

PexiScore Assessments

Adding value to careers

HAPPINESS QUOTIENT

Name of Candidate :Saranya J

Assessment Date :9/14/2018



This report is transmitted to you for the sole purpose of assessment of the candidate for job roles as described and provided during creation of the Job Description and as the Job Code mentioned beneath for a specific job role only. The report may be used by you or the Organisation represented by you in full or part without changing the content, context, Score/s and meaning, and after full verification of information enumerated below and provided for by the candidate in the website www.pexiscore.com for the current job role.

PexiScore retains the right to publish, use all or parts of the report. This report in part or in its entirety may be published, circulated or distributed in print or any other form or function only if due credit is provided to www.pexiscore.com.

? HOW TO READ THE REPORT

Happiness is determined as how much one likes the life one lives, the degree to which one evaluates one's life-as-a-whole positively.

This can be further split into the three time segments of Past, Present and Future.

A central component in this definition is subjective 'evaluation' or 'liking' of life, also referred to as 'contentment' in this report.

Psychometric assessments have now devised the idea of personality 'types', which do not alter too differently in working and personality traits; psychologists have now also found that only around 50% of our capacity for happiness is genetically shaped and only 10% linked to events and environments. Thus we have a large 40% to improve, learn and alter our mindsets to think and act in more positive ways - this can help us focus on the positive side of life and make us good citizens and human beings with contributions to the self and society in a positive frame of viewing events.

The report scores responses into three segments; High, Average and Low.

This report will be further followed by two more follow up assessments of the mental frame of the assessee. This report deals with the first stage understanding of the stage of mind of the assessee at the time of induction into GHCL family.

Past:

The past has the highest value in understanding the emotional structure of the person. We can forgive or deal with the present; our inability to do so leads it into a past that has high reverberations of our inability to not deal it, ut also not forgive and forget it.

Present:

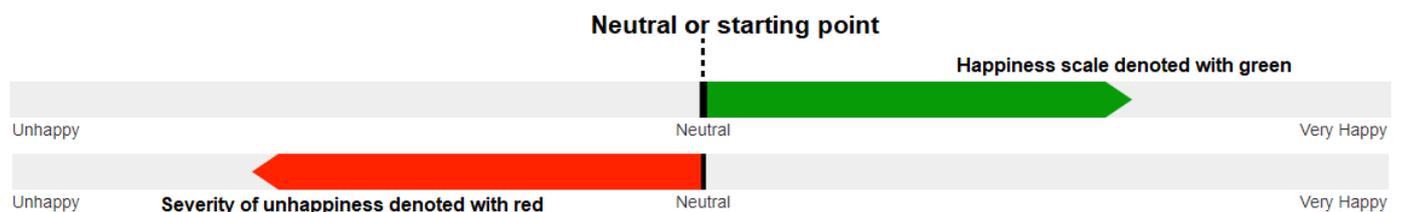
The current stage of Happiness is understood from this segment. Being happy in the present stage is a good indicator of acceptance and willingness to flow into mainstream and be a part of the happiness around. A low score in current is a sure sign of unhappiness and may need interventional counselling.

Future:

The state of mind for the future has two clear outcomes; being very hopeful is a sign of hopefulness and a carefree attitude. Having a low score denotes that not only the person is scared and unsure, but also a pretty negative minded attitude as the future is an unknown state and should always be viewed with utmost positivity.

Contentment Scale

While happiness is a state of mind and is subject to swings of mental balances, contentment is being at peace with oneself. A high score on Contentment Scale showcases high grit and resilience and being in happiness with whatever is currently available. Contentment is the capacity to find happiness in any situation.



SUMMARY OF THE REPORT

Contentment Scale



Contentment Scale showcases high grit and resilience and being in happiness with whatever is currently available.

Happiness Scale



Happiness is the sum total of your emotional well being within a define environment.

Past Scale



The past has the highest value in understanding the emotional structure of the person.

Present Scale



The current stage of Happiness is understood from this segment.

Future Scale



The state of mind for the future has two clear outcomes; being very hopeful is a sign of hopefulness and a carefree attitude.

Primary Observation:

The candidate is a positive person and is very self-motivated. She would be a great resource around and a positive influencer for the team.

