



## **Modern Parents Capable Kids Profile™**

### Sample Report

Platform Taken On : -

Date & Time Taken : 03.06.2014 02:51 PM (Eastern Time)

Assessment Duration : 1 Minutes

## Your Behavioral Report

You are a unique individual and part of what makes up your personality is your behavioral style. There is no right or wrong style. This is simply how you tend to behave and communicate with others.

Most misunderstandings between people are due to different behavioral styles not understanding **HOW** to communicate with each other. Learning how to recognize the style of others, and adapt your method of communication and interaction, will make you a better communicator.



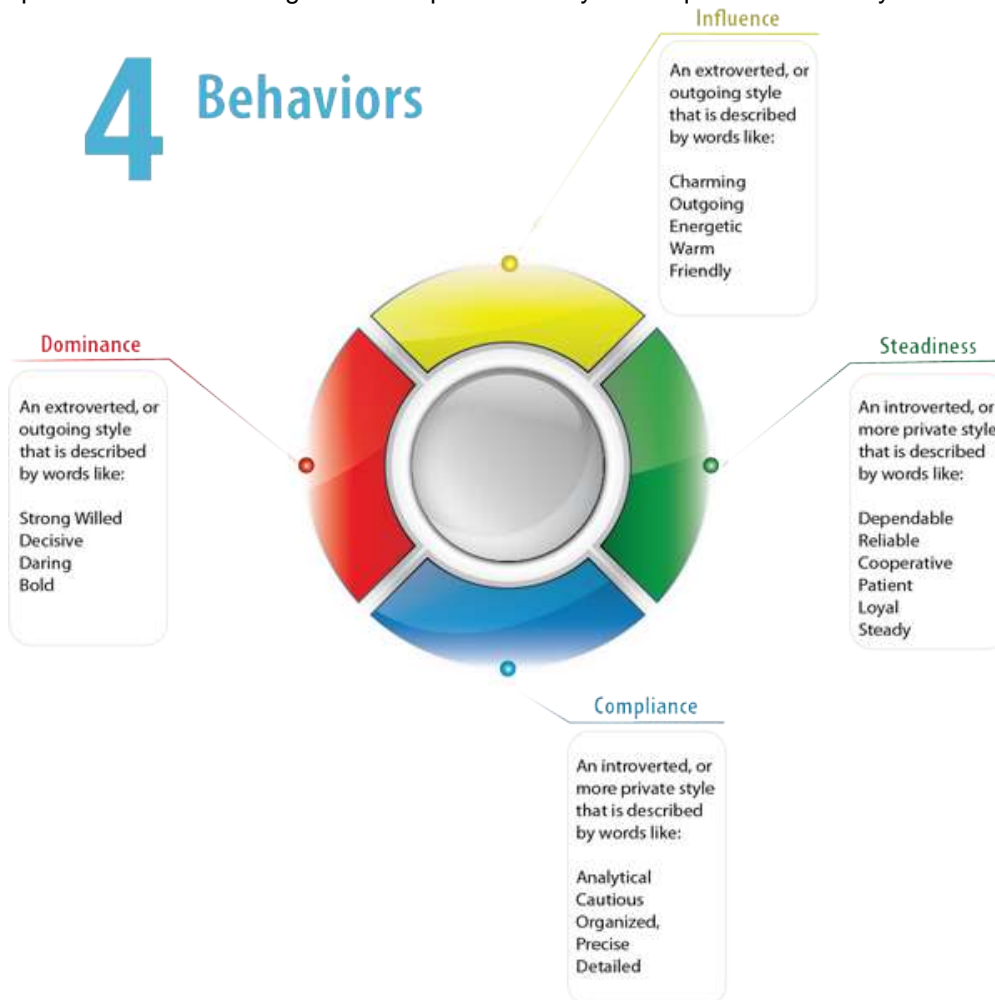
Before you can understand how to interact with other people better, you first must understand your own behaviors. In your behavioral style report you will do just that.

You may be wondering why there were 2 sets of questions for this assessment. This is because you may behave differently naturally (when you are at home or in a safe relaxed environment where you let your guard down) than you do at work. So we measure **Natural and Parenting behaviors** and then look at the difference to see where you tend to adapt (change) your behavior.

The parenting behavioral report gives information about your parenting characteristics that affect how you communicate with your children. It also provides information about our behavioral and emotional tendencies that are the basis for how we communicate with our children. By understanding how you communicate naturally with other adults, and with your child(ren), you can learn how to modify or adapt your behavior to lead to even better communication. This in turn can lead to improved relationships with your child(ren). With this report you can learn how you typically behave as parents and you can start learning how to adjust your behavior for more success at home.

## Four Core Styles

Behaviors are divided into four core styles, each having a distinct difference. Rest assured that we are not saying there are only four types of people. Your style is made up of a combination of the four styles, and your report is based on your specific combination to give an interpretation for your unique behavioral style.



