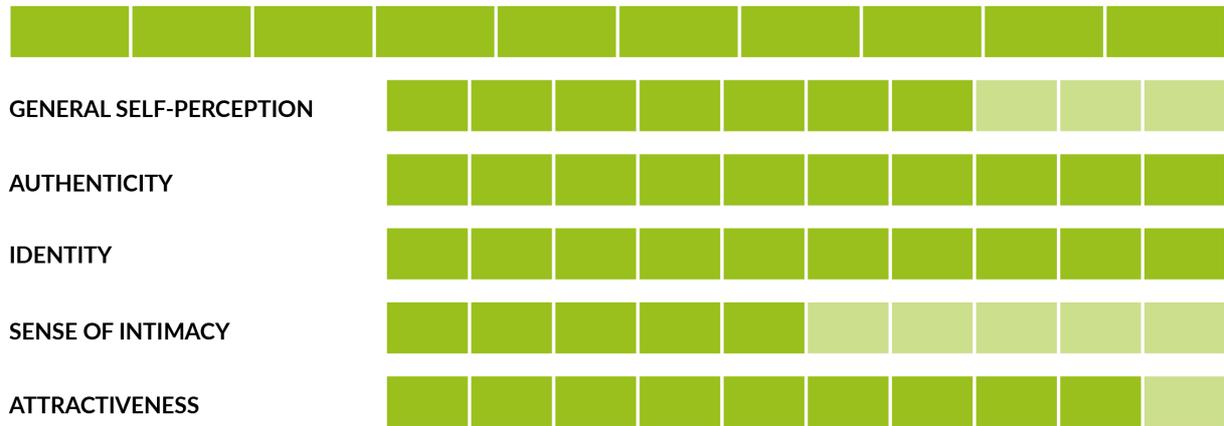
MY ACTIONS



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

We are then dealing with a person who is highly organized, conscientious and determined 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 as well as school matters may be at a low level, which means this is a person who doesn't pay full attention to the order surrounding them.

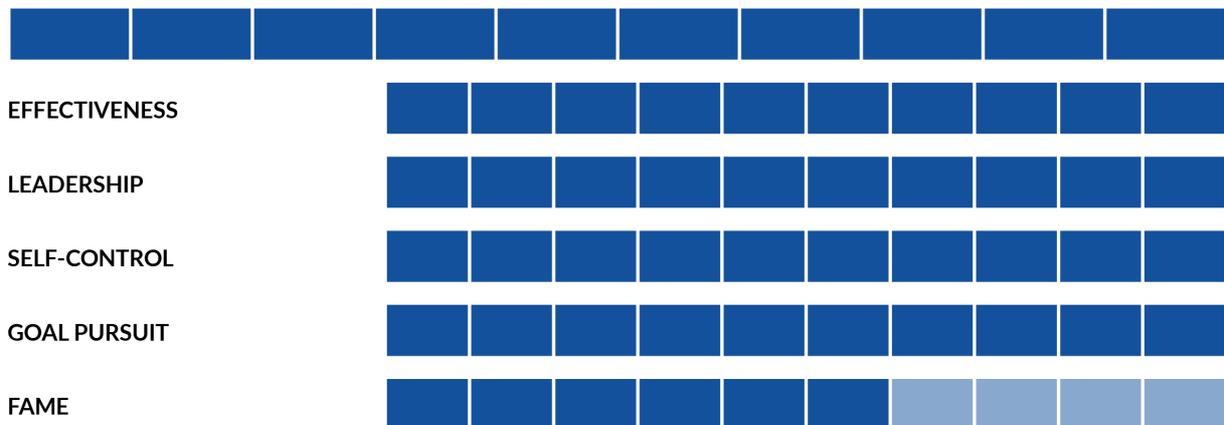
MY SELF-ESTEEM



It is possible to receive a high result on the scale of **MY SELF-ESTEEM** despite receiving a low result in 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 SCHOOL



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

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

YOUR RESULTS

SOCIAL APPROVAL



MY RELATIONSHIPS



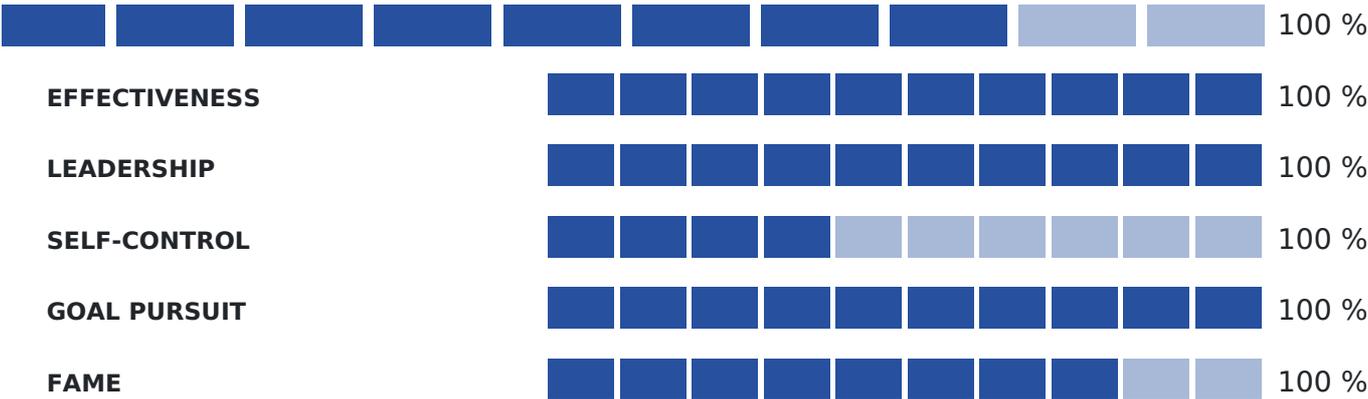
MY CO-OPERATION



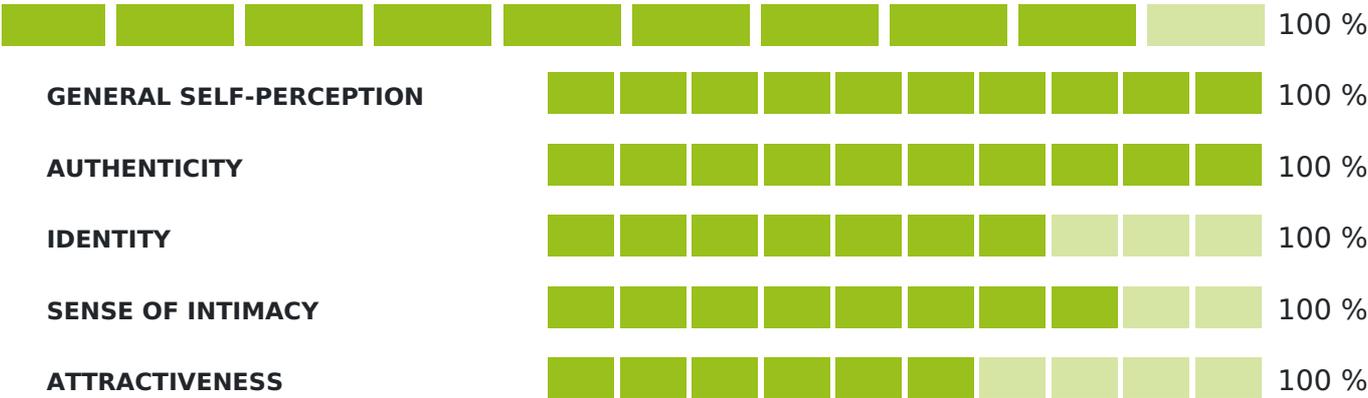
MY ACTIONS



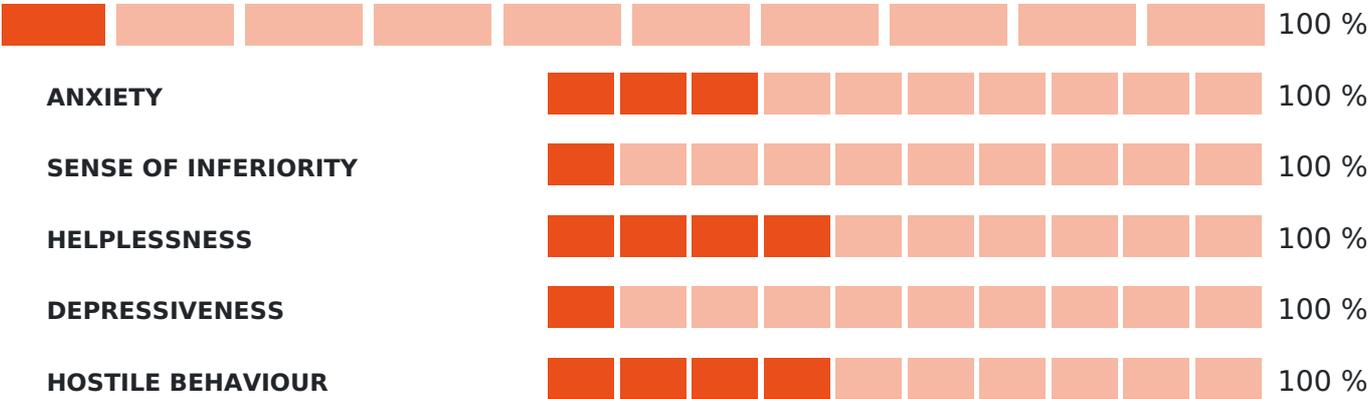
MY SCHOOL



MY SELF-ESTEEM



MY EMOTIONS





MY RELATIONSHIPS

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 life and in a classroom environment. It demonstrates the ambitions, the level of an inclination to dominate, as well as the tendency to react with positive or negative emotions.



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 relationships and in a classroom environment.



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 life and in a classroom environment. It reveals the level of involvement in interpersonal relationships and their meaning in building one's position in contact with other people.



ASSERTIVENESS

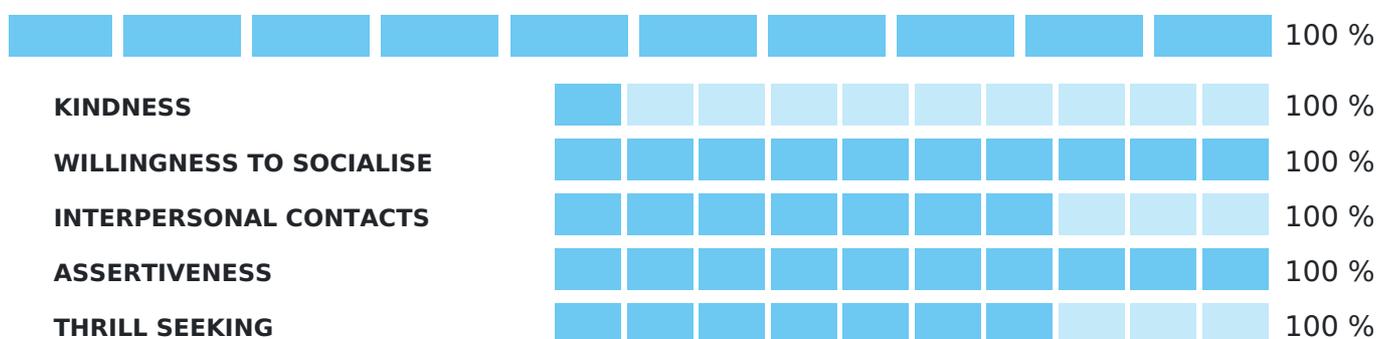
Measures the skill level of expressing one's own opinion, displaying emotions and attitudes, without aggression and instead with respect for others and one's own rights and mental territory. It shows the tendency for domination and leadership and the degree of decision-making abilities.



