

AQme Report

Cade Greenfelder

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Cade Greenfelder Introduction to Adaptability and AQ

Congratulations on completing your AQme assessment.

The AQme assessment covers three main areas:

AQ Ability,
AQ Character, and
AQ Environment.

Understanding your AQ profile is essential in today's fast-paced work environment. It sheds light on your adaptability strengths and growth areas, enhancing decision-making and problem-solving skills. This understanding empowers you to navigate change effectively, optimize career development, and foster productive work relationships. In essence, your AQ profile is a vital tool to thrive amidst uncertainty and leverage opportunities from change.

As you read through your personalized report, we encourage you to reflect on your results and consider how they may apply to your daily life. Our mission at AQai is to inspire and empower every human with the skills to adapt and thrive, ensuring that no one is left behind in the fastest period of change in history.

Your participation in this science-backed assessment, which has been completed by individuals across more than 50 countries, is greatly appreciated.

Thank you for taking the time to complete the AQme assessment. We hope you find the results valuable and informative.

Best Regards,

AIDA and the AQai Team

Ross Thornley
CEO and Co-Founder

Mike Raven
Partnerships and Co-Founder



Trusted by



welcome

Explaining The AQ® Model

Our patent-pending model of adaptability is based on extensive academic and organisational research across 100+ scientific publications in the Financial Times top 50 journals.

In order to truly understand adaptability, and to harness it for the benefit of our people, our teams, our organisations - and yes ourselves too! - we have to ask three foundational questions:

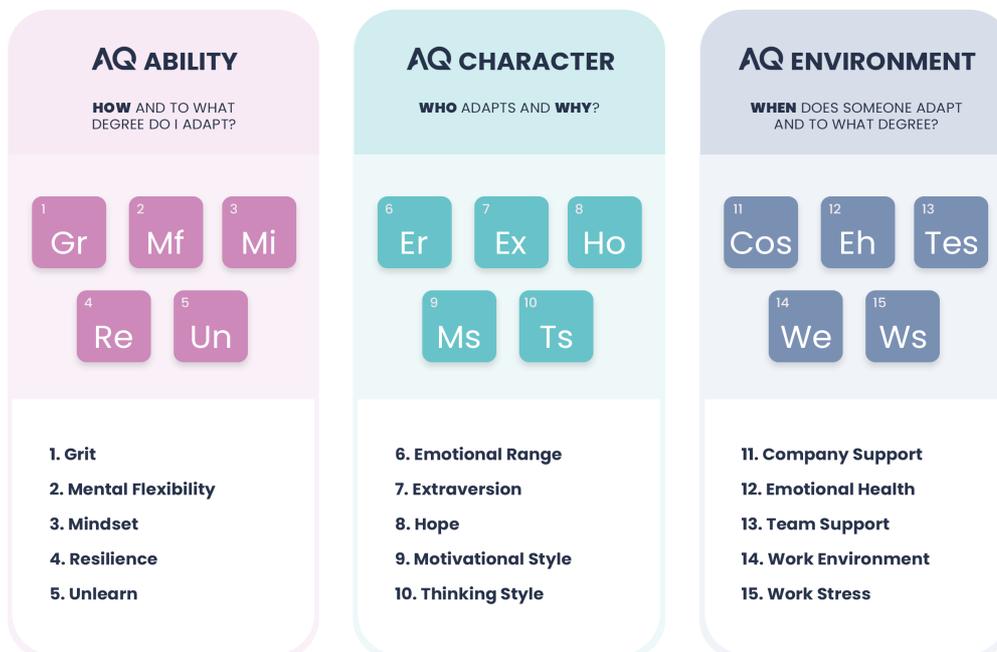
→ HOW PEOPLE ADAPT?

→ WHY PEOPLE ADAPT?

→ AND WHEN PEOPLE ADAPT?

THE A.C.E. MODEL OF ADAPTABILITY

The 17 scientifically valid measures of adaptability



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AQ Ability looks at the learnable skills in **“how”** you adapt, with five sub-dimensions of grit, mental flexibility, mindset, resilience, and unlearn. AQ Character looks at the **“why”** you adapt, with five sub-dimensions of emotional range, extraversion, hope, motivation style, and thinking style. AQ Environment looks at the **“when”** you adapt, with five sub-dimensions of company support, emotional health, team support, work environment, and work stress.

How to Use Your Report

Congratulations on completing the AQme assessment! Your personalized report provides valuable insights into your abilities, character, and environment, as well as areas for improvement. To get the most value from your report, we recommend reflecting on your results in the context of your own lived experience and goals. Here are a few tips on how to use your report to navigate change and improve your relationship with it:

Leverage your AQ Ability strengths



Identify the skills that you excel in and consider how you can use them to achieve your goals.

Identify skills to improve



Reflect on the areas where you scored lower and consider how you can improve in those areas.

Align your AQ Character profile



Reflect on how your character traits align with your career aspirations and how they impact your performance at work.

Consider your goals



Reflect on your goals, whether they are organizational, team, or career-related, and consider how the insights in your report can help you achieve them.

Enhance your AQ Environment



Consider how you can create a more supportive and adaptive work environment to foster high adaptability.

Work with an AQ certified coach



The most value from the report comes when working with an AQ certified coach, who can help you go deeper and build out development plans together.

Here are a few questions to help you think about your results:

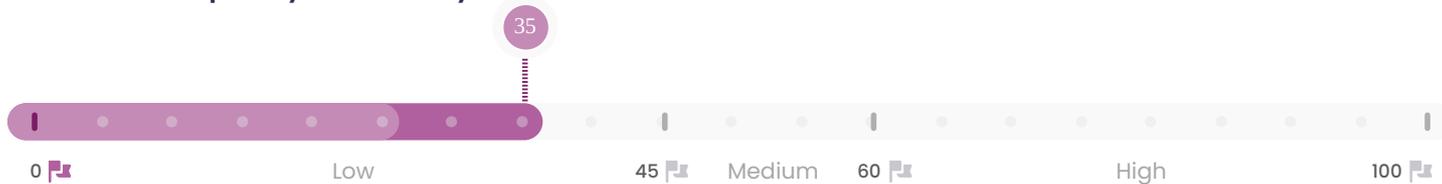
- What stands out to you?
- How important is that area for your current role?
- To what extent does this area link to your career aspirations?
- What impact does that have on your performance at work?

We hope that you find the AQme report helpful in understanding your abilities, character, and environment, and that it can aid you in achieving your goals and navigating change.

