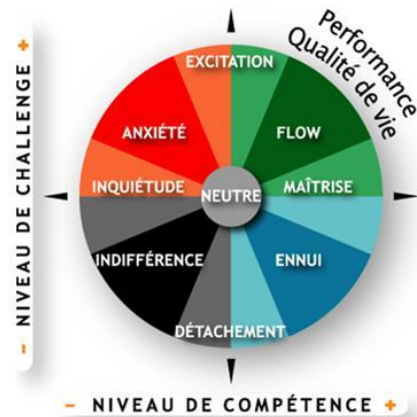


**DE LA RELATION
EMOTIONS/COMPÉTENCES
UTILISÉES**

La boussole émotionnelle*



* Inspiré du Modèle de Csikszentmihalyi, Massimini & Carli
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**À L'IDENTIFICATION DE VOS
COMPÉTENCES CLÉS**

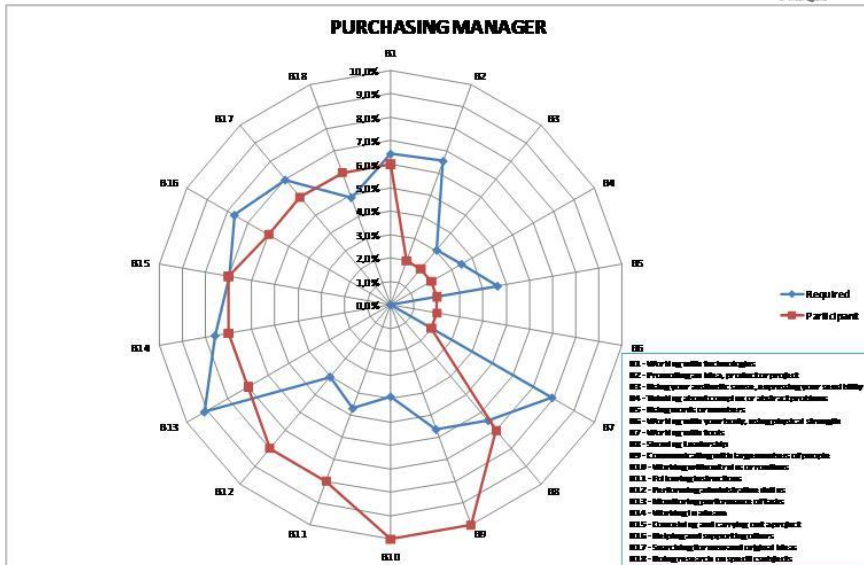
4. Activity Summary Table

List of activities	State	Frequency		
		high You perform the activity frequently	moderate You perform the activity with moderate frequency	low You perform the activity with little or no frequency
Communicating with large numbers of people	▲	High ability	Key competence	
Working without rules or routines	▲		Key competence	
Following instructions	■	Control	Economy	
Performing administrative duties	■	Control	Very necessary	
Monitoring performance of tasks	▼	Average ability		
Working in a team	▼	Arousal		
Showing leadership	▼			Arousal Very frequently
Conceiving and carrying out a project	▼			Arousal Very frequently
Helping and supporting others	▼			Neutral
Searching for new and original ideas	○			Neutral
Doing research on specific subjects	○			Neutral
Working with technologies	▲			Detachment Economy
Promoting an idea, product or project	▲			Worry Influently
Using your aesthetic sense, expressing your sensibility	▶			Worry Influently
Thinking about complex or abstract problems	▶			Worry
Using words or numbers	▼			Indifference
Working with your body, using physical strength	▼			Indifference
Working with tools	▼			Indifference

You perform an activity "very influentially", "influentially", "sensibly", "very occasionally", "occasionally" gives the amount of time you spend performing it. You perform an activity "not very influentially", "not influentially", "not sensibly", "not very occasionally" gives the least of skill you have in performing it. In total, the skills in which you presently have high interest and/or for which you have high skill. Your non-technical skills are deemed to be high, average or low according to their relative comparison with each other.

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Code: bbsBuk4, S-2



**À L'ÉTUDE DES ÉCARTS ENTRE
VOS COMPÉTENCES NON
TECHNIQUES ET CELLES
REQUISES PAR LE POSTE**