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 private goals or the choice of a student's career path.

MY RELATIONSHIPS



MY CO-OPERATION

The dimension **My Co-Operation** describes the method of establishing and maintaining co-operation in interpersonal relations both at school and in private 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.

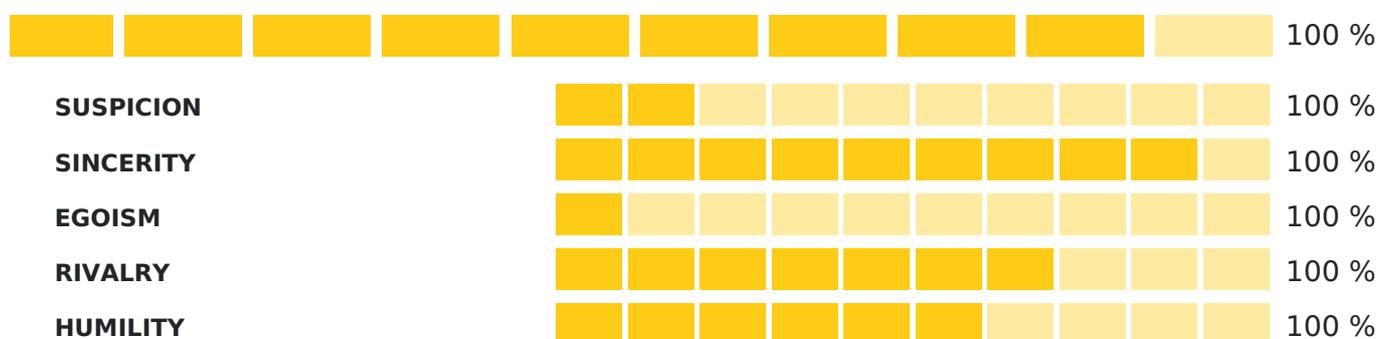
RIVALRY

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 humility, avoiding publicity. It indicates the level of the feeling of superiority or even arrogance in interpersonal relations in private life and school environment. It shows how a relationship with others is built and how a person perceives himself/ herself in the presence of other people.

MY CO-OPERATION



MY ACTIONS

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 determines the tendency to plan tasks in private life and at school and the ability to organize one's learning, duties or tasks.

ORDERLINESS

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.

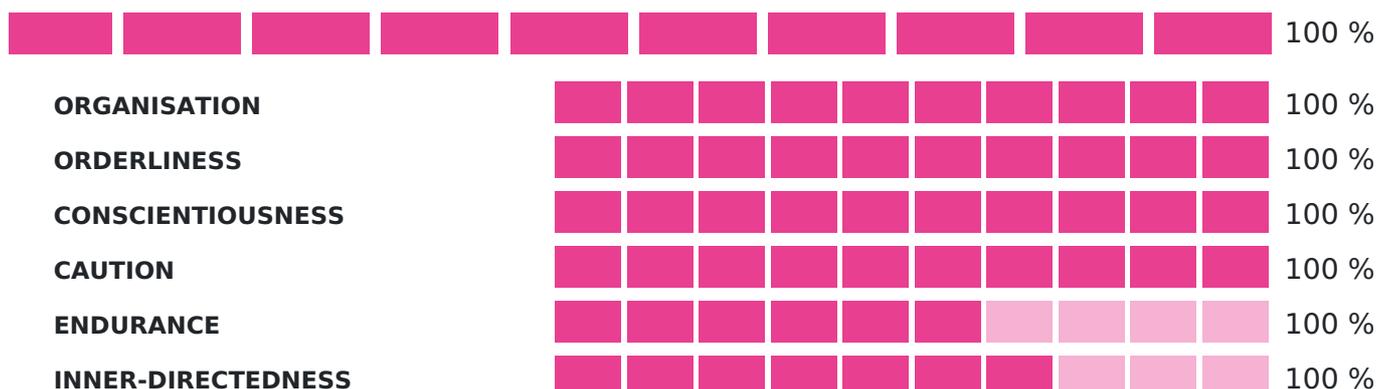
ENDURANCE

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. It shows the level of control over one's own 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



MY SCHOOL

The dimension **My School** describes a person at school, 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, while considering the establishment of authority at school and the ability to control one's own emotions. It measures the inner desire to achieve set educational and private goals and the importance of studying to a young person.

EFFECTIVENESS

It determines the self-assessment of skills, competences and efficiency in taking action in a classroom environment. It informs to what extent one has faith in their abilities and to what extent they are effective at school as well as how one copes in difficult situations.

LEADERSHIP

Determines leadership abilities and the skill to give directions to peers. It shows the way of building up authority and evoking respect among people in a classroom environment. 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 school. It answers the question, whether the person submits to momentary whims or whether they focus more on the task and studying.

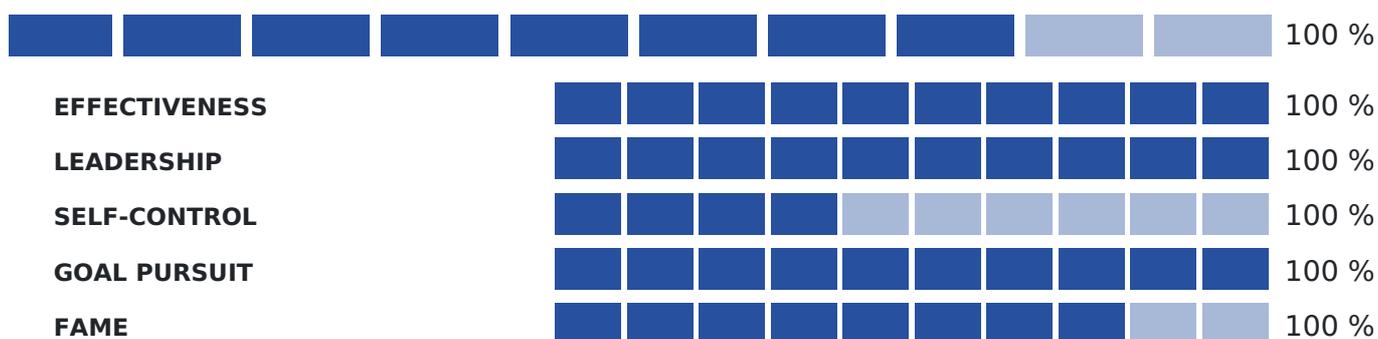
GOAL PURSUIT

It measures the inner desire to reach goals. It reveals aspirations or lack of ambition, perseverance in studying 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 during learning. It presents the level of ability to juggle school life and free time and to what extent one desires to succeed in a professional career in the future.

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 peers. Additionally, it shows awareness of being accepted by the surroundings and the role in a team at school.

MY SCHOOL



MY SELF-ESTEEM

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.

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.

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.

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



MY EMOTIONS

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.

SENSE OF INFERIORITY

It measures the tendency for excessive self-criticism. It shows the tendency to inhibit free self-expression in social situations, for fear of judgement or the tendency to express oneself fully.

HELPLESSNESS

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

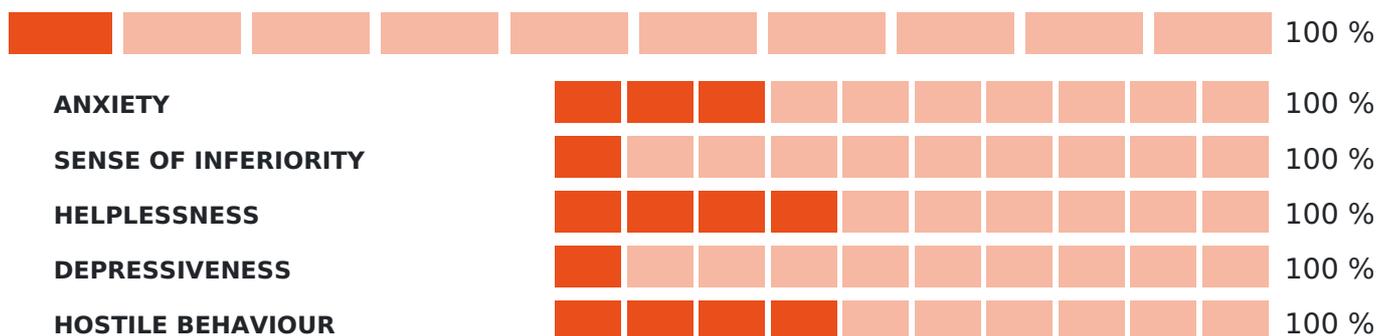
DEPRESSIVENESS

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 people around.

HOSTILE BEHAVIOUR

It determines the tendencies for inner 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.

MY EMOTIONS



DIMENSION

SOCIAL APPROVAL



SOCIAL APPROVAL



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.

DIMENSION

MY RELATIONSHIPS



SUBDIMENSIONS:



KINDNESS



WILLINGNESS TO SOCIALISE



INTERPERSONAL CONTACTS



ASSERTIVENESS



THRILL SEEKING



MY RELATIONSHIPS

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 and to study. 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 a 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 are a person focused on formal relationships. You treat people with constraint and in a distant manner as opposed to people who build relationships based on a high level of cordiality and kindness. You seldom become involved in the area of social functioning. In interpersonal relationships the use of social engineering techniques may be known to you, you can use it efficiently. You prefer a kind but clear-cut conversation. You respect people, their sphere, but you do not attach importance to being an excessively kind and honest person. In

relationships you treat people in a distant manner and with constraint. Keeping your distance in relationships doesn't lead to becoming overly attached to people, which allows you to build a healthy distance in difficult situations. At school you mainly build formal relationships which focus on the task and not the person. As a leader you will build relationships based on tasks without becoming too attached to people. Your formal attitude will allow you to make decisions based on facts and not on the relationship with another person. Your result may show that you are not a conciliatory person. You do not care about being an excessively kind person in interpersonal relationships.

REMEMBER: In interpersonal relationships the human factor is very important. Overly formal relationships may lead to others feeling uncomfortable around you, which may in turn influence joint work and reaching set goals at school.



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 school and outside of school you have good networking skills and are good at building relationships with your peers. During meetings with your peers 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 school 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 at school 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 life and in the classroom environment. 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 networking skills are highly developed 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 in the future, as well as advancing in education. 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 life and in a classroom environment, 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 school 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

- Try to build relationships based on kindness and cordiality, this will allow you to establish better contact with some people.
- An overly formal approach towards people may cause their withdrawal. You should make sure you are a more authentic person.
- Remember, the excessive use of social engineering techniques may cause people to keep themselves at a large distance from you. Utilise different techniques, but in a way that isn't too distinct.
- In relationships there may be people on the opposite side of you who care about building honest and kind connections. If you care about your relations with them, try to adapt to them and assume a less formal approach.
- Build relationships based not only on tasks. Remember, the human factor is very important. This will allow you to notice other psychological aspects.
- In difficult situations being too stubborn and unconciliatory may lead to even larger conflicts. Use your skills to always arrive at the best possible solution. Your ability to view everything from a large distance may help you in doing so.
- Try to become more engaged in the social sphere. Joint actions may give you a lot of satisfaction. This will allow you to notice other interpersonal aspects.