How to Use Your Report

Interpreting the visuals

How to interpret your ability and environment score bars

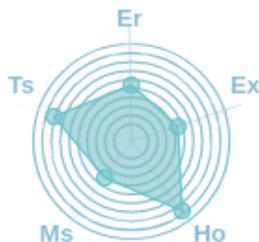


Your sub-dimension scores provide crucial insights into your adaptability skills within the A.C.E. model's two master dimensions: AQ Ability and AQ Environment. Understanding your AQ scores is vital for personal and professional growth.

The score bar reflects your current results across each sub-dimension in three bands - low, medium, and high - relative to our global data and research. Keep in mind that your results in these dimensions can change with intention, development, and time. Your scores are contextual to your goals, and interpreting your results in that context is essential for effective development.

When taking a reassessment, the score bar displays both your progress and any reduction, providing a comprehensive view of your adaptability journey over time. By focusing on your sub-dimension scores and any potential areas for improvement, you can enhance your adaptability within AQ Ability and AQ Environment, empowering you to excel in the ever-changing work environment.

How to interpret your character visual



The AQ Character section reveals why you might adapt, offering a deeper understanding of your adaptability traits across the five subdimensions: Emotional Range, Extraversion, Hope, Motivation Style, and Thinking Style. The spider diagram visually maps your unique character profile. Each axis of the diagram represents a subdimension, and your score is plotted along that axis. The resulting shape provides a holistic snapshot of your adaptability character, helping you identify your natural inclinations and guiding you in navigating change effectively.

How to interpret your ability and environment score bars



The bar chart for AQ Character provides an insightful representation of your unique character dimensions along various continuums. This tool helps you gain a deeper understanding of how your personal preferences influence the way you respond to change and adapt in the workplace. To interpret the bars, compare your position along each continuum (for example, from Reactive to Collected in Emotional Range). The colored dot represents your current result, while the gray dot (if available) reflects your previous assessment. By examining any shifts and patterns in your character dimensions, you can unlock your flow, alignment, and maximize your preferences when adapting to change.

If you have taken a re-assessment, you might find a gray dot on your bars, these indicate your previous results

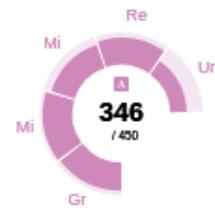
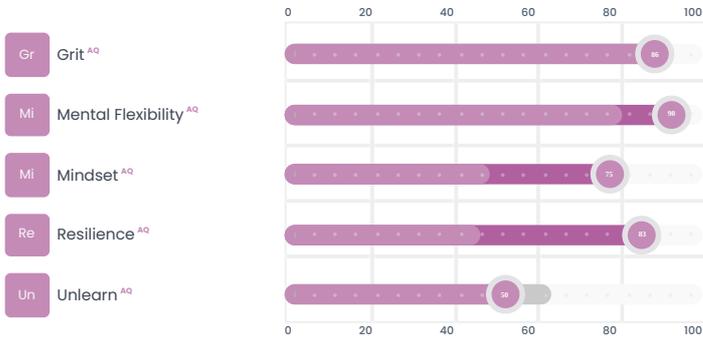
Your AQ Profile snapshot

This section provides a summary of your scores across all the dimensions of adaptability in the AQme assessment. It gives you an overall picture of your results highlighting the information from your AQ Ability, AQ Character, and AQ Environment dimensions, providing a consolidated view of your adaptability. It also gives you a quick reference to understand where you stand on the adaptability spectrum and how it affects your ability to navigate change. It is important to remember that everyone's adaptability profile is unique, and that's why it's crucial to consider your results in the context of your own situation and goals.



Your AQ levels show that you possess a solid foundation of adaptability intelligence. Remember, adaptability is a muscle that can be further strengthened, allowing you to excel even more in your professional life. Continue to nurture your adaptability by seeking opportunities for growth and embracing change.

Ability AQ



Your AQ Ability score reflects high adaptability, meaning you likely recover quickly from setbacks and embrace diverse perspectives, and see change as positive. Keep in mind that AQ Ability requires ongoing practice and self-reflection to maintain and strengthen your adaptability skills.

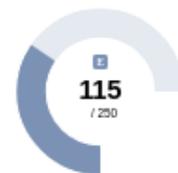
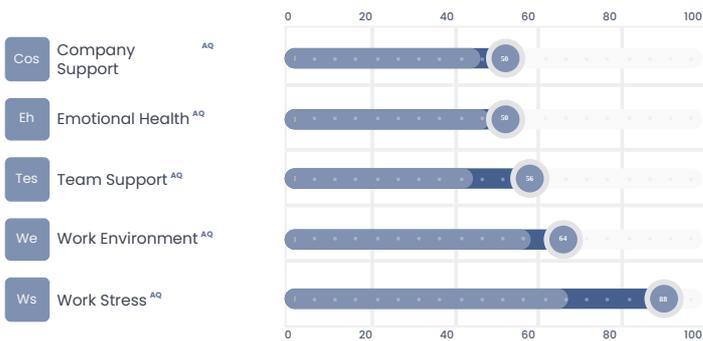
Compared with previous report on Apr 06, 2022

Character AQ



Your AQ Character Profile information can be found on the next page.

Environment AQ

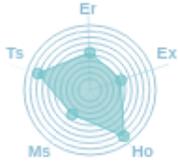


Your current AQ Environment score suggests that there's room to enhance your adaptability within your current context. You might feel unsupported or overwhelmed, which can limit your ability to seize opportunities or handle change effectively.

Compared with previous report on Apr 06, 2022

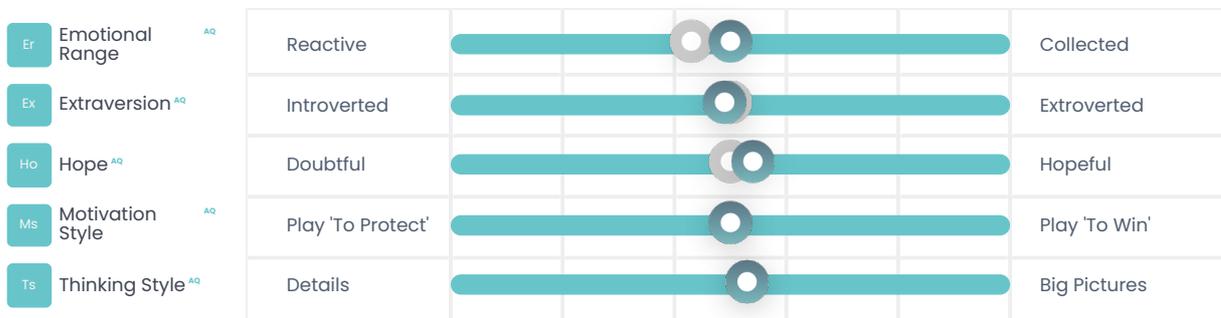
Your AQ Profile snapshot

This section provides a summary of your scores across all the dimensions of adaptability in the AQme assessment. It gives you an overall picture of your results highlighting the information from your AQ Ability, AQ Character, and AQ Environment dimensions, providing a consolidated view of your adaptability. It also gives you a quick reference to understand where you stand on the adaptability spectrum and how it affects your ability to navigate change. It is important to remember that everyone's adaptability profile is unique, and that's why it's crucial to consider your results in the context of your own situation and goals.



