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TEIQue

SF Personal Report

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Introduction to Your TEIQue-SF Report

This report provides a general overview of your scores on global (i.e., total) trait emotional intelligence and its four factors. Its contents can help you optimize your personality, taking into account its strengths, weaknesses, and potential development areas. The TEIQue-SF assessment is based on the theory of trait 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, managing, and utilizing our own and other people's emotions. The model comprises a broad collection of traits that can help us figure out and navigate emotional and social situations. Awareness of our emotional world is critical for intelligent behavior because it enables and facilitates our capacities for resilience, communication, and reasoning, to name a few.

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

The TEIQue-SF yields scores on global trait emotional intelligence as well as on its four factors. As such, it provides a general overview of your emotional functioning and of the perceptions underpinning it. These perceptions are completely vital not simply because they impact on virtually all our external behaviors and achievements, but because they have a creative influence in our life – in the sense that they generate the very experiences we encounter in it.

Scores on the TEIQue-SF are relatively stable over time, however, life and work events can have an impact on them, sometimes major. As with all psychometric assessments, scores can fluctuate and should be interpreted with reference to your life context at the time of completing the assessment. In addition, note that TEIQue-SF factor scores tend to be somewhat less accurate than the corresponding scores obtained from the full form of the instrument.

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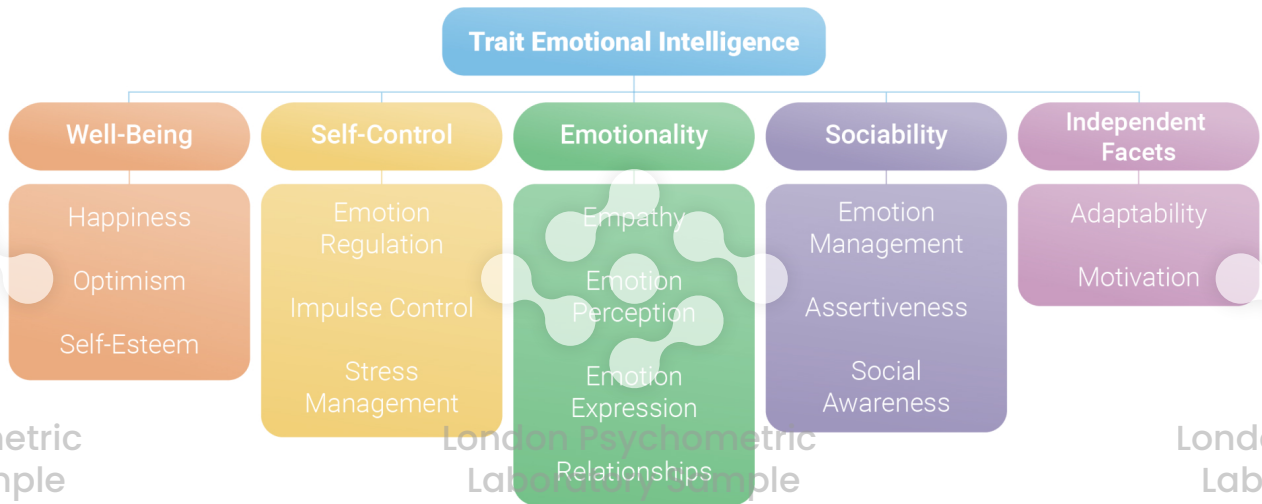
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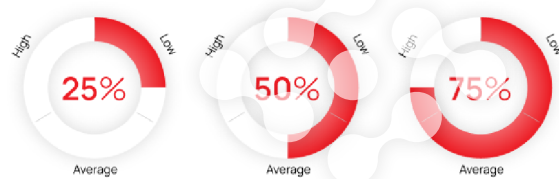
Structure of the TEIQue

The 15-4-1 structure of the TEIQue is depicted in the graph below. The graph shows the hierarchical structure of the instrument, comprising 15 specific facets at the bottom, four factors in the intermediate level, and global trait EI at the apex. The full form of the TEIQue yields scores on all 20 of those domains (15 facets + 4 factors + global trait), while the short form yields five scores (4 factors and the global trait).