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.
- 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 school 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 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.

DIMENSION

MY CO-OPERATION



SUBDIMENSIONS:

-  **SUSPICION**
-  **SINCERITY**
-  **EGOISM**
-  **RIVALRY**
-  **HUMILITY**



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 with their peers 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.

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



SUSPICION

Your result on the scale of the **Suspicion** subdimension means that you are one of those people who are convinced that others are honest and have good intentions. In co-operation you build relationships based on very high trust. You adhere to the principle that people are good and honest by nature. You believe in selfless help. In general, you are a sensitive person expressing positive thinking. You are unfamiliar with sceptical and cynical behaviour. You see

positive aspects in co-operation and you build relationships based on them. Working in a team, you believe in people and their sincere intentions - this helps you generate positive solutions. In difficult situations you see positives and construct solutions based on them. When you get to know new people you take a liking to them and give them the benefit of the doubt. Your score may indicate that in numerous situations you are too permissive. In co-operation you are an agreeable person who doesn't look for conflict and is oriented towards co-operation. You believe that there are more honest than dishonest people.

REMEMBER: Not all people are like you. There are people who use others in co-operation in order to reap benefits. Be careful. Strengthen your defensive mechanisms. Don't be too permissive. Apart from positive solutions consider the negative ones as well. This will save you from disappointment. Trust people but look after your own interests.



SINCERITY

Your result on the scale of the *Sincerity* subdimension means that you are one of those people who are extremely truthful and sincere in their actions. In co-operation you don't use manipulative tools which consist of using flattery and cunning to obtain a result. Your relationships are based on sincere communication. You praise others when they deserve it but not in order to achieve something. If there is something you don't like, you speak about it openly. You try to live honestly in relation to others. You don't accept lies. Even if you have to lose something, you always remain honest and sincere in your actions. You don't belong to a group of cunning people who can alter the truth. In co-operation you are a very open person, always speaking your her mind and not what is acceptable to say. You don't think that the knowledge and the use of social engineering are very important social skills. You definitely prefer to live honestly in relation to others. Sincerity is an important value in your life.

REMEMBER: Not all people are as sincere and straightforward as yourself. A lot of people use manipulative techniques, due to which you may feel cheated or exploited. The knowledge of these techniques will let you develop defense mechanisms which will protect you from difficult situations. Use more of your wits but remain a sincere and honest person. Remember, sometimes it's better to leave something unsaid.



EGOISM

Your result on the scale of the *Egoism* subdimension means that you are one of those people who are actively interested in other people's affairs. You are a person who is committed to doing good to others, which manifests itself in generosity, thinking of others and readiness to help those in need. You are a thoughtful and caring person in your actions, paying attention to those in need. Co-operation with others is important to you. You care about relationships by co-operating in everybody's interest. Unlike the people who are focused on their own needs, for you it is more important to co-operate with others and strive towards achieving the goals together. Your attitude is based on voluntarily bearing the costs for the benefit of other people. You are not an egoistic person. In teamwork you pay attention to the team and working together. You care about the welfare of other people. If help is needed, you are ready to become involved. You like to do charity and social work.

REMEMBER: Help, sincerity and caring for others is very important but don't forget about yourself. Sometimes you have to fight for yourself. You can have an egoistic person on the other side who will strive to take advantage of you. Collaborate and co-operate in such a way so that you also take care of your own interests.



RIVALRY

Your result on the scale of the **Rivalry** subdimension means that you are one of those people who prefer competition rather than co-operation. In situations of interpersonal conflict you may be more likely to argue and show anger. You are a demanding and sometimes tenacious person. In co-operation you like to compete. This propels you and gives you a lot of energy. You do not like to give up without a fight. Sometimes you can be a merciless person, not paying attention to other people. If you think you are right, you often fight to the end and do not give up. You don't like to lose. Failure can overwhelm you. In co-operation, you are not a gentle and calm person. You may find it difficult to hold back negative emotions. Compromising is the last resort for you. You like to get your own way. You can hardly stand situations in which someone beats you. You adhere to the principle of "I don't lose". You are a rather conflicting, sometimes merciless person.

REMEMBER: Rivalry is very good, but there are situations where it is sometimes better to compromise. This will give you a better result. You don't always have to win. Conflict is caused by tenacity and aggressive behaviour. In teamwork, try to be more cooperative than contending. This will allow you to build healthy interpersonal relationships.



HUMILITY

Your result on the scale of the **Humility** subdimension means that you belong to a group of people who can be self-confident in co-operation, while remaining modest and humble. In interpersonal communication you are rather a polite and calm person. You build your relationships on positive messages. When necessary, you can be a persistent and stubborn person. You think that humility and modesty are important qualities, and snootiness and arrogance lead to failure. When the situation demands it, you can talk about your successes and achievements, but you do not expect admiration. However, you are not the type of person who has to be in the spotlight at all costs. You can accept constructive criticism with humility. You do not consider yourself an extraordinary person. You are rarely conceited. You take care of your relationships and pay attention to other people. This allows you to build positive relationships based on trust.

REMEMBER: Being self-confident doesn't mean being arrogant and tactless. Humility and modesty are also positive qualities that allow you to build warm relationships in some situations. So be self-confident, arouse admiration, but remember about other people and their emotions.



SUSPICION

- Your conviction that all people are honest and reliable may cause you to fail to perceive the negative intentions of others. Take off your rose-coloured glasses from time to time and evaluate the situation on the basis of facts. Remember that not everybody is exactly like you.
- In co-operation don't be too permissive. Trust people but look after your own interests.
- Use your positive attitude towards people to build effective co-operation.
- Your trust in people is very high. In co-operation you are a very agreeable person, not looking for conflict. That's why you should instill positive attitude into others.
- In teamwork motivate people to work and to greater engagement. You can do that very well.
- You believe in selfless help. However, be careful not to be used by others.
- You have a positive attitude towards people, use this in your learning. Build teams and co-operate on multiple projects.



SINCERITY

- In co-operation sincerity is a great value. Build your relationships based on authentic and direct co-operation.
- Remember that not all people are sincere and straightforward in their actions. They use various forms of social engineering in order to achieve profits. Learning those techniques will let you develop defense mechanisms. You will be able to recognise as well as to prevent manipulation used by others.
- Be a smarter person. You don't always have to say everything. There is some information which you can leave to yourself and for your close relations. It doesn't mean that you are lying.
- Work on the communication techniques and tools.
- When giving your feedback, try to do it in such a way as not to hurt your interlocutor. Sometimes a very sincere statement may demotivate others. Learn to express your satisfaction or dissatisfaction. There are methods to express negative statements which don't hurt others but which motivate them instead.
- Before you say something, think first how to say it. Sometimes overly sincere communication may not bring positive effects.
- Co-operate with others through building an authentic relationship based on trust. Adjust your communication to your interlocutor.



EGOISM

- Your high sensitivity towards the surrounding world allows you to get involved in other people's affairs. Help others but remember to take care of your interests.
- It will be difficult for you to build relationships and co-operation with more egoistic people. Remember that these people are mainly concentrated on their own needs. Don't take their distance as rejection and resentment toward yourself.
- Don't forget about yourself in co-operation. Don't concentrate only on others. Sometimes it's worthwhile to take care of your own needs. It will help you to achieve the goals you set much faster.
- Don't step back in difficult and stressful situations. Fight for your beliefs and opinions.

- You may be a soft negotiator. You like solutions which are good for all. However, such a scenario is not always possible. Work on greater assertiveness and courage in fighting for your own needs. Don't give away what you can have so easily.
- Master the techniques of influencing people. It will help you to achieve better effects in cooperation.



RIVALRY

- Cooperation is about joint cooperation. An approach which is solely competitive can destroy your relationships with others. You should rather cooperate and, when the situation requires rivalry, you should fight.
- Try not to lead to situations of conflict. Conflicts do not serve anyone. They take away energy and do not build good cooperation.
- Try to hold back negative emotions.
- Remember, if someone wins, someone else loses. Learn to accept defeat as an experience. Don't let them affect your identity.
- Sometimes compromise is a very good solution. Don't be afraid of it.
- Just because you're a very demanding person doesn't mean that everyone else is. For some, cooperation is more important than winning. Try to build relationships based on cooperation rather than proving who is better.
- In teamwork, try to be more cooperative than competitive. Remember that you are working as a team towards a common goal.
- You have negotiating skills and competences. Develop them by learning new techniques and tools. This will allow you to be a good player.

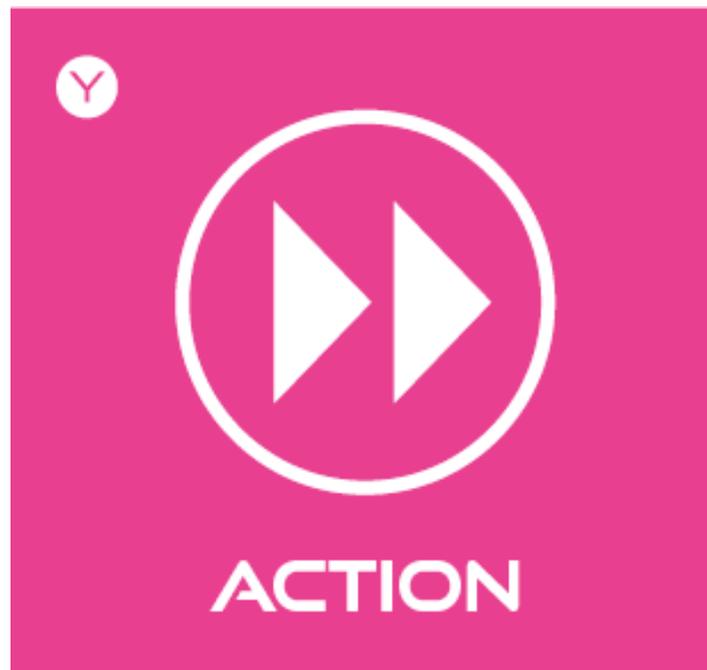


HUMILITY

- You don't feel comfortable in relations with strongly dominant people. Learn how to be impervious to other people's pressures on your decisions.
- Sometimes try to take control during conversations.
- Talk about your successes and achievements. This will help you to build authority and greater confidence.
- Humility in life is very important, but sometimes you have to get your own way. Just because you believe in yourself and your skills does not mean that you are an exalted person.
- Learn to stand up for your beliefs and opinions. Speak out loud what you think. People will definitely want to listen to you.
- Work on greater self-confidence in cooperation. Don't agree to everything others want from you. To be humble does not mean to be submissive.
- Keep your distance from people who exalt themselves.
- Develop your speaking skills and public speaking.
- Your confidence is very high in some situations. Be careful that you are not perceived as conceited and arrogant. Ensure that you build a respectful and cooperative relationship.
- Be tactful in your interpersonal contacts. There is no need to hurt your interlocutor.
- Don't always say what you think. Sometimes leave some information to yourself or people close to you.