Explore the impact of your character on adaptability with AQ Character. It reveals the hidden aspects of your character that helps you understand the ways in which you typically respond to change. Gain insights into your preferences and how they can be leveraged and maximised in the context of work and change. Understand the "who" and "why" behind your adaptability, and unlock your potential for growth. Choosing to share your AQ Character preferences with your work colleagues can be a powerful collaboration multiplier, enabling aligned communications, maximising change outcomes and reducing friction.

Character ^{AQ}

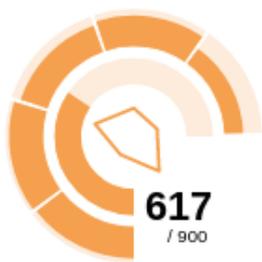


Compared with previous report on Apr 06, 2022

Your Overall AQ Score

What does it mean?

This comprehensive assessment is designed to help you understand and optimize your adaptability in today's ever-changing work environment. Our A.C.E. model covers three core dimensions: AQ Ability, AQ Character, and AQ Environment. By diving into these dimensions, you'll gain insights into your unique adaptability strengths and opportunities for growth. We'll explore the key sub-dimensions within each area, providing you with practical strategies to maximize your potential. Embrace this transformative journey towards greater adaptability, empowering you to thrive in your personal and professional life, no matter what challenges you face.



Interpreting your score

Your AQ levels show that you possess a solid foundation of adaptability intelligence. Remember, adaptability is a muscle that can be further strengthened, allowing you to excel even more in your professional life. Continue to nurture your adaptability by seeking opportunities for growth and embracing change.

How does it impact

With your current AQ levels, you're generally equipped to handle change and adapt to new situations at work. To excel further, seize opportunities for growth, and embrace change proactively. By building on your adaptability skills, you'll enhance your problem-solving, decision-making, and collaboration abilities, ultimately leading to greater career success and satisfaction.

Strategies for action

- Volunteer for projects that push you out of your comfort zone or require new skills.
- Engage in regular reflection, examining personal reactions to change and identifying patterns.
- Embrace a growth mindset, viewing setbacks as learning opportunities.
- Mentor or coach others in adaptability, reinforcing your own skills and insights.
- Experiment with new problem-solving techniques or decision-making frameworks.

Your AQ Ability Score

What does it mean?

AQ Ability - How and to what degree one adapts. It represents your adaptability skills and how effectively you respond to change. This master dimension includes grit, mental flexibility, mindset, resilience, and unlearning. Developing your AQ Ability helps you face challenges, grow professionally, and thrive in ever-evolving environments.



Interpreting your score

Your AQ Ability score reflects high adaptability, meaning you likely recover quickly from setbacks and embrace diverse perspectives, and see change as positive. Keep in mind that AQ Ability requires ongoing practice and self-reflection to maintain and strengthen your adaptability skills.

How does it impact

Your AQ Ability score indicates that you're able to navigate change effectively at work, recover from setbacks, and embrace new ideas or perspectives. This adaptability can positively impact your performance, relationships with colleagues, and overall job satisfaction.

Strategies for action

- Lead a workshop on a high-scoring adaptability skill for your team.
- Engage in cross-industry networking to stay informed about emerging trends and ideas.
- Establish a personal adaptability challenge, like learning a new skill or starting a side project, to maintain your AQ Ability.
- Share your success stories and insights on adaptability through internal or external communication channels, like a company blog or industry event.
- Organize a "reverse mentoring" partnership, where you help a colleague develop adaptability while learning from their unique skills and experiences.

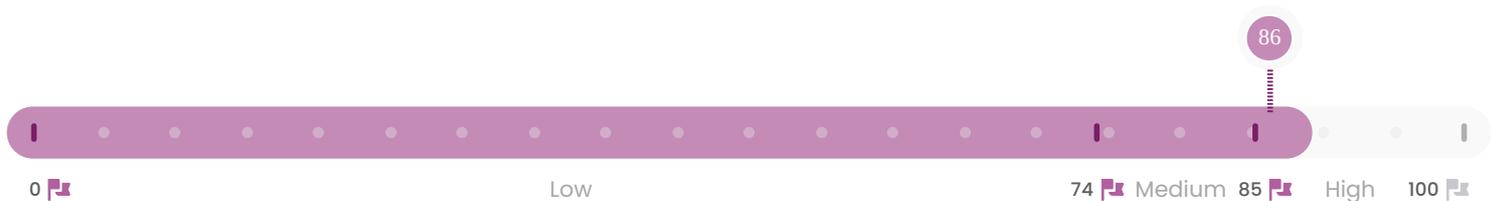
Your AQ: Grit Score

What does it mean?

Grit, a key aspect of adaptability, measures your ability to stay committed to long-term objectives, driven by consistent interest and persistent effort. This distinct skill involves a blend of passion and perseverance. Grit is distinct from resilience (recovering from setbacks) and is considered a learnable skill.

Grit AQ Currently your score is: **86**

Your score is the same as the previous report on Apr 06, 2022



Interpreting your score

Your current Grit level indicates you are determined to achieve your long-term goals and consistently finish what you start. Setbacks don't deter you; instead, you view them as challenges to overcome.

How does it impact

With your Grit level, you are known for your determination and hard work. Your ability to persevere and stick to plans contributes to your success at work, making you a valuable asset to your team and organization.

Strategies for action

- Share your determination and commitment with your team
- Help mentor and guide others to develop their Grit
- Continuously challenge yourself with new, ambitious goals
- Embrace opportunities to lead and inspire others
- Reflect on your achievements and strive for continuous improvement

Your AQ: Mental Flexibility Score

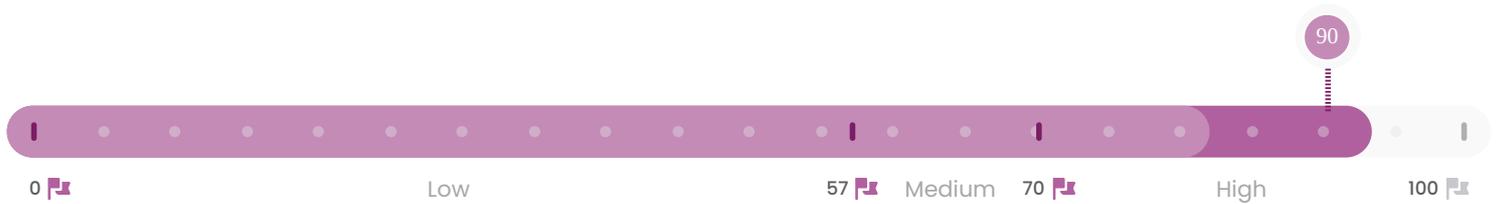
What does it mean?

