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TEIQue

# Corporate Report

John Smith

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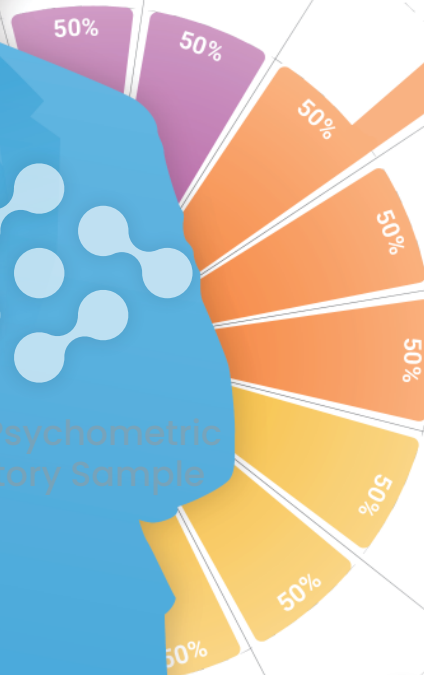


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Social Awareness

Adaptability

Empathy

Optimism

Self-Esteem

Emotion Regulation

Impulse Control

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## Introduction to Your TEIQue Report

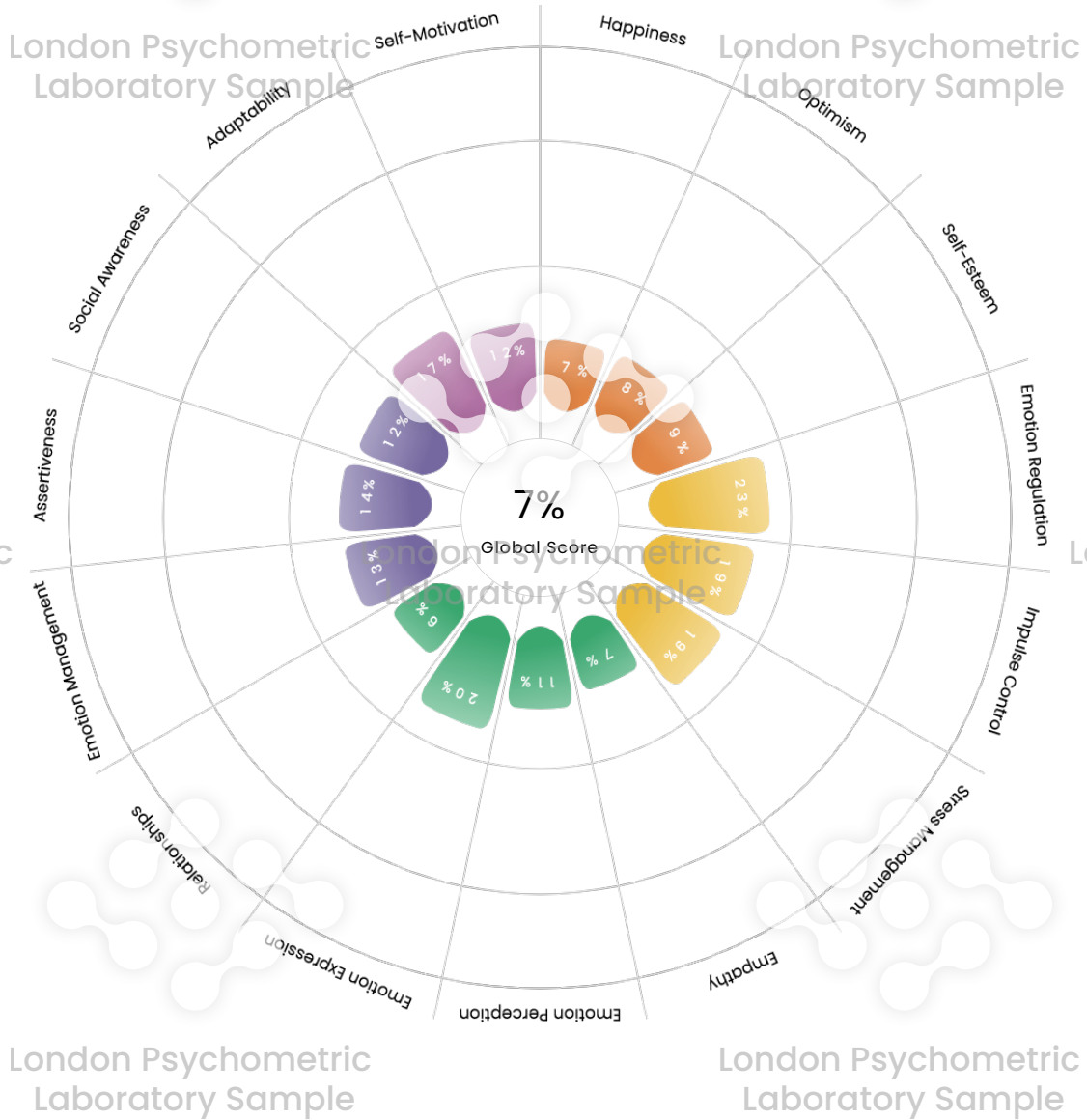
This report is an overview of your Trait Emotional Intelligence profile and can be used as a guide to becoming more self-aware. Its introduction covers essential pointers concerning the interpretation of the report, followed by a detailed analysis of your scores. The TEIQue assessment is grounded in the trait theory of emotional intelligence, pioneered by Professor K. V. Petrides.