DIMENSION

MY ACTIONS



SUBDIMENSIONS:



ORGANISATION



ORDERLINESS



CONSCIENTIOUSNESS



CAUTION



ENDURANCE



INNER-DIRECTEDNESS



MY ACTIONS

GENERAL DESCRIPTION

VERY HIGH 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 very high in comparison with other people. It means that in your life you are a very proactive person. You make decisions on the basis of your own thoughts and analyses. Your approach to action is planned and highly organised. Your actions are very logical and follow a self-defined direction. You are a person who is confident in action. You take full responsibility regardless of the fact if your decision was right or wrong. You don't like to be directed by anyone. You don't accept somebody else's orders. You feel most comfortable when you are the one to decide and you are in full control of the situation. You are always fully prepared to act. You control the deadlines, you set the phases of work and draw up timetables. Nothing is able to surprise you as you have carried out full risk analysis. You are enemy to random and chaotic activities. You hate forgetfulness, messiness and unpunctuality. You always approach your tasks with due care. You are a systematic and diligent person. You can be relied on and the result of your work doesn't need to be subject to scrutiny. You always deliver on time. You are a result-oriented person and you play by the rules in your actions. You despise fraud and you value reliability. What distinguishes you is attention to order, you tend to be a perfectionist. Both your study space and your everyday life environment are neat and clean. You keep everything organised around yourself which additionally strengthens your efficiency. In your activities you are an exceptionally resilient person, focused on work regardless of its scale of difficulty and time requirements.

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



ORGANISATION

Your result on the scale of the **Organisation** subdimension means that you are always on schedule for both private and school matters. Your actions are logical, well thought-out and well planned. You set your goals and tasks and you prepare precise schedules of steps to be taken. You keep the timing of the activity under control, so if the job depends on you, you will always complete the plans for the given day. This gives you the sense of security and performance while giving the people around you the conviction that you know what you are doing. In your actions there is no room for chaos and accidental moves. You are the enemy of

coincidences and illogical actions, therefore you may be distracted from learning by unexpected changes which you couldn't have been prepared for. As a well-organised person you always deliver your tasks on time, additionally, you are characterised by punctuality. You do not accept delays as they disrupt your schedule. Your organisation can even be seen in how you prepare yourself for different activities. You keep all the actions under control, you know perfectly well what you need in order to perform each task, therefore before you proceed you collect all the data, documents or tools which are indispensable at each stage of an activity.

During the day you perfectly manage your biological clock using your intuition and you arrange your work in the most effective way.

REMEMBER: Be an open person to introduce adjustments to your daily activities, bearing in mind that sometimes a change you don't understand is necessary.



ORDERLINESS

Your result on the scale of the **Order** subdimension means that your activities are marked by an excessive tendency to keep things in order. Only a pristine learning environment gives you the opportunity to focus on a task. Such a level of orderliness is reflected in perfectionism.

Both at school and at home you keep everything in perfect order. You will not sit down until everything around you is tidy. You clean your place of study or your room, taking care of the smallest details. Everything has its place in wardrobes, cabinets and drawers. You arrange your documents and assign them to the right binders. You don't have to look for anything - you have everything under control and know exactly where it is. However, such attention to detail can take the joy out of ordinary functioning. The constant tension of having to arrange things that are still in use can take away the joy of living the moment. Excessive attention to order may lead to a loss of the core sense of activity, it may also tire the people around you.

REMEMBER: There is no perfection. It is important to maintain order, but not at the expense of your relaxation or loss of joy in your daily life. Sometimes you can postpone the cleaning. Excessive attention to detail can take away your ability to look at the matter as a whole. The excessive tendency to immediately organise things around you may cause people to see despotic qualities in you.



CONSCIENTIOUSNESS

Your result on the scale of the **Conscientiousness** subdimension means that you meticulously fulfill your obligations. Both in your private and school life you approach all your tasks responsibly, and when you commit yourself to something, you can always be counted on. You do your job as best as you can and you never fail to complete a task. You bring things to a conclusion and on time. You can definitely be relied on because what you do is done with great care and you don't need any additional control over the task you perform. You are a person who is diligent, systematic and who follows applicable rules. Having such a result, when in action you are most likely to be a person who is focused primarily on an outcome of your work that will fully satisfy you and not on the action itself. When reaching the goal or solving a task you follow the rules, you do not cheat, you do not gloss over things, but you work reliably and, if necessary, you report on your progress.

REMEMBER: People with such an approach are valued both at school and later in the labour market, because they do not focus on doing what is required and returning to their private lives, but they work with full commitment so that the tasks entrusted to them are performed as best as possible.



CAUTION

Your result on the scale of the **Caution** subdimension means that you belong to a group of people who carefully consider all pros and cons before making a decision. You are the real judge when you have to make a decision. Both in your private life and at school, you don't happen to make decisions without thinking or spontaneously, based on impulse or sudden emotions. You are one of those people who think first and then act according to what they have decided. Before you decide on something, you examine all the risks, all the possibilities available and possible consequences. Before you start to act, you arrange all possible scenarios in your head, still having the possible dangers under control. No risk will escape your attention. This protects you from risky decisions in life, but on the other hand, it does not allow you to take advantage of opportunities where decisions have to be made very quickly, sometimes intuitively. You are alien to bravado, carelessness and all kinds of clueless games. If you decide on something, you are fully aware of the possible opportunities and threats. With such a result, you are most likely faced with constant and excessive doubts and a constant, even tiring analysis of the situations you are in.

REMEMBER: Caution and prudence in making decisions actually protect you from any losses you may suffer that are tied to executing uncertain ideas or projects. Remember, however, that the numerous analyses you conduct in everyday situations keep you from acting and often direct your thoughts to dark scenarios. However, the anticipated risks do not always have to occur, and even if they do occur, you can prepare yourself for them without giving up on some action.



ENDURANCE

Your result on the scale of the **Endurance** subdimension means that you can spend hours or even days on one task, if you only want to. However, if it's not for you, you stop your actions in the given direction in order to transfer your energy to another activity. You are often fully committed to the activity and act to the end, regardless of the level of difficulty, but equally often you are tired of a topic and give up the activity for an indefinite period of time. Sometimes you can be described as persistent, goal-oriented and very enduring, and sometimes you can be described as a person with short-lived energy, who will get excited about the activity for a while and then jump over to another topic right away.

REMEMBER: High endurance allows you to achieve success in many cases. It is mainly the people with such an approach who celebrate achieving their goals. On the outside, it seems that people who have done something great, have done it quickly or with exceptional ease. The truth is, however, that the surrounding people fail to notice how many hours the successful person had to spend on hard, strenuous, sometimes repetitive, sometimes creative work and the difficulties they had to face, without being hindered by them. Short-lived energy for tasks, in turn, causes you to waste a lot of energy and time on activities, the outcome of which you will never see due to the interruption of a task. Remember that the completion of the tasks still needs to be developed. It is a matter of work and self-training. Eventually, you can practice the habit of completing the activities regardless of the level of nuisance.



INNER-DIRECTEDNESS

Your result on the scale of the **Inner-directedness** subdimension means that both in private life and at school you make conscious decisions and you don't avoid responsibility for them. You are rather an independent and active person. You don't want to be the result of someone's actions. It's you who sets directions, otherwise you would lose a sense of control. You are

strongly convinced that you can rely on yourself, your thoughts and intuition. You need listeners to accompany you when you analyse difficult issues on your own, but you don't need a person who will suggest how you should do something. You are predisposed to being a leader as you are not used to subordination, conformism or a rigid way of thinking. You may find it difficult to recognise authority as for you the biggest authority is yourself. Do's and don'ts as well as rules of conduct created by someone else have a rather bad effect on you. You feel best when everything depends on you, when you have full control over a situation, when you plan your learning and your life in your own way. You don't need flattery or reinforcement from others. You know your own value and somebody else's opinion doesn't change your self-esteem.

REMEMBER: High inner-directedness affects the strong sense of one's own efficiency i.e. the conviction that you're going to make it regardless of the situation, that most things in life are up to you. Such a conviction is a boost for you every day and it causes your strength and your confidence to grow.



ORGANISATION

- Setting goals and planning actions is your strength. You approach that with a great deal of commitment. Keep on doing that and this will allow you to use your energy and time mainly in the areas which are important to you.
- Use your very high ability to plan activities - thanks to it you will be always perceived as a person constantly prepared for action.
- You can prepare yourself and your place of learning perfectly for action. Be careful, however, not to let the preparations delay the commencement of the activities.
- Logic in action is your big strength. Remember, however, that sometimes you can act intuitively without intensive preparation. This may allow you to take advantage of an opportunity which arises for a brief moment.
- Continue to organise your activities according to your logic, however, be careful not to be too rigid - allow yourself to be a bit flexible sometimes when implementing your schedule of the day.
- Your plan of the day may be sometimes subject to change. Be open to the human factor which you occasionally may fail to plan, which can sometimes demolish your plan but it is more important than acting according to your schedule.



ORDERLINESS

- Cherish your habit of keeping things in order - it saves you time when looking for information.
- Maintaining order around you is a desirable feature. However, don't let cleaning become the main purpose of your functioning.
- Beware of the trap of perfectionism. There is no place of study that can be pristine all the time. There is no way to keep absolute order around you at school and at home.
- If you feel tired, give yourself the right to rest. You can regenerate yourself first and only then start cleaning up.
- Consider the possibility of delegating the cleaning to other people, or at least dividing this duty among several people: the housemates at home and the co-workers at work.
- Remember that your relationships are more important than shiny rooms around you. At a social gathering focus on the people and things you are talking about and not on controlling the order around you. There will be time for that when everyone is gone.



CONSCIENTIOUSNESS

- Keep on working like that. Your regularity and diligence are outstanding.
- You can always be relied on, you finish things and you perform tasks with great care. Keep up this level of your work.
- Continue to make sure that the tasks that you are involved in are as diligent as they have been so far, the people around you can see it.
- Continue to be such a timely and punctual person, it has a positive impact on the image you are building.
- Continue to maintain the responsibility for the tasks entrusted to you at the level you set yourself, it shows the people around you that important issues can be put into your hands.
- If you perform tasks assigned by other people, do not feel offended by control. Control is independent of your approach to work, your diligence and accuracy. It is simply one of the

elements of the correct delegation of tasks.



CAUTION

- You're the type of person who can be entrusted with a detailed analysis of the situation before making a difficult decision. Take care of your ability to take a cool and analytical look at the subject under examination.
- Take care to check all the pros and cons behind your choice. However, don't let the deep analysis of all possible threats overshadow any possible opportunities.
- Your caution certainly protects you from ill-considered steps. But be careful so that this does not inhibit your actions. Sometimes you have to take risks to ultimately enjoy success.
- Your caution is certainly often your strong point, but be careful not to make you see the future mainly in black scenarios.
- It is good that you can predict most of the possible risks, but remember that they do not have to occur. The fact that you anticipate them allows you to prepare a possible solution or counteract it, but should not result in your failure to act.
- Remember, there are always two sides of the same coin. Sometimes you can see mainly one. It is worth talking to others and getting to know different points of view before making a the situation.decision, so as not to give up a chance because of the one-sided perspective of looking at,



ENDURANCE

- When you want, you can focus your attention on a difficult and demanding task. Transfer this ability to tasks that you are less willing to do but are important in your life.
- Prioritise among your tasks and determine when exactly you are doing only that set task, without having to worry about other novelties.
- Divide your tasks into smaller ones, set up milestones with a deadline or a final hour. This will allow your mind to focus more strongly on the task at hand.
- Learn how to manage yourself effectively in time and about the negative power of distracting activities.
- Beware of your "short-lived energy". Don't let your work, lasting many hours or weeks, suddenly cease to interest you because of something new or more interesting.
- If a task is important to you in your life, try to get support from people who are friendly and helpful. In those moments, when you start to ease off, let them remind you of the importance of your goal.