Mental Flexibility is the ability to observe the current situation and create new pathways, adapting effectively as needed. It involves embracing competing demands and seeing tensions as opportunities for learning and growth. This skill is vital for individual and organizational adaptability, allowing exploration, experimentation, efficiency, and refinement. It goes beyond open-mindedness to actively pursue opposing behaviors and thoughts for greater success through adaptive experiments.

Mental Flexibility AQ Currently your score is: **90**

▲ 11

11 point increase compared to the previous report on Apr 06, 2022



Interpreting your score

Your current level of Mental Flexibility means you might feel energized by competing demands, capable of exploring alternative perspectives, and thrive on tension points between ideas. You're comfortable with contradictions and paradoxes and can manage multiple objectives simultaneously.

How does it impact

With your current Mental Flexibility, you thrive on tension points and can easily meet new challenges in creative ways. You're able to flex between competing goals, making you a valuable asset to your organization, fostering innovation and adaptability.

Strategies for action

- Continue exploring new ideas and challenging yourself with complex tasks
- Share your expertise with colleagues and foster adaptability within your organization
- Stay aware of your biases and remain open to change
- Ensure long-term success in your role by embracing ongoing learning and adaptation

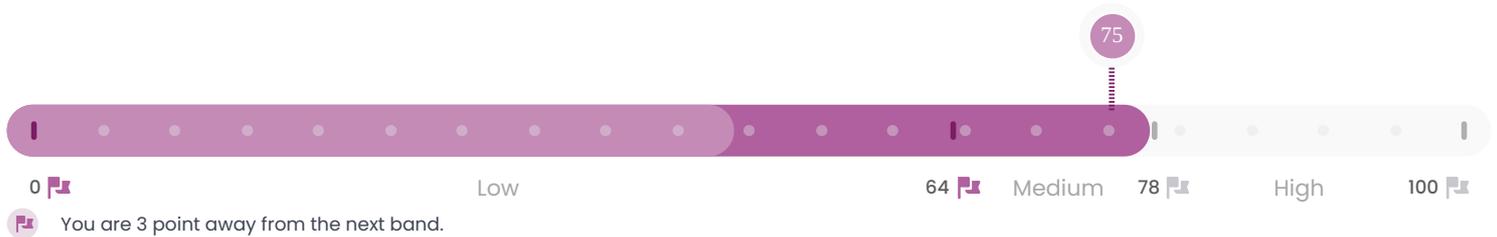
Your AQ: Mindset Score

What does it mean?

The sub-dimension Mindset, under AQ Ability, refers to your beliefs and outlook on change. It captures your optimism, and ability to visualize positive outcomes. A growth mindset, crucial for thriving in a changing world, embraces the idea that human attributes can be developed through effort and hard work. Your AQ Mindset score offers insight into your attitudes towards change and helps identify areas for growth, determining whether you have a fixed, pessimistic mindset or a flexible, optimistic one.

Mindset ^{AQ} Currently your score is: **75** ▲ 28

28 point increase compared to the previous report on Apr 06, 2022



Interpreting your score

Your current level indicates a balanced outlook on change. It appears you might feel somewhat uncertain about the future but can adjust to change when required. You possess the ability to reframe experiences positively and can cope with new situations, although your confidence may waver when facing tough challenges.

How does it impact

In the workplace, your mindset allows you to adapt to change when necessary, albeit with some hesitancy. You're open to new experiences and can reframe situations positively, but may lack confidence when confronting difficult challenges, which could impact your performance.

Strategies for action

- Embrace change and seek out new challenges
- Strengthen confidence by reflecting on past successes
- Surround yourself with growth-minded individuals
- Practice positive thinking
- Welcome opportunities for personal and professional development

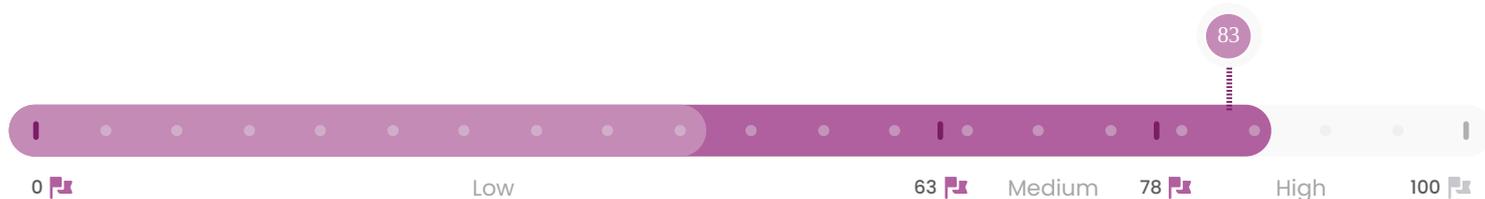
Your AQ: Resilience Score

What does it mean?

Resilience is your capacity to recover swiftly from setbacks, adapt effectively, and navigate challenges. It is a crucial aspect of adaptability, allowing you to process new information and environmental changes. While often considered an innate trait, resilience can in fact be developed. Highly resilient individuals recover rapidly, experience less stress, and embrace significant transformations. It's essential to differentiate resilience from grit: grit focuses on consistency of interests and goals over time, while resilience remains neutral concerning the stability of one's interests.

Resilience ^{AQ} Currently your score is: **83** ▲ 38

38 point increase compared to the previous report on Apr 06, 2022



Interpreting your score

You recover quickly from setbacks, viewing them as growth opportunities. Your resilience helps you adapt to changes with ease and lower stress, enabling you to thrive in various situations.

How does it impact

Your ability to bounce back and forward helps you excel in challenging environments, reducing burnout risk, and embracing radical transformations. Strong resilience enhances your problem-solving skills, adaptability, and overall professional growth. This also facilitates your ability to experiment, learn, and grow from difficult challenges.