Additional Feedback:

A non-problematic and smoothly functioning work environment requires high scores in contentment. Being highly satisfied makes such a worker a joy to have at the workplace. High contentment scores describe their it as their "calling and not only a job.

Assessment Feedback:

The candidate may consider the work engagement as a temporary means for future aspirations of family and setting down in the role of a housewife.

Counselling Guidance:

The candidate considers themselves healthy but may have minor concerns about their health.

NO COUNSELLING INTERVENTION REQUIRED

DETAILED SUMMARY: Past Scale

People who are lesser regrets about the past are more likely to see the future in a positive light and also contribute more towards work and self development. A troubled or unhappy past cannot be altered; it can however be viewed from a positive prism of hardwork and trials towards success for the future. Our outlook towards the present and future is ingrained in the memories we create in our mind about similar situations of the past and how we dealt with it. The Past Scale is thus the most important beginning of the report and understaing of the Happiness Quotient of the candidate.

Past Scale



The candidate has a High Score for the Past Scale.

Past Scale Observation

The candidate is a postive persona and shall not have issues with past life experiences as she believes in not letting past experiences leave any negative impression in her mind. Do check for similar scores in Present & Future Scales.

Questions to ask the candidate

What would you like to change about the past if you have to live your life again?

Who has been the biggest influence in your life till date?

What is that you don't have today that you had in the past?

Check points during Interview

The candidate seeking to live their life again and seeking change should be more intrinsic than extrinsic. If a candidate doesn't seek to change themselves but make changes to the external environment, then it is a case of low morale and lack of self-confidence.

DETAILED SUMMARY: Present Scale

The present is where we currently exist; this is based on multiple parameters like the environment, the immediate past and the non-existent future ahead. Thus more often than not, we might end up not having a likely high score for the Present Scale. However, this is not a matter of great caution and it a matter of our attitude towards our mental confidence in our capabilities. While we draw inferences of our capabilities and outcomes from the past, strong personalities always believe they can be better than the past. It is this belief which gets tested through this scale. An improvement from a low past score to a high Present Scale score denotes higher confidence in the self.

Present Scale



The candidate has a High Score for the Present Scale.

Present Scale Observation

The candidate has lots of confidence as a mental strength and considers the decisions made by her to be correct. Do check for her scores in Past Scale and similar scores in both Present & Future Scales denote a cheerful and positive attitude towards life.

Questions to ask the candidate

What do you think makes you capable to face the current challenges in your life?

Why are friends important? Who is your greatest source of joy today?

What is your strongest point today that makes you successful?

Check points during Interview

The candidate should showcase high positivity and cheerfulness in their present scenario; any resentment about the present denotes there is something that is not correct; this could be due to an external issue like some event or person in the family or a clear distaste for life in general that needs to be clarified. A disturbed present is a clear lack of interest which needs to be prodded further.

DETAILED SUMMARY: Future Scale

The Future Scale is used to assess confidence in self and one's own capabilities to withstand and sustain life's pressures. More often than not, we are uncertain about the future, which in itself is a non-existent state, thus highlighting our own fears and mental capacity to sustain the unknown challenges or appreciate our capabilities. A High Score in Future Scale would denote optimism and strong mental strength; a low score in the Future Scale denotes a lack of will and negative temperament to sustain and face the pressures using our abilities of coping and withstanding the events of life.

Future Scale



The candidate has a High Score for the Future Scale.

Future Scale Observation

The candidate has lots of confidence in their own capabilities and is a cheerful and positive person. A high Score in Future Scale denotes strong emotional resolve and ability to face anything ahead with confidence. Do check for her scores in Present Scale and similar scores in both Present & Future Scales denote a cheerful and positive attitude towards life; one who is currently confident about the future ahead.

Questions to ask the candidate

What are your strengths that can help you succeed in the future also?

What are your future goals and aspirations?

What is there today that you may fear may not be there tomorrow?

Check points during Interview

An understanding of current strengths that can help them succeed in the future showcases a high belief in their ability. Any fear about the unknown future is a pure lack of confidence in the unknown and needs lots of mental strength building. A resentment towards the future is also a resentment about the lack of confidence and capability which can be overcome through training and perseverance. Do check for time horizons like studies, marriage and career plans to understand the depth of vision about the future in the candidate's mind. Screen reader support enabled.

----- END OF REPORT -----