INNER-DIRECTEDNESS

- You are a very independent person and you know perfectly well what you want and what you are supposed to do. However, you should pay more attention to people who are around you and who may often show you a slightly different point of view which may positively influence your decisions.
- Be careful with your high need for controlling the situation. Sometimes you have to let it go or partly surrender control to another person. It doesn't have to be bad. Together you can sometimes achieve more.
- Be careful so that your need to control the situation and your own life doesn't develop into the need to excessively control your close friends and family or those around you.
- Very often you are right and you can fully rely on your knowledge and intuition. However, listen to what others say. Nobody is a walking encyclopedia. You don't have full knowledge about everything you do either. Therefore you should open up to listening to

- people.
- High inner-directedness affects high self-confidence. Be careful not to cross the border becoming an arrogant person who knows everything best and thinks that they should decide about everything and everyone.

DIMENSION MY SCHOOL



SUBDIMENSIONS:



EFFECTIVENESS



LEADERSHIP



SELF-CONTROL



GOAL PURSUIT



FAME



HIGH RESULT

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

Your result on the scale of the **My School** 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 skills at school. You know your strengths and weaknesses. You are a proactive person when undertaking action. You are able to set very ambitious learning goals, which you achieve step by step. In difficult scenarios you intentionally control your emotions. It is difficult to discompose you. You are strongly skilled in leading and managing your peers. 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 your peers. 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 school 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 studying and your own development which is why sometimes you may lose sight of the boundary between private life and studying as well as school-related and non-scholarly responsibilities. You are prone to workaholism.

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



EFFECTIVENESS

Your result on the scale of the **Effectiveness** subdimension means that you belong to a group of people who are very aware of their own competences and skills at school. You are highly aware of your abilities and level of intelligence which enables you to achieve high results and climb the educational ladder. You belong to a group of people who are very skilled, who easily absorb knowledge, which allows you to gain greater competences at school and new skills. You manage difficult and demanding situations perfectly, they do not evoke panic and fear in you. In your actions you belong to a group of people who are very effective. You have a large

amount of faith in yourself and your skills, thanks to which people view you as a competent person. You are a person who is greatly predisposed towards assuming the role of a leader at school, as well as in your future career. Your very high level of effectiveness may build a figure of authority among your peers. Your self-confidence and faith in your own abilities allows you to face difficult tasks. At school you are seen as a very good and effective student.

REMEMBER: Humility is always necessary. An excessively positive self-assessment of your skills and competences may stop you in your career development or lead to wallowing in your own perfection. Your level of effectiveness may overwhelm weaker people, that is why as a leader you should support them in their actions, to give them more motivation to study.



LEADERSHIP

Your result on the scale of the **Leadership** subdimension means that you belong to a group of people who are characterised by their highly developed leadership skills. You are a person who builds up authority and respect among others, which allows you to lead the group. You are highly skilled at leading people at school. Your views and opinions in a classroom environment, as well as in private life have a large influence on the surroundings. People pay attention to what you say and how you behave. Through your behaviour and attitude you evoke respect, which allows you to build up the role of a leader at school as well as admiration among peers. You do not belong to a group of people who enjoy being directed by others. You are the one who directs and manages the tasks. You cope well in difficult and conflict situations, you are able to effectively resolve disputes. You are an independent and confident person, who always knows what they want. Organising and directing enterprises are your strong sides. In teamwork you do not allow others to walk all over you. You are a very assertive person.

REMEMBER: With the role of a leader at work comes great responsibility. Through building up your authority you have a big influence over people. As a leader pay attention not only to the tasks, but also to the human factor. Your high self-confidence may overwhelm people with a low sense of self-worth. Remember, use your leadership competences to motivate and appreciate people, this will allow you to make even greater use of their potential.



SELF-CONTROL

Your result on the scale of the **Self-Control** subdimension means that you belong to a group of people who have trouble with self-control. You often give into emotions. In difficult situations you may start to panic, you are rather unable to keep your cool. You lack self-discipline. You often cannot mobilise yourself to take action. Many distractions sidetrack you and divert you from the current task. It is difficult for you to achieve your set goals, which causes chaos in your actions. In your opinion, you are unable to control your whims. You may have a problem with controlling how much you eat and drink. When highly stressed you focus on emotions and not on the task carried out. Your emotions often take control over the situation and tasks. This may cause you even greater stress. Your emotional attitude may negatively influence your surrounding school environment and your peers. It creates a tense atmosphere. At school it is difficult for you to accomplish as well as complete tasks step by step.

REMEMBER: Control your emotions. They negatively influence the tasks carried out by you as well as building relations with people at school. Working on emotions isn't that difficult. Search for methods of coping with emotions that are best for you. Applying them will allow you to concentrate more on tasks and achieve greater results when studying.



GOAL PURSUIT

Your result on the scale of the **Goal Pursuit** subdimension means that you belong to a group of people who have a high level of aspiration. You are a very proactive person. You can set very ambitious goals which you then consistently accomplish. The higher the goal, the more motivated you are to take action. You are able to work hard to reach your pursuits. You are an ambitious person, meticulous and persistent in striving towards your goal. You aren't afraid of work and tough challenges. Difficult situations cannot stop you from acting. Step by step you pursue your plan. The mere vision of your goal motivates you to work. Your result shows that you are mainly focused on the task and striving towards the goal, which may cause you to overlook the human factor. It means that sometimes you ignore the emotions and feelings of others. You are a person who strongly focuses on studying, to the point where you may lose sight of the line between private and school life. You have workaholic tendencies.

REMEMBER: School is very important but take care of maintaining a balance between private and school life. Pay attention to people in your class and not just the tasks. It's the people who help you in accomplishing tasks and reaching select goals. Your result may indicate that you possibly devote yourself too much to studying, which may lead to workaholicism.



FAME

Your score on the **Fame** subdimension scale means that you are one of those people who think they are rather popular with the colleagues at school. You have a high level of awareness of being accepted by the people around you. Sometimes you may have a desire to be famous and admired. People like to be in your company, which makes you feel appreciated. At school you like to be the centre of attention. Sometimes the fact that you don't attract interest of others may affect your mood and behaviour. In a new environment you are very confident that new people will get to like you, so you are predisposed to build up numerous interpersonal contacts. You are rather not afraid of being rejected by other people. You feel like a popular and attention-grabbing person in the group. Your attitude allows you to build the role of a leader in the group. You are able to focus attention. When you speak, people listen to you.

Remember: Too much confidence in your popularity can embarrass people with lower scores, and this can disrupt your interpersonal relationships. Sometimes pay attention to other people. Don't let a lack of interest or fame affect your mood and well-being. Being popular has its price.



EFFECTIVENESS

- You have a sense of high effectiveness, skills and competences. That is why you should develop in different areas and it will be possible for you to achieve more than others.
- Your high level of self-esteem allows you to construct the image of a very self-confident person. Use this at school and in your future professional career.
- Remember, humility is always necessary. An excessively positive self-assessment may lead to failing to notice the weaker aspects. Sometimes stop and try to verify your competences.
- You can build up strong authority, that is why you should use this in managing people. Co-operate with people and motivate them to take action. Provide strength for the weaker ones.
- In difficult situations use your skills and high effectiveness. Do not be worried about making risky decisions. A reasonably thought out decision, which may even be risky, may be your path to winning.
- Your strength allows you to take on difficult tasks, more so than others. Set yourself even greater challenges with more responsibility and you will surely be able to face up to them.



LEADERSHIP

- You have highly developed leadership skills. Develop them even further and you will achieve perfection.
- Pay attention not only to the tasks, but also to the people. Your high self-confidence may cause some of the others to feel overwhelmed and less self-confident and sometimes even withdrawn from certain tasks. Use your authority to strengthen them. Remember, you have a large influence over people and their development. Motivate them to work, support and direct them.
- Support new ideas, get your team excited about taking action.
- Learn to delegate tasks. Being a leader doesn't mean that everything has to be done by you.
- Appreciate the people that surround you. Skilful feedback can only motivate, even if it is negative. If you have an issue with this, learn a few techniques and you will see that it isn't so difficult.
- As a leader remember not only about planning, organising and managing. There is also controlling. Always check if the delegated tasks are completed. This will allow you to finalise matters.
- In difficult situations do not be worried about making difficult decisions. Always seek the best solutions for you and your team. That's what a leader is for.



SELF-CONTROL

- Work on controlling your own emotions. Being an explosive and very emotional person can ruin many of your relationships in your school life and private life.
- In difficult situations try not to start panicking. Approach the problem in a task-oriented manner and not in an emotional way. This will allow for a better solution to difficult tasks.
- Work on self-discipline. Create a task scheduler and abide by it. This will allow you to accomplish your goals step by step and complete tasks on time.
- Control your whims and needs. You have a tendency to break your resolutions.

- Do not react to the surrounding factors that divert your attention, different distractions. They sidetrack you and make it difficult for you to accomplish, as well as complete tasks step by step.
- Set clear and concrete goals in a realistic timeframe. Work on consistently accomplishing them. Try not to postpone tasks. Such a strategy may lead to the failure of your intended result.
- By introducing new habits, work on being consistent in your actions. Strengthen your habits through e.g. rewarding yourself.
- Mastering your self-control is an important and useful skill. It will allow you to effectively manage your life and shape your surroundings. Self-control can be trained and learned from the best - people with a high emotional intelligence.



GOAL PURSUIT

- You are able to stubbornly strive towards your goal. This focuses your attention and your energy. Remember that besides from studying, there are also other important areas of your life. Take care of maintaining a balance between school life and private life.
- Set clear and concrete goals in a realistic timeframe.
- At school pay attention to your peers and not only to studying. Take care of interpersonal relations and ensuring a good atmosphere.
- Find time for your own enjoyment and relaxation as well.
- You have large aspirations. Set yourself goals step by step, which can then lead you to the top of your career.
- In teamwork you belong to a group of people who are very strong. That is why in difficult situations you can take a lot of responsibility on your shoulders. You will surely deal with this better than others.
- You are able to work hard in order to achieve your pursuits. You have a lot of internal motivation. That is why you should support your team. Motivate them to take action and accomplish set goals. You can be the strong link in the team and a good leader.
- You have highly developed leadership skills and competences. Develop them even further.
- Be careful, you have high workaholic tendencies.



FAME

- Remember! Too much popularity can embarrass other people, and this can disrupt your interpersonal relationships.
- You have a great influence on others and are a very energetic person, so co-operate with people to motivate them to act and work.
- Do not compete with people. Fame at all costs will not bring positive results.
- Sometimes pay attention to others. Do not just focus on yourself.
- Since you may be reluctant to accept negative feedback, listen to the opinions of those close to you. They know you well enough to give you good advice.
- Don't let the lack of interest in you affect your mood and humour.
- You do not always have to be the centre of attention. Sometimes it is good to stand aside and listen to what others have to say.
- Try not to dominate others too much. Let them also prove themselves.
- Use your skills and competences to develop your leadership skills.

DIMENSION

MY SELF-ESTEEM



SUBDIMENSIONS:



GENERAL SELF-PERCEPTION



AUTHENTICITY



IDENTITY



SENSE OF INTIMACY



ATTRACTIVENESS



MY SELF-ESTEEM

GENERAL DESCRIPTION

VERY 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-Assessment** dimension is very high in comparison with other people. It means that you are a very 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.