Strategies for action

- Proactively seek feedback to identify areas for improvement
- Offer mentorship to colleagues to help them develop resilience
- Set ambitious goals and pursue challenging projects
- Share your experiences and insights to inspire others
- Continuously push your comfort zone and embrace change

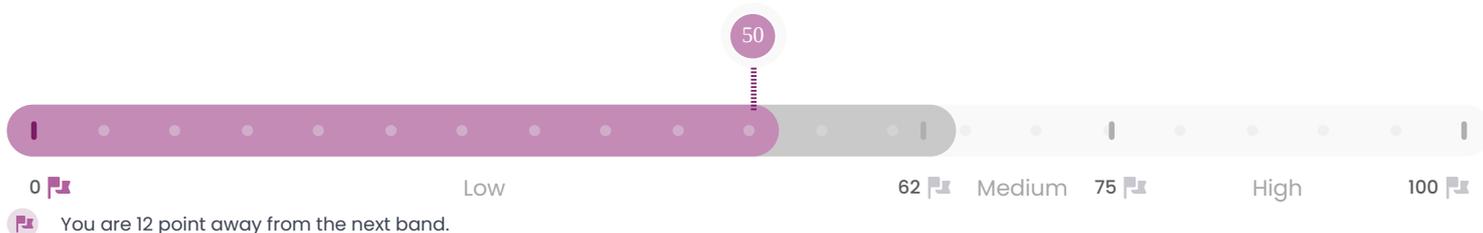
Your AQ: Unlearn Score

What does it mean?

Unlearning refers to the ability to intentionally let go of outdated information, beliefs, and practices, paving the way for new ideas and approaches. In an ever-changing world, unlearning is a vital component of adaptability, enabling individuals and organizations to remain agile and competitive. This conscious process involves re-evaluating based on new data and environmental factors, often causing discomfort as it requires parting with past experiences and beliefs. Highly adaptable individuals can identify areas of struggle and uncertainty, updating perceptions, knowledge, and behaviors as needed.

Unlearn AQ Currently your score is: **50** ▼ -12

12 point reduction compared to the previous report on Apr 06, 2022



Interpreting your score

Your current level of unlearning suggests that you might hold onto familiar processes, behaviors, and solutions, which could be limiting your potential for breakthroughs and innovation. By consciously letting go of old habits and embracing change, you can unlock new possibilities and better ways of doing things. Transform this challenge into an opportunity for growth and personal development, fostering adaptability and continuous improvement.

How does it impact

At work, your unlearning score may cause you to cling to familiar solutions, which could hinder innovation and adaptability. You might feel threatened by change and resist adopting new methods, potentially limiting your growth and success.

Strategies for action

- Identify areas where outdated beliefs may be limiting you
- Seek feedback from colleagues to gain fresh perspectives
- Experiment with new approaches in a low-stakes environment
- Embrace learning opportunities and stay informed about industry trends
- Reflect on past changes and how they led to growth or improvement

Notes and Reflections

Take a moment to reflect and make notes on your AQ Character. Perhaps identify instances at work where you showcased strength or struggled within each dimension. Jot down your observations.

Grit

Mental Flexibility

Mindset

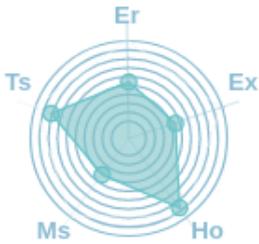
Resilience

Unlearn

Your AQ Character Profile

What does it mean?

Your AQ Character dives into the core elements of your personality to determine your profile preference, character approach, and character style in navigating change. Unlike conventional personality models, we believe that character traits can evolve through learning, experiences, and shifting contexts. Recognizing your AQ Character enables effective communication, personalized feedback, and progress towards desired outcomes. These dimensions are measured on a preference scale, incorporating research from two of the Big Five personality traits, alongside Hope, Motivation Style, and Thinking Style, while specifically focusing on work and change.



Interpreting your score

Explore the impact of your character on adaptability with AQ Character. It reveals the hidden aspects of your character that helps you understand the ways in which you typically respond to change. Gain insights into your preferences and how they can be leveraged and maximised in the context of work and change. Understand the "who" and "why" behind your adaptability, and unlock your potential for growth. Choosing to share your AQ Character preferences with your work colleagues can be a powerful collaboration multiplier, enabling aligned communications, maximising change outcomes and reducing friction.

How does it impact

Your AQ Character shapes how you approach and react to change in the workplace. It influences your communication style, decision-making process, and behavior when facing challenges. By understanding your character preferences, you can better manage work relationships, tailor your strategies for change, and create a supportive environment that fosters personal and professional growth.

Strategies for action

- Identify your character preferences to tailor your approach to change.
- Improve communication by understanding and adapting to others' character styles.
- Seek feedback and utilize your character insights to create personalized development plans.
- Set specific, achievable goals to enhance your adaptability in the workplace, focusing on areas where your character preferences can be leveraged.
- Embrace opportunities to collaborate with individuals who have different character preferences, as this can provide valuable insights and foster adaptability in diverse situations.

Your AQ: Emotional Range

What does it mean?

Emotional Range, derived from the concept of 'neuroticism', measures one's predisposition to psychological stress. It examines how individuals experience emotions due to situations in their environment, particularly in the workplace. High neuroticism is typically seen as a predictor of depression, anxiety, and strong reactions to uncertainty. This dimension is crucial during times of significant change and uncertainty. Emotional Range, scored on a sliding scale between Reactive and Collected, isn't about good or bad but rather understanding the appropriate response to different situations.

Emotional Range ^{AQ}



Interpreting your score

For you, context matters. You experience both worry and calm, reacting differently to varying situations. With a balanced emotional range, you're less likely to lose your temper and can effectively manage stress. This enables you to connect well with others experiencing change and serve as an emotional facilitator.

How does it impact

Your balanced emotional range enables you to navigate change effectively and connect with people experiencing various emotions. You can adapt to different contexts and act as a bridge between reactive and collected colleagues, fostering team cohesion during periods of change.

Strategies for action

- Recognize personal triggers (e.g., tight deadlines) and develop coping strategies (e.g., time management techniques)
- Offer to mediate conflicts or facilitate team discussions to leverage your emotional adaptability
- Dedicate time each week to self-care activities, such as exercise or hobbies, to maintain emotional balance
- Share your feelings with colleagues during team meetings to foster open communication
- Observe reactive and collected individuals to learn different approaches to handling emotions

Your AQ: Extraversion

What does it mean?

Extraversion preference is an aspect of adaptability that influences your enthusiasm and energy in social situations, affecting decision-making and adaptability. Extroverts tend to get energy from social interactions while introverts tend to be drained by them. This dimension relates to the Big Five personality traits, with both introverts and extroverts capable of adapting successfully in the right environments and with the right support.