Trait emotional intelligence concerns our perceptions of our emotional world. How good we believe we are in terms of understanding and managing our own and other people's emotions. It is a collection of traits that can help us to figure out and navigate emotional and social situations. Self-awareness of our emotional intelligence is critical for emotionally and socially intelligent behaviour because it facilitates our capacities for resilience, communication, and reasoning to name a few.

In the workplace, it is no longer enough to simply rely on our technical skills and knowledge in order to get the job done. Our work performance is also based on how well we collaborate with colleagues, resolve differences, and communicate our ideas, all of which are affected by Trait Emotional Intelligence. In our personal lives, Trait Emotional Intelligence plays a major role in fulfilling relationships with family and friends and it is a significant contributor to an overall balanced and happy life.

The Trait Emotional Intelligence Questionnaire (referred to as TEIQue and pronounced as TQ) measures a constellation of emotional perceptions and traits as part of your personality. Trait emotional intelligence and the TEIQue comprehensively capture our perceptions and beliefs about our emotional world. These perceptions and beliefs are completely central and vital because they have a creative influence in our life and impact on all our behaviours and achievements. The aim of this report is to support you with developing a higher level of self-awareness, and with achieving a conscious knowledge of your strengths and potential development areas.

Scores on the Trait Emotional Intelligence Questionnaire are relatively stable over time, however life and work events can have an impact on them. As with most psychometric assessments, scores can fluctuate and should be interpreted within the context of events and stresses in your life at the time of completing the assessment. Analysis and interpretation of this report should be done in collaboration with an established practitioner who has a thorough understanding of Trait Emotional Intelligence theory. Attempting to understand and interpret this report on your own may minimise its potential benefits.



“Your perceptions create your reality and your self-perceptions create yourself.”

Konstantinos V. Petrides

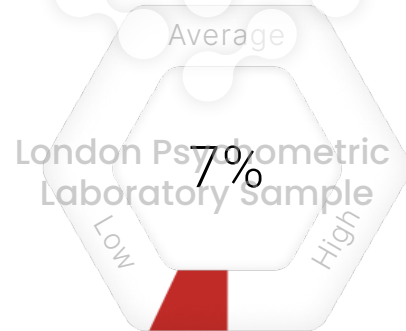


## Global Score

The Global Trait EI score provides a snapshot of your general emotional functioning.

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It is an index of your perceptions relating to the understanding, management, and utilisation of emotion-related information in your everyday life. According to Trait Emotional Intelligence theory, these perceptions are completely central and vital because they have a creative influence on your reality and a major impact on your behaviours and achievements. Changing your emotional perceptions directly contributes to changing your life.



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Your Global Trait EI score indicates that you may be less satisfied with your ability to understand and manage emotions, while perhaps more likely to experience difficulties in emotional and social contexts. It is important to remember that a low Global Trait EI score has its own advantages, like modesty and unpretentiousness, but also less preoccupation with feelings, and a greater willingness to receive feedback. With the support of coaching and other resources, you have excellent chances to accomplish inner development work. Your TEIQue report presents the detailed profile that yields your particular score on Global Trait EI and this should be carefully considered for a complete understanding.

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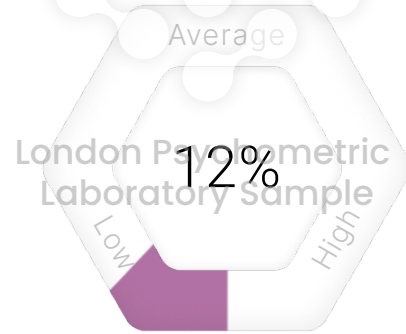
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## Self-Motivation

Self-motivation is about inner drive and the extent to which a person is motivated from within, rather than from external rewards. **Laboratory Sample**

Motivation drives success, although it is worth remembering that the latter is multifaceted and its definition may vary according to age, personal values, cultural norms, etc. We need motivation to keep going in the face of adversity and it is crucial for us to know if our motivation is mainly intrinsic or extrinsic. Motivation stemming from performing an activity for its own sake is known as intrinsic motivation. In contrast, motivation stemming from performing an activity for external rewards – financial, praise, status or for the avoidance of punishment – is known as extrinsic motivation.



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Your responses suggest that you may have difficulty motivating yourself and may feel challenged in the face of adversity. You might need external rewards to keep you going and tend to search for incentives and encouragement to help you reach your goals. Try noticing what kind of external incentives motivate you, so you can integrate them into your goal-setting. You might find it beneficial to work on boosting your self-discipline, persistence, and inner strength. A potential benefit of a low score on Self-motivation is that you are unlikely to suffer from common weaknesses afflicting highly self-motivated people, such as an exaggerated need for control and disapproval of those apparently less driven.

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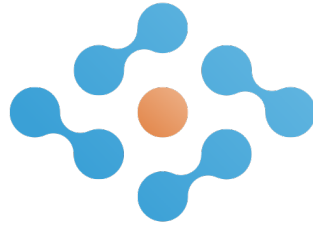
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Reflection of your essence

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Understand the  
fundamental forces  
guiding your  
decisions.



Contrast your  
present to your  
expectations.

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Commit on a path  
through deliberate,  
mindful action.

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