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



GENERAL SELF-PERCEPTION

Your result on the scale of the **General Self-Perception** subdimension means that in your judgement you are a very valuable person, you have many abilities and competences. Thanks to them you know that you will always be able to cope in life. You are proud of yourself and you most likely have many successes behind you. When comparing yourself to others you surely notice that you do more than others. You notice how much you matter. People with similar results to you on the scale of the General Self-perception subdimension are generally proud of themselves, of what they do, how they act and how many successes they achieve. They claim that they have significantly more successes than failures behind them. You most likely think the same of yourself. You are also a self-confident person, aware of your worth

among others and positively thinking about your future. Focusing on your weaknesses is foreign to you. You see your strong side most of all, your expertise, talents, qualifications and possibilities.

REMEMBER: Self-confidence in life really helps to achieve goals. Positively perceiving your achievements additionally strengthens the feeling of your own effectiveness, which, at a later stage, helps to reach higher and further as well as set and achieve even more ambitious goals. Be careful so that your self-confidence does not turn into arrogance, which is negatively perceived by the surroundings. Arrogant people ultimately lose a lot in terms of interpersonal relations and on many other levels because of this.



AUTHENTICITY

Your result on the scale of the **Authenticity** subdimension means that you judge yourself to be a very decent person. You have an extremely rigid moral backbone and you don't break the rules and principles of correct procedure. In both private and school life you always try to behave as is expected in order to avoid feeling internally disappointed in yourself later on. In bigger company you pay more attention to behaving correctly, rather than having fun. You control your reactions and behaviours all the time to avoid making any mistakes - especially among other people. People who obtain similar results to you on the examined scale are very strict towards themselves and feel remorse when they do not behave in accordance with the rules. It stays with them for long, that is why they think over it for a long time. It's highly possible that you react in the same way in moments that escape your control. Generally you are a person who is very satisfied with the way in which you live and act from a moral perspective. You accept your behaviours and you think that they are within the boundaries of decency.

REMEMBER: An assessment of your behaviour very strongly influences the entirety of your thoughts about yourself. It's important to follow the rules of moral behaviour. However, do not be too strict with yourself. One who is not mistaken is one who does nothing. Sometimes you can breach the rules which you firmly establish, this does not mean, however, that you automatically become a bad person. It's important not to make the same mistakes.



IDENTITY

Your result on the scale of the **Identity** subdimension means that you are a rather internally coherent person with high self-awareness. You know who you are and what you expect from life. You are generally familiar with what you must do, as you set goals for the near and distant future. In your actions you are usually a decisive person. Both in private life, as well as at school you make decisions independently, as you have quite clearly specified what is useful for you in life and what isn't. You base your decisions on clearly defined inner guide posts, which are your values. You feel that you usually live in harmony with yourself. You have a sense of internal coherence and a continuity of actions, which propels you, additionally strengthening your self-confidence in following decisions and actions.

REMEMBER: Self-awareness and life in accordance with set values and a course of action determined by them strengthens positive self-esteem, so that with every new experience you become an even stronger person.



SENSE OF INTIMACY

Your result on the scale of the **Sense of Intimacy** subdimension means that you feel accepted

and loved by close friends and family. You often experience the support given to you by the people who surround you and you are able to benefit from this. In your life you fully express your feelings. You give a lot of love and acceptance. At school you are able to supply warmth and friendship. You always know that, when in need, you have somebody to count on. You feel that others accept you for who you are. Having such a result on the scale of the Sense of Intimacy subdimension, you are aware of the fact that being accepted and loved positively influences people, hence that's exactly how you behave in relation to others. You are generally a person full of empathy, you are able to sympathise with others and supply others with warmth. You are able to form close relations, in which you become involved, giving good to others. You enjoy supplying other people with warmth, your friendship and showing them that you care about them. Awareness of the fact that somebody loves you, that you remain friends with someone or that you have close relations with someone boosts your mood. Pushing aside your love, rejecting your friendship or breaking off a close connection is rather painful and incomprehensible for you.

REMEMBER: Close relations with people, love and external support propel you towards action. However, not everybody feels the same. Sometimes people break off connections due to different reasons, sometimes only known to them. They're not necessarily linked directly to you. Try to talk these situations through and don't take them personally by treating them as a rejection of your person.



ATTRACTIVENESS

Your result on the scale of the **Attractiveness** subdimension means that you rather do not consider yourself attractive and you are usually not satisfied with how you look. It's very likely that you don't always accept yourself in this aspect. Sometimes you prefer to simply avoid looking in the mirror. However, when you take care of yourself, spend some time, energy and pay attention to your physicality, you immediately feel a rise in your attractiveness. This in turn positively influences your self-confidence and feeling of self-worth. There are moments in life, where you take care of yourself more and less. It's possible that in everyday life you do not pay so much attention to your looks or you temporarily let go of caring about such things and then your satisfaction in this area decreases. You know that your attractiveness influences your life. You are aware of the fact that you can use your appearance to have influence over others at school and outside of it and it's likely that you benefit from this sometimes.

REMEMBER: Appearance influences how people perceive you. People who are considered attractive are chosen for different initiatives more often, they have a chance to participate in different projects more often, as it is known that attractive people bring others together around them. You are able to take care of your own attractiveness, it's important that it becomes a habit. It's a matter of defining a goal and determination. Remember that every person is attractive, but this should be taken care of.



GENERAL SELF-PERCEPTION

- Take care of preventing any changes in how you view yourself.
- You perceive yourself as valuable, competent and resourceful - this supports you in the achievement of successes. Enjoy them, celebrate their finalisation.
- Being a cohesive person with inner strength, set bold goals. Your positive view of yourself strengthens you and will allow you to achieve even more.
- Focusing on your strong sides will allow you to develop them even more. Be careful, so that at one point they don't become your enemies. You are a self-confident person - keep this under control, to avoid becoming an arrogant person, who doesn't notice their own weaknesses. When you notice them, consider whether it's worth working on them.
- Be careful so that the focus on your positive sides doesn't overshadow noticing other people, their strengths and contributions.
- Take care of interpersonal relationships. Despite your strong character, positive self-perception and having many positive sides, relationships with others are one of the most valuable areas of life, worth taking care of.



AUTHENTICITY

- As a person who is authentic you have clearly defined values and rules of procedure. Observe which of them are lasting and constant in life and which ones can be subject to certain modifications alongside your development.
- Abiding by moral rules is a very strong side of yours. Guard them, as they determine the level you maintain and your class.
- However, be less of a strict judge towards yourself. If you do not fully behave in accordance with set rules, this will not cause your elimination.
- If you make a mistake, learn a lesson from it and devise desirable behaviour for the future, without blaming yourself and never-ending remorse.
- It's good that you care about your rules, however be careful to not be so hard on yourself.
- Remember that as we mature, grow up and grow old, the rules of procedure may change. Have this in mind when creating and correcting your list of rules of good behaviour.



IDENTITY

- Keep up the care for your self-awareness and the awareness of your own goals.
- You are a very self-aware person so set yourself even bolder and more ambitious goals.
- Your inner strength and coherence enable you to make decisions quickly and independently. It's a strong side which you can further apply in your life.
- Maintain clarity in your pursuits. It shows your strong character.
- Try to use your decisiveness to be the most effective that you can be in every action.
- Read a lot, especially books and magazines, which correspond to your interests. It will strengthen your knowledge even further, broaden your horizons and positively influence setting and achieving further life goals.



SENSE OF INTIMACY

- Tend the belief that you are supported and loved by close friends and family. These type of thoughts are a huge reinforcement in everyday life, as well as in setting and achieving life goals.
- If need be, benefit from the support granted by close friends and family. This will help you to survive through tough times, additionally strengthening the bonds between close friends and family.
- In private life supply love and acceptance around you and at school supply a lot of friendship and warmth. Such an attitude will be returned to you on multiple occasions.
- Develop your empathy. Be a sensitive person to what others around you say and feel. If need be, offer your support and help.
- Continue to develop your skills in terms of entering close relations with other people, through large engagement and doing good to others.
- Remember that there are people who will always love you, irrespective of the situation, state of health, views or your behaviour.
- If someone breaks off the connection with you or temporarily restricts it, do not take it personally. People do this out of different reasons, often involving only themselves.

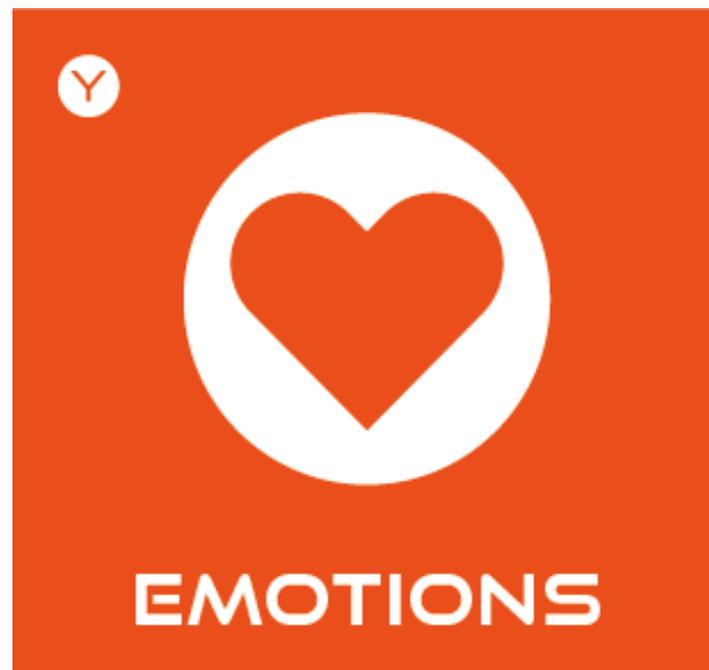


ATTRACTIVENESS

- Remember that your appearance strongly influences how others perceive you, so take care of this area of your life.
- Devote time, energy and your attention to learning of the strong and weak sides of your appearance.
- If it's difficult for you to take care of your attractiveness by yourself, turn to a style specialist. This type of person will help you to take care of yourself from the top. They will show you what to put on display and what to cover up, what needs to be worked on and what can be changed right away.
- Consider what needs to change in your appearance for you to like the person in the mirror even more. Make a list of changes.
- Consider who can additionally support you. If need be, pay a visit to other specialists: a dietician, hairdresser, make-up artist.
- When you finally look at yourself with contentment, remember to keep up this state. Physical attractiveness means taking care of your appearance on a daily basis as well as working on it every day.
- Since you know how to take care of yourself and your appearance, share this with others. Teach others and support them in taking care of their attractiveness. Such behaviour will positively influence your surroundings and, in addition, will surely positively influence the relationships that you build around yourself.

DIMENSION

MY EMOTIONS



SUBDIMENSIONS:



ANXIETY



SENSE OF INFERIORITY



HELPLESSNESS



DEPRESSIVENESS



HOSTILE BEHAVIOUR



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.

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



ANXIETY

Your result on the **Anxiety** subdimension scale means that you can approach both private and professional matters with distance, without unnecessary fear and anxiety. You don't seem to care about the difficulties. Very often you stay calm and control your emotions. Also in critical situations, your calmness allows you to control your emotions, freeing up thinking aimed at solving a difficult situation. In general, you are rather a balanced person. In social life you give others space to think and act. You do not rush, you do not put pressure on others. You rarely get emotional. People who achieve similar results on the Anxiety subdimension scale are usually calm about the future, not afraid of it or even, when thinking about it, they are in a

positive, hopeful mood. It is very likely that this is how you see your future.