Extraversion AQ



Interpreting your score

You tend to appreciate solitude and tranquility, avoiding loud social situations and preferring not to be the center of attention. You find disruptions distracting and may favor one-on-one conversations over group interactions.

How does it impact

You may need a quiet space to focus and recharge during change. Your preference for one-on-one conversations makes you a good listener and thoughtful contributor, but you might struggle in group settings or loud environments.

Strategies for action

- Schedule regular breaks for personal reflection during change
- Communicate your need for quiet workspaces to your manager
- Foster deep connections with a few trusted colleagues
- Seek out opportunities for one-on-one conversations
- Practice active listening and contribute thoughtfully in group settings

Your AQ: Hope

What does it mean?

Hope, a measurable psychological state, is the mindset to pursue goals and the ability to create alternative ways to reach them when challenged. Rooted in positive psychology, hope consists of agency (goal-directed energy) and pathways (planning to meet goals). It resembles self-efficacy and optimism but uniquely emphasizes generating strategies to overcome obstacles. In the AQ model, hope is a powerful dimension associated with self-esteem, positive affect, and self-efficacy, while negatively correlated with negative emotions and burnout.

Hope ^{AQ}

Doubtful



Hopeful

Interpreting your score

Your results show you are hopeful, confident in achieving goals, and able to devise alternative strategies to overcome obstacles. Your character fosters high energy and determination when navigating challenges.

How does it impact

Your hopeful character positively impacts your work, fostering adaptability, perseverance, and problem-solving abilities. This attitude helps you embrace change, overcome obstacles, and approach tasks with enthusiasm.

Strategies for action

- Start a peer support group to share experiences and inspire hope within your team
- Share your vision and goals with your team, inspiring them to embrace change positively
- Set aside time to recognize and reward team members who demonstrate adaptability
- Encourage a culture of continuous learning within your team, including cross-training
- Conduct regular “what-if” scenario planning sessions to prepare for possible challenges

Your AQ: Motivation Style

What does it mean?

Motivation Style explores what drives you to achieve goals and adapt to change. It's based on regulatory focus theory, which has two main systems: "promotion" (maximizing opportunities) and "prevention" (fulfilling duties and minimizing errors). The AQme assessment measures your preference on a continuum from "play to protect" (motivated by preserving what you have) to "play to win" (motivated by potential gains). Knowing your motivation style helps you better understand how to adapt and succeed in changing environments.

Motivation Style ^{AQ}

Play 'To
Protect'



Play 'To
Win'

Interpreting your score

Your motivation varies based on the situation, striking a balance between protecting and winning. You may feel conflicted, but with clear communication and plans, you can adapt effectively, considering both safety and potential gains.

How does it impact

You're a balanced team member who adapts based on the situation. Your ability to weigh pros and cons helps the team make informed decisions and navigate change successfully.

Strategies for action

- Identify the factors that influence your motivation in different situations and tailor your approach accordingly
- Develop a personal mission statement that helps you balance both protection and winning motivations
- Leverage your ability to adapt to context by taking on diverse projects or roles, allowing you to exercise both motivation styles
- Practice mindfulness techniques to remain aware of your current motivational state and adjust as needed
- Collaborate with colleagues who complement your motivation style, creating a balanced and effective team dynamic

Your AQ: Thinking Style

What does it mean?

The Thinking Style sub-dimension within AQ Character explores how you process information, categorize, and make sense of the world in your work environment. It is influenced by theories from Dr. Robert J. Sternberg and Dr. Fiona Beddoes-Jones, focusing on the balance between big-picture and detailed thinking. As you progress in your career, you may develop a more ambidextrous thinking style, allowing you to better adapt to change and seize opportunities by effectively combining broader perspectives with attention to detail.

Thinking Style ^{AQ}

Details

Big
Pictures

Interpreting your score

You are a big-picture thinker, focusing on the primary outcome and connecting the dots between roles and responsibilities. Your ability to see the forest sometimes leads you to overlook the trees, but your visionary approach helps you push boundaries and keep your team on track.

How does it impact

In the workplace, your big-picture thinking style drives strategic decision-making and inspires others. However, you may sometimes give ambiguous instructions or overstep boundaries. Balancing your visionary style with attention to detail and clear communication is essential for success.

Strategies for action

- Collaborate with detail-oriented colleagues to ensure all necessary steps are considered and executed
- Regularly reassess goals and priorities, adjusting your approach to keep your team on track
- Be mindful of the level of detail in your instructions, providing clarity when needed
- Embrace opportunities to push boundaries and explore innovative solutions
- Practice active listening and engage with team members to ensure their concerns and ideas are included

Notes and Reflections

Take a moment to reflect and make notes on your AQ Character. Perhaps identify instances at work where you showcased strength or struggled within each dimension. Jot down your observations.

Emotional Range

Extraversion

Hope

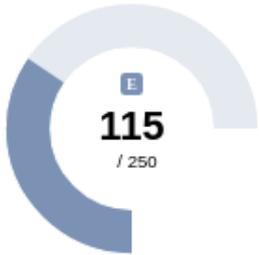
Motivation Style

Thinking Style

Your AQ Environment Score

What does it mean?

AQ Environment explores when and to what degree you adapt, considering the importance of context. It encompasses factors like Company Support, Emotional Health, Team Support, Work Environment, and Work Stress. Your AQ Environment profile reflects how these interconnected dimensions influence your ability to thrive, navigate change, and respond to various situations at work. Supportive environments can boost adaptability, mental well-being, and positive attitudes towards change, while unsupportive ones may hinder progress and growth.



Interpreting your score

Your current AQ Environment score suggests that there's room to enhance your adaptability within your current context. You might feel unsupported or overwhelmed, which can limit your ability to seize opportunities or handle change effectively.

How does it impact

With your reported AQ Environment score, it can lead to difficulties in coping with change and increased stress levels. This may result in challenges when working with others, a lack of engagement, and reduced job satisfaction. Performance may suffer, and career progression could be hindered.

Strategies for action

- Seek opportunities to expand your support network by joining committees, clubs, or employee resource groups.
- Schedule regular check-ins with your manager to discuss workload, expectations, and support needs.
- Proactively ask for feedback and guidance from colleagues to foster collaboration and build relationships.
- Advocate for your professional development by identifying training and growth opportunities.
- Practice stress management techniques, such as mindfulness, breath work, or journaling, to maintain a healthy work-life balance.