Scores

Your score is presented as a percentile, showing your position with reference to other people in the comparison norms. Percentile scores are banded in three tiers for ease of interpretation:



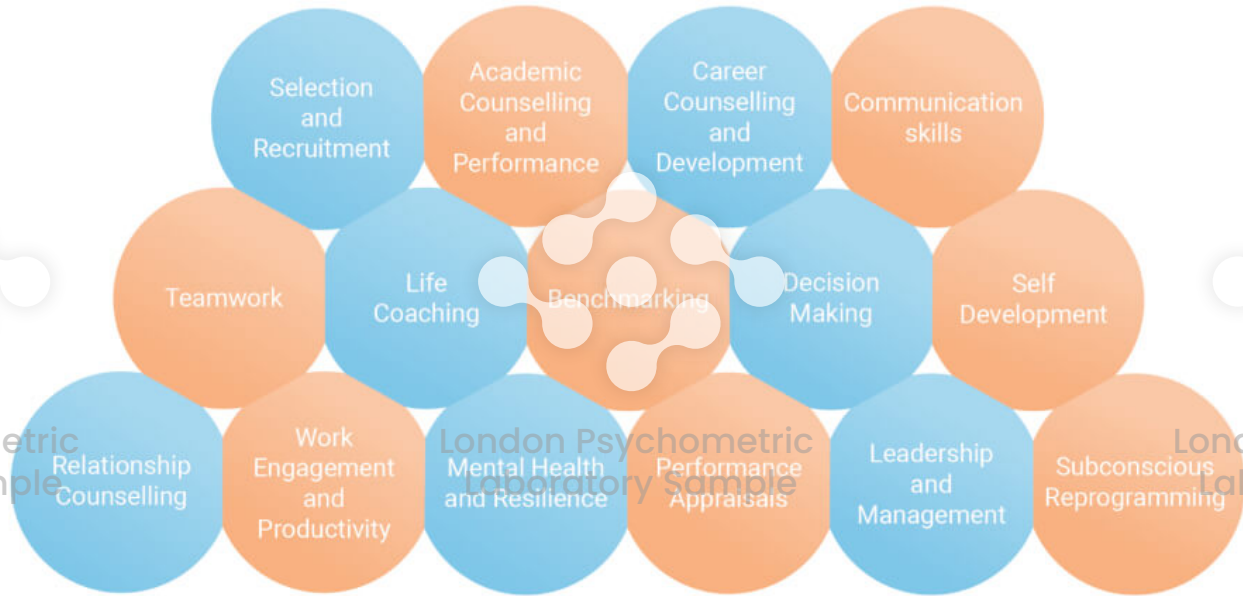
It must be understood and born in mind that higher scores are not necessarily good or desirable and lower scores are not necessarily bad or undesirable. Low, average, and high scores all have positive as well as negative implications.

If anything, my emphasis is on the latter, since the purpose of these reports is to inspire and boost psychological growth, rather than to instill or buttress a sense of complacency and self-satisfaction within your current comfort zone. Simply put, the purpose of this report is to provide a mirror of your personality. It will then be up to you whether you choose to act on the information provided, igniting a process that can unlock the astonishing potential laying dormant in every human being or ignore it and continue as before. Contrary to what you may have been led to believe, you have complete control over your destiny in life; contrary to what may seem obvious to you, your true nature is genuinely unlimited. It is my hope that this report will prompt you to start investigating these truths and prove them conclusively to your own self.



Uses of the TEIQue report

The TEIQue report can be used in all life domains in which emotions are relevant. Our research has demonstrated that this includes most areas of life experience. Examples are provided below, but it should be borne in mind that the list is indicative, rather than exhaustive:



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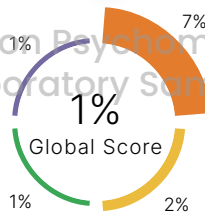
Sociability

Well-being

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Emotionality

Self-control

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"Your perceptions create your reality and your self-perceptions create yourself."