REMEMBER: Your peace of mind can be a driving force for you. Especially in a difficult situation, when controlling your emotions is the first step to collect data on how critical the situation is and then to find a solution. Most people panic in difficult situations. In difficult moments, you can be a great support and inspiration for others to find a solution and to act. Calmness and distancing yourself from emotions always gives you the opportunity to see a wider perspective.



SENSE OF INFERIORITY

Your result on the *Sense of Inferiority* subdimension scale means that you are able to judge yourself very objectively against others and your achievements against the achievements of others. You see your strengths which toughen you up. You also see your weaknesses, but they do not inhibit your expression in company. You can speak to each other during the lesson and present your idea. You can share your point of view with others without worrying about who will think what about you or whether the idea will be appreciated or disapproved of. You are free to speak with others, give yourself the right to behave or say something out of place. You are not stressed to be critically evaluated. At school, you are able to present ideas that come to your mind. If you need to make a public appearance, you can speak up without any problems, and if something goes wrong during the speech, you can move on to the agenda without having to think about the situation unnecessarily.

REMEMBER: Expressing yourself and presenting your ideas freely gives you a chance to start co-operation with someone who will notice or appreciate your idea. Comparing yourself with other people only makes sense if it motivates you to develop further, but it is never the case when it becomes a point of self-denial.



HELPLESSNESS

Your result on the *Helplessness* subdimension scale means that difficult situations are unlikely to evoke negative emotions in you. In difficult situations you manage quite well. Even in critical moments you can reliably assess the situation, make a decision, plan actions, as well as move on and implement the plan step by step. In difficult moments you are usually cold-blooded and tactical. In difficult situations you do not need external support. You are usually able to motivate yourself. In both your personal and professional life you try to treat difficult situations as challenges and not as problems. This belief gives you strength and strengthens your self-efficacy and self-esteem. This approach to life presents you as a rather strong individual in society. Many people spread their arms at critical moments and become completely helpless and in need of support to move on. You are able to give such support. In difficult moments, you are up to the task and tactically work out the case, regardless of the scale of difficulty.

REMEMBER: Although you can handle difficult situations, do not turn your back on external support completely. People who are not directly involved in the difficulties can sometimes suggest a good idea.



DEPRESSIVENESS

Your result on the *Depressiveness* subdimension scale means that you are rarely in a gloomy mood. You don't usually get sad or nostalgic and you don't feel guilty in difficult situations where other people are involved. You do not know what giving up and forgiving

mean. When you feel it's needed, you can usually stand up for yourself. You don't need to isolate yourself from people, which doesn't mean you like to live and work in a larger group. You may as well want to work and be rather alone on a daily basis and this is not related to inner sadness, regret or guilt. Even if you stay away from others, you don't feel lonely because you know that if you only want to interact with people, they are around. Your score on the Depressiveness subdimension scale also shows that you are no stranger to experiencing joy and happiness on a daily basis. You can see the good points. You can see the goodness around you and you can enjoy the ordinary moments.

REMEMBER: A good mood and positive thinking are the basis for healthy functioning. So cultivate similar attitude to people and tasks. Internal joy drives you to action. Don't ever let it be taken away from you.



HOSTILE BEHAVIOUR

Your result on the *Hostile Behaviour* subdimension scale means that your behavior is almost never affected by anger attacks or difficulty in controlling anger. You are usually a balanced person and you control your emotions towards others. People with similar results on the Hostile Behaviour subdimension scale tend to forgive someone's guilt, forget the harms and do not cultivate anger towards others. In interpersonal situations they are usually forgiving and try to accept or at least understand another person's perspective. They do not deny someone else's point of view. Your result on the tested scale offers the conviction that such behaviour and reactions are commonplace in your case. You can be an individual perceived as self-controlled and predictable. It's quite difficult to get you out of balance and drive you to rage. Most likely, you feel inner peace with other people more often than frustration or bitterness. Such behavior also builds a calm atmosphere in your environment, which supports cooperation and development on different levels and in various areas of functioning.

REMEMBER: Your behaviour in relation to your environment will cause others to respect you for your balance, composure and emotional stability. You don't cause hostile resistance in people, you don't close them down, you don't despise or deny them. The environment sees your openness to relationships, so you are able to build cooperation and effective communication with others.



ANXIETY

- Maintain the peace of mind that accompanies you every day in your life.
- Your ability to control your emotions in difficult moments is your strong point. Take care of it because it gives you an advantage. You can see the situation more clearly and have a wider perspective on your emotions.
- Develop your emotional intelligence. Emotional control is one of its elements. Highly developed emotional intelligence gives you an advantage in managing yourself and others.
- Read a book or selected articles about the power of emotional intelligence.
- In difficult situations, develop a solution-oriented style of action at home. This is the best way to solve problems.
- Remember that your calm is your driving force to act. Take care of your emotions by taking care of your nervous system. Give yourself the right to rest, take care of movement and exercise, and take care of time only for yourself and your passions.



SENSE OF INFERIORITY

- Keep up your way of thinking about yourself. You are able to judge yourself objectively against others. Keep it that way. Don't underestimate or overstate someone's successes. Maintain your objective view of yourself and of others in such categories as "I'm cool and the others around me are cool too."
- See your strengths and work on your weaknesses. There are no perfect people. Everyone has something to work on. Everyone has areas in their lives that they are not fully satisfied with and should pay special attention to them. Sometimes they need to reinforce them and sometimes to weaken them.
- Cultivate the ability to speak well about yourself, to share ideas on the forum or to present your perspective on a topic without thinking how others will judge you or what you have to say.
- Strengthen the ability to express yourself freely in public without imposing full control on yourself and without criticizing yourself.
- Cultivate your assertiveness and the ability to say no if the proposal does not suit you.



HELPLESSNESS

- Keep up your energy in approaching difficult situations. Strengthen your proactive i.e. supportive attitude.
- Take care of your self-motivation. You can motivate yourself in difficult moments - this is your strong point.
- Develop your ability to solve difficult situations. Also learn how to approach a problem. This will help you learn about other people's possible reactions and make it easier to understand and even manage them.
- Approach difficult situations like challenges in your way. The attitude of your mind is very important. Just calling a situation a challenge strengthens an action-oriented attitude.
- Strengthen your self-efficacy by summing up difficult moments, which thanks to your attitude and action are solved today.
- Remember about the people around you. Even if you don't need their full involvement in the difficult situation you are solving - at least listen to others. It's always an extra look,

often completely free of emotions, therefore broader and different from yours.



DEPRESSIVENESS

- Take care of your psychophysical condition. Your attitude to the world and to people is strengthening, so take care of it.
- Do sports. Every physical effort has a positive effect on the production of hormones responsible for the sense of happiness. Therefore, exercise every day regardless of your mood.
- Read books and articles about positive thinking, beliefs limiting and supporting our actions and methods of taking care of your mental condition.



HOSTILE BEHAVIOUR

- Cultivate your ability to forgive and forget. This is the healthiest approach both for yourself and for interpersonal relationships.
- Cherish your ability to be forgiving towards other people, as well as your ability to look at things from someone else's point of view without triggering anger about not understanding the other party. This approach supports constructive conflict resolution.
- Your calm and balance are supportive for others. Take care of such reactions as they build good relations and strengthen cooperation.
- Strengthen your control over your emotions. Your emotional stability and the resentment of negative emotions that bring destruction to relations can translate into building your authority based on respect and admiration.

INTRODUCTION

BEHAVIOURAL STYLES AND PERSONAL ATTITUDES

Behavioural styles and personal attitudes result from the analysis of mutual interactions of selected dimensions of the Profi Competence Test tool. They show the patterns of human behaviour and adopting different attitudes depending on the intensity of the features present in the person. They describe permanent tendencies to think, feel and behave in social situations. The Profi Competence Test gives a possibility to distinguish fifteen different styles:

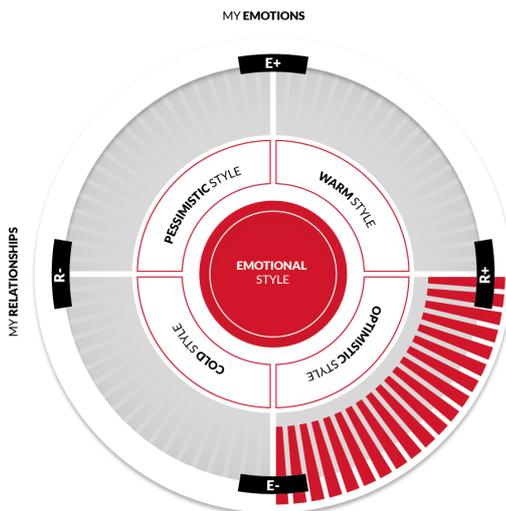
Emotional style	Control of distractors style	Co-operation style	Functioning at school style	Action style	Self-confidence in a relationship style
Co-operation at school style	Interaction in action style	Self-confidence in co-operation style	Action at school style	Evaluating your learning and work style	Evaluating your action style

Some of your results not only allow to interpret individual dimensions but also to observe your style of functioning in different spheres by combining dimensions into pairs. In this way, it is possible to investigate spheres related to your emotionality, social interactions, anger control, how you achieve success or your attitude towards yourself and others, among others.

The styles and attitudes presented below reflect your regular ways of responding to different social situations.

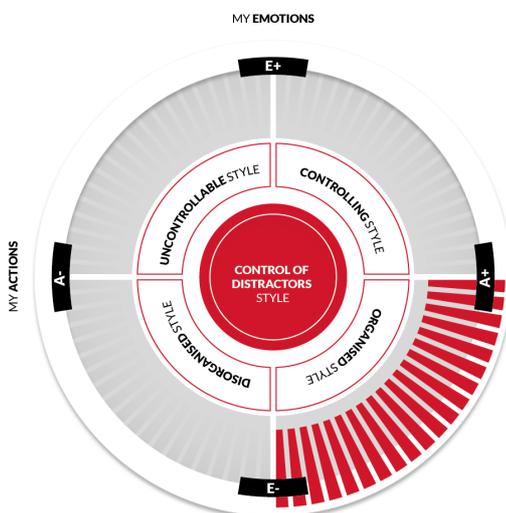
In order to distinguish a permanent style, it is necessary to achieve predominantly high or low results in those dimensions which affect the determination of a given style. If the dimension necessary to determine it has reached a moderate level, it is not possible to establish a permanent style of functioning in the examined area.

EMOTIONAL STYLE OPTIMISTIC TYPE



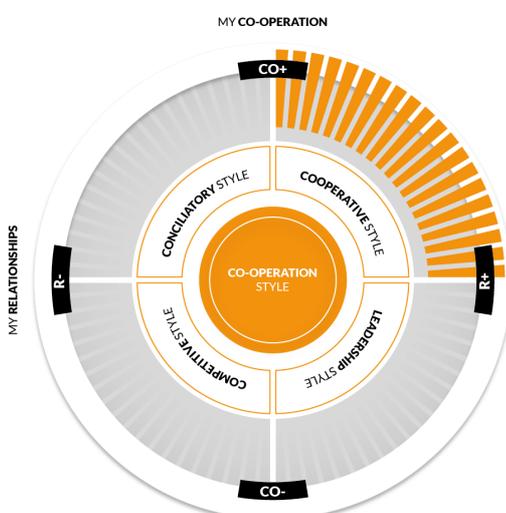
People with the **optimistic style** are positive and confident about the future. They are able to see the good around them and appreciate life as it is. They enjoy contact with people and solve difficult situations they encounter in life without too much concern. They feel sadness or regret, but these emotions pass quickly because it is more important for them to enjoy life and to focus on what is good and possible in the future.

