Blue**EQ**™

RESULTS SUMMARY

The results in your color map below show your scores for each of the 5 skills and 25 dimensions. Below each of the 5 skills is a vertical column of the 5 dimensions that comprise each skill. The color of each cell represents your emotional competency level for that specific skill or dimension. Refer to the key below for the definition of each color, with its corresponding percent score. As you begin to interpret your results you will want to identify the three skills and/or dimensions to focus on developing. Once you identify the areas you want or need to develop refer to the profile page for each skill and or dimension. You will find helpful tips and techniques on how to improve in these areas.

Your overall BlueEQ™ score is:

61%

BlueEQ™ Skills					
SELF REGARD 62%	SELF AWARENESS 59%	SELF CONTROL 65%		SOCIAL PERCEPTION 63%	SOCIAL EFFECTIVENESS 57%
BlueEQ™ Dimensions					
OPTIMISM 50%	OPENNESS 63%	IMPULSE CONTROL 57%		EMPATHY 73%	INFLUENCE 47%
SELF-RESPECT 53%	SELF-KNOWLEDGE 70%	STRESS TOLERANCE 43%		OBSERVATION 77%	CONFLICT MANAGEMENT 60%
CONFIDENCE 73%	INTEGRITY 43%	EMOTIONAL STABILITY 87%		ANTICIPATION 67%	RELATIONSHIP MANAGEMENT 77%
MOTIVATION 67%	MONITORING 67%	RESILIENCE 80%		INTERPRETATION 43%	ACCOUNTABILITY 43%
INDEPENDENCE 67%	INTROSPECTION 50%	DELAYED GRATIFICATION 57%		MINDFULNESS 57%	EGO MANAGEMENT 60%
Color Key			Rating Key		
Risk Factor			0% - 44%		
Limiting Factor			45% - 59%		
Growth Factor			60% - 74%		
Strength Factor			75% - 89%		
Success Factor			90% - 100%		
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