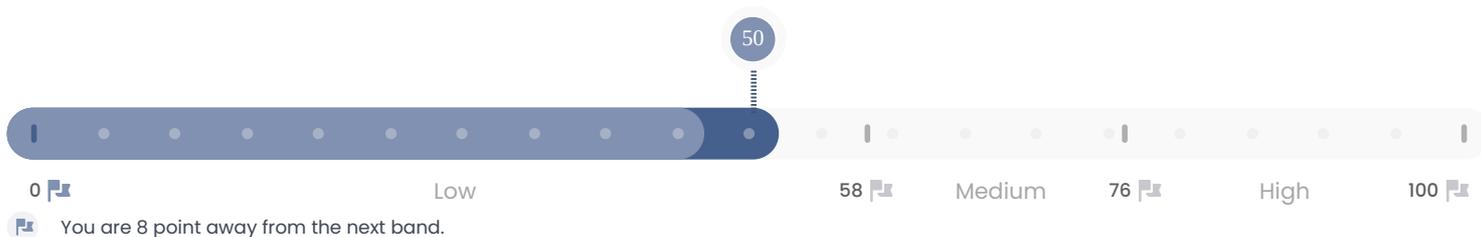
Your AQ: Company Support

What does it mean?

The Company Support sub-dimension of AQ Environment focuses on employee perceptions of how their organization values their contributions and cares for their well-being. Research has shown high levels of company support correlate with job performance, satisfaction, and lower staff turnover. When employees perceive their organization as supportive and caring, they're more likely to adapt to changes and align their goals with the company's.

Company Support ^{AQ} Currently your score is: **50** ▲ 5

5 point increase compared to the previous report on Apr 06, 2022



Interpreting your score

Your current reported level suggests you might feel your company doesn't prioritize your well-being or value your contributions. You may perceive a lack of support and feel disconnected from the organization.

How does it impact

Feeling undervalued and unsupported at work can significantly impact your motivation and productivity. Disengagement and dissatisfaction may set in, which could result in decreased performance. This lack of support might also prompt you to question your belonging within the organization, potentially leading you to seek opportunities elsewhere. Moreover, without the proper support, you may struggle to navigate workplace challenges or embrace change, further diminishing your job satisfaction and overall well-being.

Strategies for action

- Seek feedback and discuss your concerns with your supervisor
- Build relationships with colleagues to create a supportive network
- Identify opportunities for personal and professional growth
- Advocate for a healthier work culture and suggest improvements
- Explore mentorship or coaching to better navigate the organization

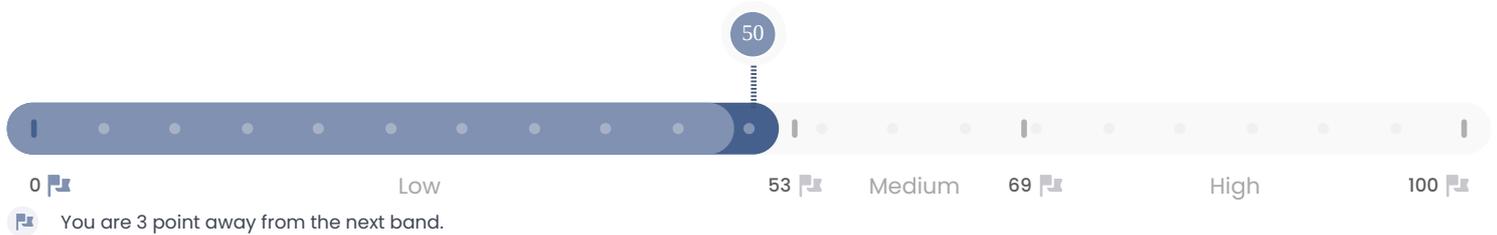
Your AQ: Emotional Health

What does it mean?

Emotional Health measures your ability to thrive at work by experiencing positive emotions while limiting negative ones. It's crucial for adaptability since it influences your energy and engagement in continuous change. An environment with poor emotional health impacts work performance and adaptability, leading to sustained anxiety, worry, and nervousness. Thriving individuals experience vitality and learning, which is essential for adaptability. A low Emotional Health score risks struggling with changes, while a high score indicates better adaptation in the organization.

Emotional Health AQ Currently your score is: **50** ▲ 3

3 point increase compared to the previous report on Apr 06, 2022



Interpreting your score

The level of reported Emotional Health in your organization suggests you might struggle with adaptability due to observing frequent negative emotions at work. Experiencing sadness or anxiety in the workplace can make it difficult for you to adapt to changes and challenges. It's important to monitor your feelings and seek support to improve your emotional well-being and adaptability.

How does it impact

With your level of emotional health reported at work it can lead to disengagement, reduced performance, and increased stress. This may result in difficulties adjusting to new situations, reluctance to participate in projects requiring change, and eventual burnout. Coworkers may notice your struggle, leading to strained professional relationships and potentially affecting overall team morale.

Strategies for action

- Identify triggers for negative emotions and develop coping strategies
- Seek support from colleagues, managers, or mental health professionals
- Practice mindfulness techniques, like meditation or deep breathing, to enhance emotional stability
- Communicate openly with your manager about your emotional struggles and request additional support
- Set small, achievable goals to build confidence and increase positive experiences at work

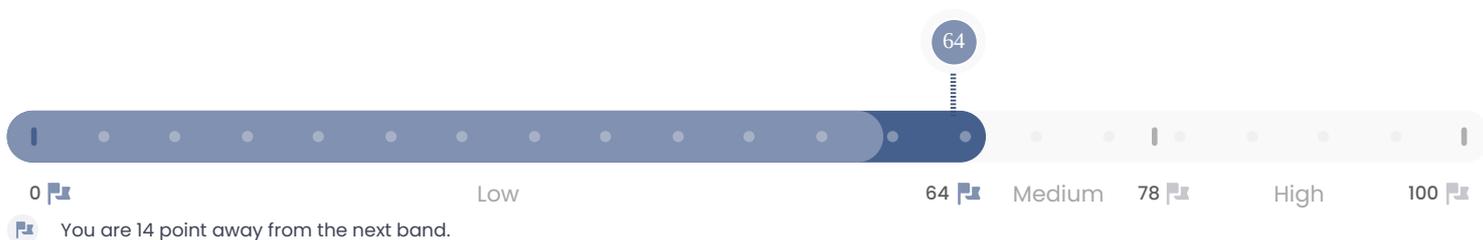
Your AQ: Work Environment

What does it mean?

Work Environment assesses the systems, processes, and methodologies in your organization that influence adaptability. It evaluates whether your organization fosters self-disruption, experimentation, and adaptation or hinders them. This sub-dimension considers rewards, observable acts, punishment, space, process and forums, and public celebration. A beneficial Work Environment for adaptability is one where failures are viewed as learning opportunities, openly discussed and celebrated company-wide. A closed and pragmatic environment hampers adaptability, whereas an open and experimental environment nurtures it.