CONTROL OF DISTRACTORS STYLE ORGANISED TYPE



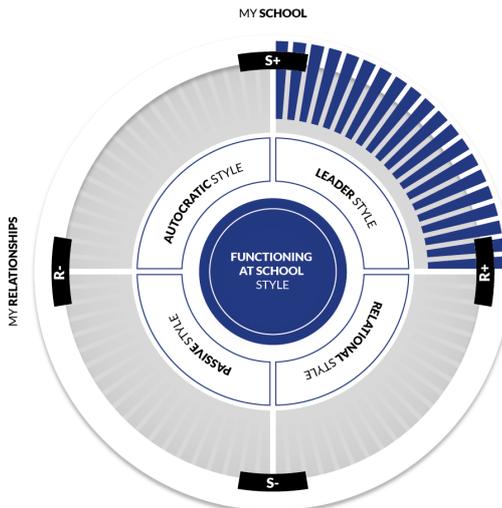
People with the **organised style** are focused on their goals, act systematically, on schedule and confidently, even in difficult situations. They overcome their fears, anger and unmet needs in order to approach their goals confidently and with strong internal motivation.

CO - OPERATION STYLE COOPERATIVE TYPE



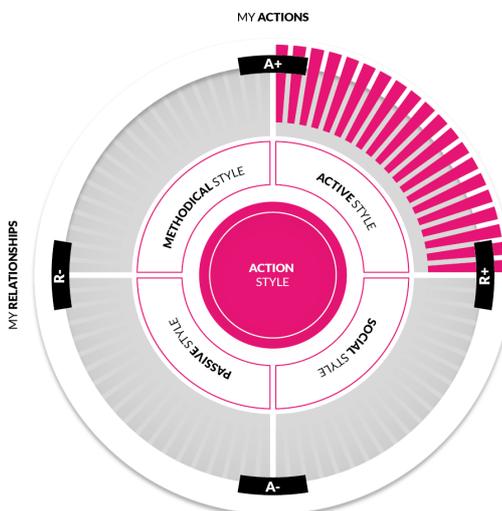
People with the **cooperative style** are friendly, energetic and sociable. They create a good atmosphere around them, are willing to listen and share their knowledge. They make new contacts easily but they also take care of old friendships. They are friendly towards people and in difficult moments they look for compromise.

FUNCTIONING AT SCHOOL STYLE LEADER TYPE



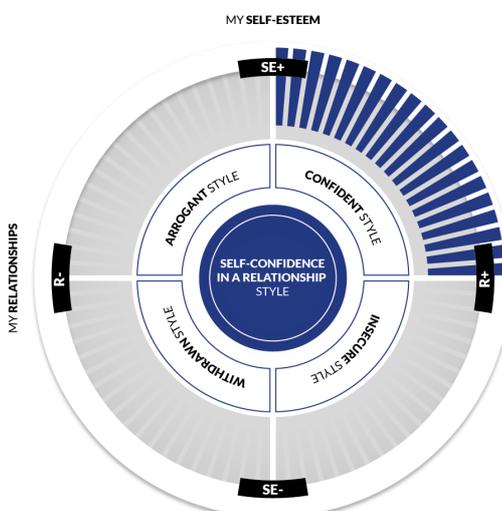
People with the **leadership style** are marked by high extravagance. They are cheerful, active, sociable and warm-hearted, and are strongly focused on achieving success. By creating a good atmosphere around them and relying on their network of interpersonal contacts, they are perfect project leaders. They are liked and often take on the role of natural leaders for the teams they are in.

ACTION STYLE ACTIVE TYPE



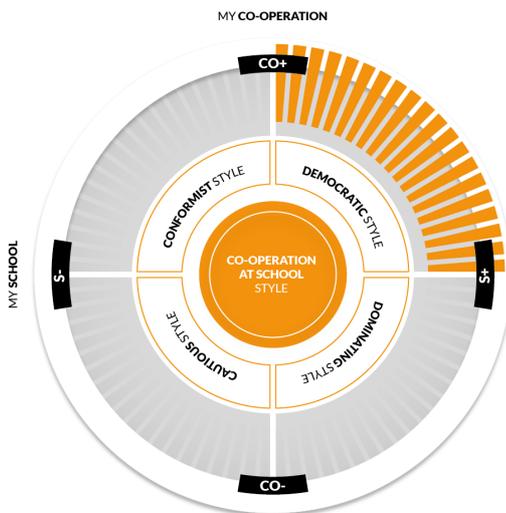
People with the **active style** are effective, efficient and quick in action. They redirect their spontaneity and optimism towards achieving a goal. They are charismatic and pull in other people to impose their own style and pace of action on them.

CONFIDENCE IN A RELATIONSHIP STYLE CONFIDENT TYPE



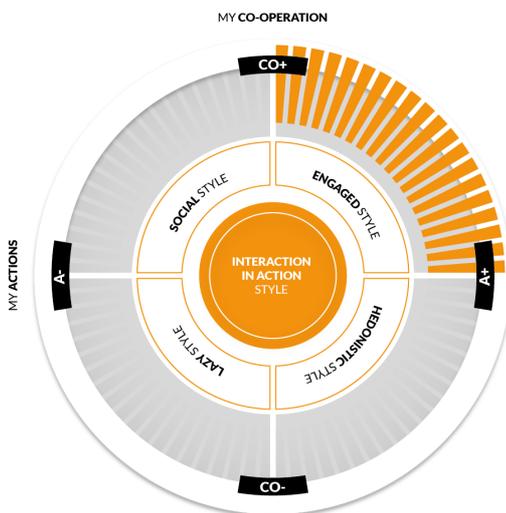
People with the **confident style** are cheerful, active and sociable with high self-awareness and self-esteem. Thanks to this, they build healthy relationships around them, enjoy life but also know what they are aiming for and what they need. They take what they need from relationships with others but they also share what they have. Being self-aware and conscious of their attractiveness, they arouse admiration in company.

CO - OPERATION AT SCHOOL STYLE DEMOCRATIC TYPE



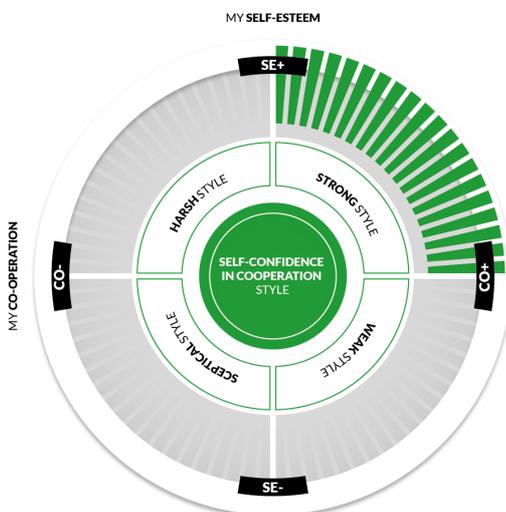
People with the **democratic style** have a high need for working together to achieve common goals. Their high cooperative, consensual and goal-oriented approach means that they can succeed in many areas of life.

INTERACTON IN ACTION STYLE ENGAGED TYPE



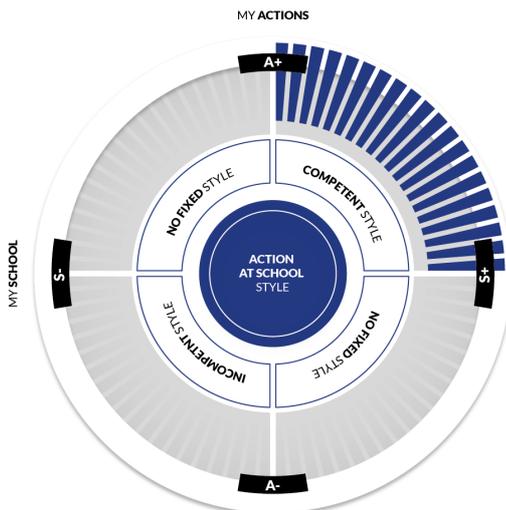
People with the **engaged style** are committed to systematic, even hard work for the benefit of others. They are marked by great perseverance and internal motivation in serving others. They are able to undertake even difficult and thankless tasks because they are marked by high altruism.

SELF - CONFIDENCE IN COOPERATION STYLE STRONG TYPE



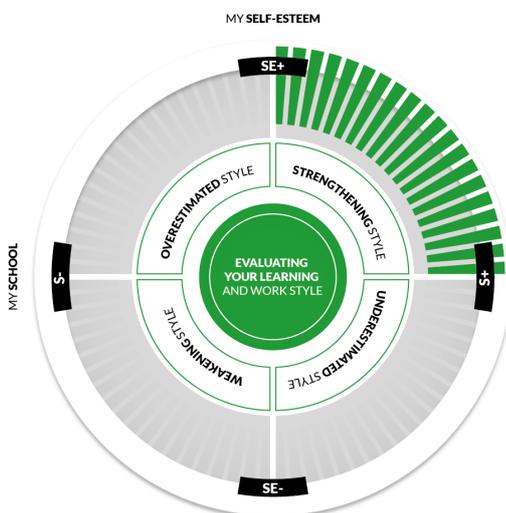
People with the **strong style** are amicable, trusting and cooperative. They have high self-esteem and self-efficacy. They build up an aura of strong but friendly and co-operative people. You can rely on them. They willingly use their authority and knowledge to help others.

ACTION AT SCHOOL STYLE COMPETENT TYPE



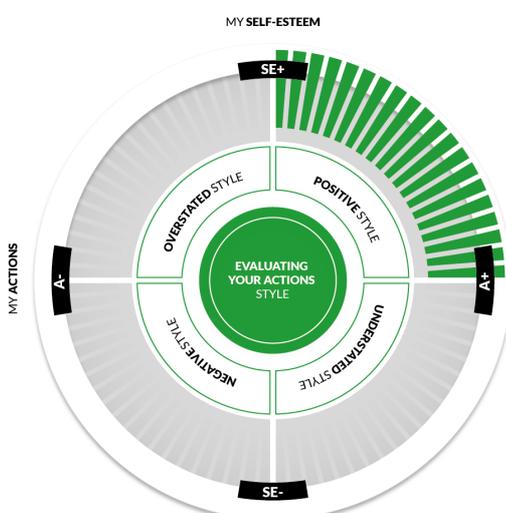
People with the **competent style** are inner-directed individuals with leadership qualities. Organised, goal-oriented and effective in action. They are resilient in their functioning, with a task-based approach to solving difficulties and continuing to strive for success.

EVALUATING YOUR LEARNING AND WORK STYLE STRENGTHENING TYPE



People with the **strengthening style** have an adequate and positive perception of their functioning at school. They are task-focused, effective and efficient. They have an image of themselves as self-confident, competent people who know their strengths and this additionally strengthens them. As individuals satisfied with themselves and with their successes, they build even greater authority among their peers.

EVALUATING YOUR ACTIONS STYLE POSITIVE TYPE



People with the **positive style** have an adequate and positive perception of their everyday actions. They are diligent and organised, internally motivated and at the same time they see their strengths and competences. They have a positive perception of themselves. They are self-satisfied and significantly contribute to various activities.