Konstantinos V. Petrides



Global score

1 Low 30 Average 70 High 99



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Well-being



Self-Control



Emotionality



Sociability



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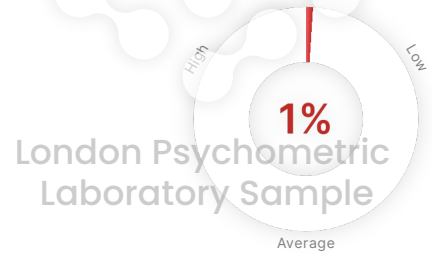
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Global Score

The Global score gives you a snapshot of your general emotional functioning.

It is an index of your perceived ability to understand, process, and utilize 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 in your life, in the specific sense that they create the reality you are experiencing. Changing your perceptions directly contributes to changing your reality.



Overall, your TEIQue score indicates general dissatisfaction with your emotional functioning. You are more likely than most to experience difficulties in social contexts, to overreact in situations that you find unpleasant, and to undergo bouts of worry, gloom, and unease. The TEIQue report presents the detailed profile that yields this low global trait EI score, while the TEIQue Developmental Reports describe ways in which the profile may be managed or even permanently altered. It is important to remember that a low global trait EI score has its advantages (most importantly, modesty and unpretentiousness, but also less preoccupation with feelings, greater willingness to receive feedback and to seek help, etc).

The consequences of a low trait EI score can be managed, in the first instance, by addressing the specific pattern of facets and factors that give rise to it without embarking on a conscious effort to change your level on the trait itself, which is a more arduous process. Changes in the core of such a central, fundamental, and broad constellation of perceptions as those encompassed by trait EI, require equally broad methodologies, of which generalized mindfulness (unbiased awareness) is the most effective.

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Well-Being Factor

The Well-being factor essentially reflects the common, overlapping core of the three facets it comprises, i.e., Happiness, Optimism, and Self-esteem.

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The factor is more basic than the facets it encompasses, meaning that changes in the factor are more readily fed through to the facets than the other way around. Well-being is one of the most essential areas of life. Many people consciously view it as their main goal in life, with study after study showing that it is associated with manifold benefits in the domains of health, work, family, relationships, and others. Such findings are emulated at macro levels, where many organisations, and even countries, utilise 'well-being' or 'better life' indices.



The Well-being factor of the TEIQue comprises the facets of Happiness, Optimism, and Self-esteem. As such, it concerns a generalized sense of well-being extending from past achievements to future expectations. Your score suggests that you are not satisfied with yourself in this area. While this has certain advantages, many of which will have been mentioned under the relevant facets in this report and are further discussed in the TEIQue Developmental reports (e.g., you are quite unlikely to be haughty and self-important), a sense of dissatisfaction or concern with life is certainly something that requires attention. In many cases, that very sense itself will be what prompts you to look deep into your life experiences and act because most people tend to find it unbearable after some time. Changes in Well-being are eminently possible and, although they do require commitment and systematic application over time, they are very much worth it.

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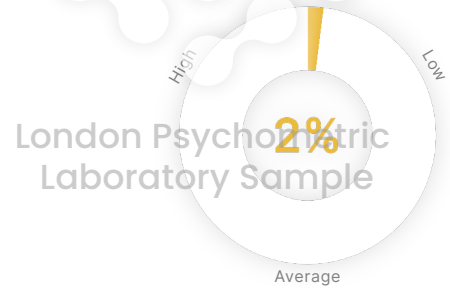


Self-Control Factor

The Self-control factor essentially reflects the common, overlapping core of the three facets it comprises, i.e., Emotion regulation, Impulse control, and Stress management.

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The factor is more basic than the facets it encompasses, meaning that changes in the factor are more readily fed through to the facets, rather than the other way around. This also means that your factor score may be misaligned with some of your facet scores. For example, a high Self-control score could be coupled with an average score on, say, Emotion regulation. This would suggest that the broad Self-control process is at a high level (with all the advantages and disadvantages this entails), but certain narrow, identifiable factors are specifically diminishing the Emotion regulation score (with all the advantages and disadvantages this entails). Self-control is perhaps the TEIQue factor most readily responsive to training, although it is not necessary to change your standing on the factor in order to manage some of its consequences that may be troubling you.