Work Environment ^{AQ} Currently your score is: **64** ▲ 7

7 point increase compared to the previous report on Apr 06, 2022



Interpreting your score

It seems you can share new ideas within your team, but you might feel frustrated by bureaucratic hurdles or the lack of experimentation company-wide. Your current level of adaptability could be improved with more space for collaboration and innovative thinking.

How does it impact

With your current reported level of work environment, you may find opportunities for innovation within your team but face bureaucratic barriers and process inefficiencies that prevent wider organizational change. This situation can be frustrating, as you believe your ideas could positively impact the company if given the chance to flourish.

Strategies for action

- Enhance team collaboration and ideation sessions to share ideas and solutions
- Foster open communication channels between teams and departments to break down bureaucratic barriers
- Develop a structured process for suggesting and implementing innovative ideas or improvements
- Share successful experiments and learnings with other teams to promote a culture of adaptability
- Seek support from higher-level management to champion the importance of adaptability and innovation in the organization

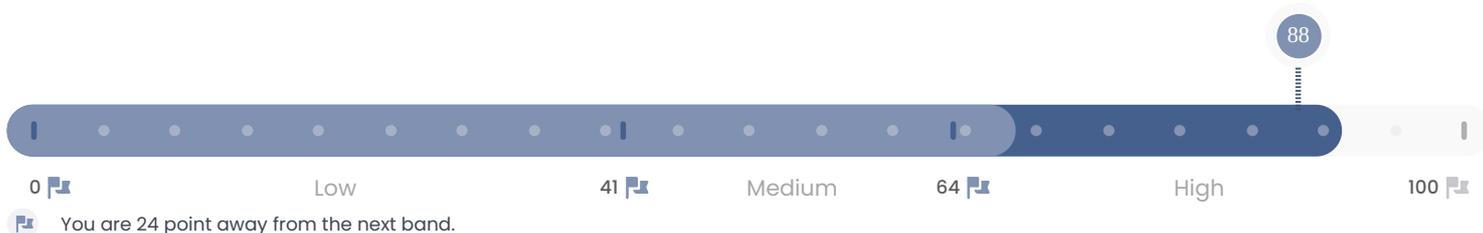
Your AQ: Work Stress

What does it mean?

Work Stress in the AQme assessment gauges the sense of task overwhelm. Managing work stress effectively is crucial for adaptability. High levels of stress can limit adaptability, while low levels may reduce the motivation to adapt. A balance of healthy stress, or "eustress," is vital for growth, adaptation, and change. Long-term high work stress can lead to negative consequences such as high employee turnover, poor sleep, sickness, and burnout. Understanding and optimizing work stress is essential to maintain a productive and adaptive workforce.

Work Stress ^{AQ} Currently your score is: **88** ▼ 22

22 point reduction compared to the previous report on Apr 06, 2022



Interpreting your score

It appears you're currently experiencing a significant sense of overwhelm regarding your work demands. You feel you cannot finish all your tasks while new tasks keep piling up. High stress can hinder adaptability and may lead to negative outcomes such as burnout. It's crucial to develop strategies to manage your work stress effectively.

How does it impact

With the level of work stress reported, you might struggle to complete tasks, feel overwhelmed, and miss deadlines. This level of stress can hinder adaptability and put you at risk of burnout. Managing and reducing work stress is crucial to improve your adaptability and overall well-being.

Strategies for action

- Communicate your workload and stress levels with your manager or team to seek support and reassess expectations
- Prioritize tasks and break them down into manageable steps to reduce overwhelm
- Develop a self-care routine that includes regular breaks, exercise, and relaxation breath work techniques
- Delegate tasks and collaborate with colleagues when possible to share the workload
- Seek professional guidance, such as coaching or counseling, to develop stress management skills and coping strategies

Notes and Reflections

Take a moment to reflect and make notes on your AQ Character. Perhaps identify instances at work where you showcased strength or struggled within each dimension. Jot down your observations.

Company Support

Emotional Health

Team Support

Work Environment

Work Stress

Creating your AQ Development Plan™

Congratulations on taking the first step towards improving your adaptability and thriving in the fast-paced world of change.

Now that you have a better understanding of your abilities, character, and environment, it's time to take action and turn your insights into measurable progress. The AQ Development Plan™ is a structured approach to help you achieve your most important goals by building out your commitments and gaining deeper value from the AQme assessment.

Create your own development plan

The AQ Development Plan™ is designed to be flexible and adaptable to your unique situation, so feel free to tailor it to fit your needs.

Focus on small steps

Taking small, manageable steps that will help you build momentum and make progress towards your goals.

Longer-term planning

When thinking about the next year section, focus on longer-term planning and building out a comprehensive development plan.

AQ Certified Coach

Remember, the most value from the report comes when working with an AQ Certified Coach, who can help you go deeper and build out development plans together.

Retake the assessment

We recommend re-taking the AQme assessment in 6 months time. This allows you to measure your progress and see the impact of the actions you have taken.

Take action today

Start taking action today and begin your journey towards improved adaptability and success in the face of change.

Creating your AQ Development Plan™

The plan is broken down into simple, actionable steps that can be taken within the next 48 hours, 30 days, 90 days, and over the next year.

The first step is to identify your most important goals and what actions you can take to achieve them. Focus on taking small, manageable steps that will help you build momentum and make progress towards your goals.

When thinking about the next year, focus on longer-term planning and building out a comprehensive development plan that will help you achieve your goals over the next year.

The AQ Development Plan™ is designed to be flexible and adaptable to your unique situation, so feel free to tailor it to fit your needs. Remember, the most value from the report comes when working with an AQ Certified Coach, who can help you go deeper and build out development plans together.

In addition to the AQ Development Plan™, we also offer the opportunity to retake the AQme assessment, we recommend doing this in 6 months time. This allows you to measure your progress and see the impact of the actions you have taken. By re-taking the assessment, you can see how your scores, profile, and results have changed over time, and identify areas where you have made progress and areas that may still need improvement.

Re-taking the assessment can also help you to fine-tune your development plan and focus on specific areas that need more attention. It also allows you to track your progress and measure the effectiveness of the strategies you have implemented.

We highly encourage you to take advantage of this opportunity to re-take the assessment in 6 months. It will provide you with valuable insights into your progress and help you to stay on track towards achieving your goals.

Start taking action today and begin your journey towards improved adaptability and success in the face of change.

AQme Report

Have questions, or want to
learn more?

Contact us
hello@aqai.io