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Your low score on the Self-control factor suggests that you are prone to impulsive behavior and uncontrolled emotions. These challenges are not confined to a specific domain, but are generalized and could be manifested in many different areas, such as addictions of various kinds, eating behavior disorders, rules- or law-breaking, stress and temper problems, etc. It is also possible that they may interfere with your ability or willingness to be flexible in your approach to life. A low Self-control score comes with its own advantages, many of which will have been mentioned under the relevant facets in this report and are further discussed in the TEIQue Developmental reports. Weak Self-control renders you much more susceptible to your existing habits and routines, an unexpected benefit of which is that it can entrench any healthy habits that you have already firmly established in your life (exercising, fasting, meditation, etc.).

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Emotionality Factor

The Emotionality factor essentially reflects the common, overlapping core of the four facets it comprises, i.e., Emotion expression, Emotion perception, Empathy, and Relationships.

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The factor is more basic than the facets it encompasses, meaning that changes in the factor are more readily fed through to the facets, rather than the other way around. This also means that your factor score may be misaligned with some of your facet scores. For example, an average Emotionality score could be coupled with a low score on, say, Relationships. This would suggest that while the broad process underpinning Emotionality is at average levels (with all the advantages and disadvantages this entails), certain narrow, identifiable issues are specifically diminishing the Relationships facet score (with all the advantages and disadvantages this entails). Emotionality is a central factor in trait emotional intelligence and many of the advantages and disadvantages its various possible profiles involve have the potential to influence your personality more broadly.



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Your score on the factor of Emotionality falls in the low end, which suggests that you are quite uncertain about your emotional world. This can be manifested in some, or indeed all, of the facets in the Emotionality factor. A low Emotionality score has certain advantages, many of which will have been mentioned under the relevant facets in this report and are further discussed in the TEIQue Developmental reports (e.g., you are less susceptible to emotional thinking). Nevertheless, as noted in the description of this factor, its centrality in trait emotional intelligence means that its disadvantages may well spill over – to various degrees – into your broader personality. Thus, even if you are not keen to change your Emotionality profile, you should take care to manage its consequences for yourself and others.

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Sociability Factor

The Sociability factor essentially reflects the common, overlapping core of the three facets it comprises, i.e., Assertiveness, Emotion management, and Social awareness.

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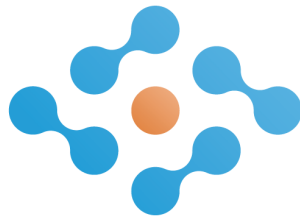
The factor is more basic than the facets it encompasses, meaning that changes in the factor are more readily fed through to the facets, rather than the other way around. This also means that your factor score may be misaligned with some of your facet scores. For example, an average Sociability score could be coupled with a high score on, say, Assertiveness. This would suggest that the broad Sociability process is at an average level (with all the advantages and disadvantages this entails), but certain narrow, identifiable factors are specifically inflating the Assertiveness score (with all the advantages and disadvantages this entails). The Sociability factor differs from the Emotionality factor in that it emphasizes social relationships and social influence. In other words, the former is intrapersonally oriented, while the latter is interpersonally oriented. That said, TEIQue Sociability touches on only a small part of the interpersonal domain, which is comprehensively covered in my cognate construct of trait social intelligence.



You have scored within the low range on the Sociability factor, which suggests that you lack confidence in your social skills. This can be manifested in many different areas and ways, some of which will have been mentioned under the relevant facets in this report and are further discussed in the TEIQue Developmental Reports (e.g., small social networks and inability to influence others). These difficulties can render you introverted or otherwise force you to expend disproportional amounts of effort and energy in the interpersonal domain. Of course, there are also advantages to a low Sociability score, including, importantly, that a lack of interest in social relationships allows for a more introspective approach to life that may, potentially, prove exceptionally fruitful. Like for its sister Emotionality factor, changes in your Sociability profile are undoubtedly possible, although managing its consequences is both easier and, typically, a prerequisite for deeper and more lasting change.

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Reflection of your essence



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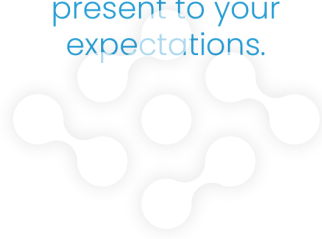
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Understand the
fundamental forces
guiding your
decisions.

Contrast your
present to your
expectations.

Commit to a path
through deliberate,
mindful action.



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