## Your report is divided into 3 sections

**YOUR STYLES COMPARED:** Your **Natural Style** compared to your **Parenting Style** which allows you to see where you are adapting, and the amount of that shift.

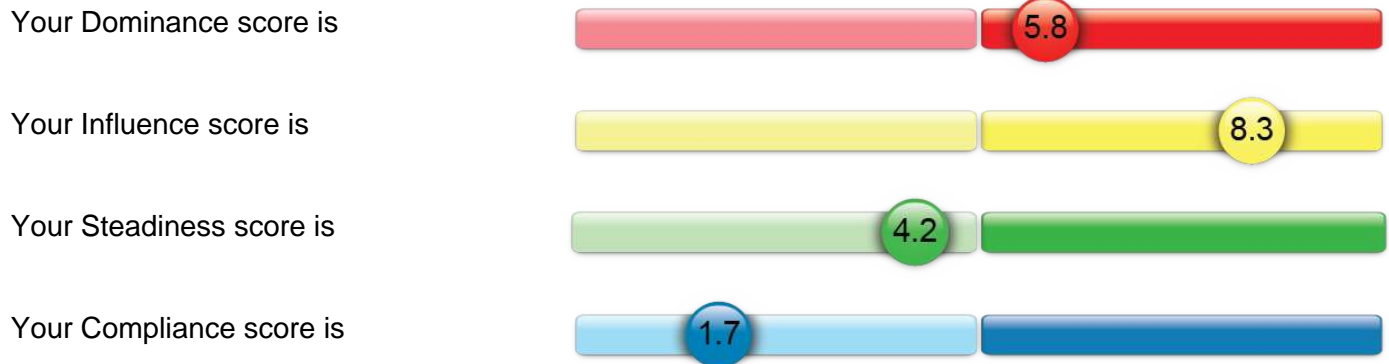
**YOUR NATURAL STYLE:** Detailed information about your **Natural Style**.

**YOUR PARENTING STYLE:** Detailed information about your **Parenting Style**.

## Your Styles Compared

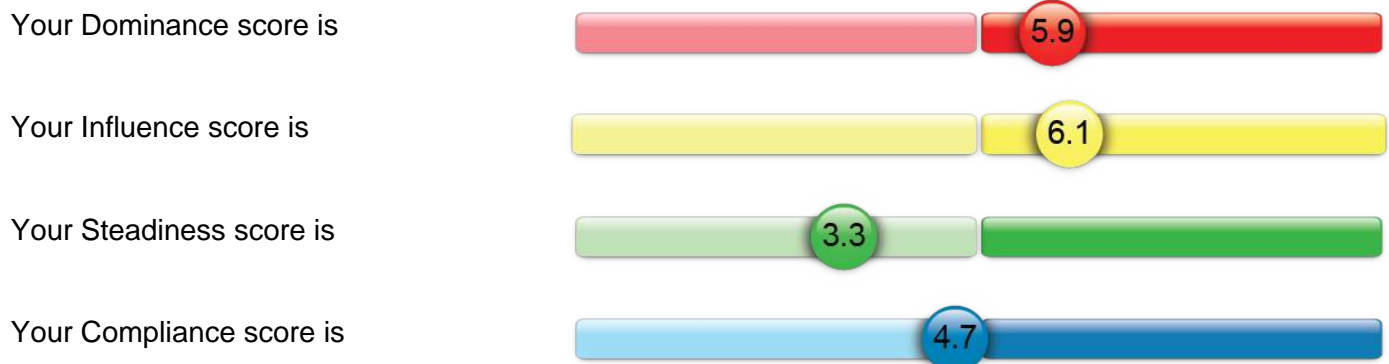
### Your Natural Style

This is how you prefer to behave or communicate when you are in your natural surroundings.



### Parenting Style

This is how you behave or communicate as a parent. You may adapt your natural behavioral style when you are around your child.



This page provides you with the degree of your behavioral adaptation Up or Down from your Natural style to your Parenting style. Adapting either UP or Down in order to achieve expected results takes energy and focus. Adapting a great deal can cause stress.

<b>CORE Behavioral Attribute</b>	<b>Natural</b>	<b>Parenting</b>	<b>Adaptation</b>
<b>Compliance</b>	<b>1.7</b>	<b>4.7</b>	<b>3.0 UP</b>
<b>Influence</b>	<b>8.3</b>	<b>6.1</b>	<b>2.2 DOWN</b>
<b>Steadiness</b>	<b>4.2</b>	<b>3.3</b>	<b>0.9 DOWN</b>
<b>Dominance</b>	<b>5.8</b>	<b>5.9</b>	<b>0.1 UP</b>

<b>Behavioral Attribute</b>	<b>Natural</b>	<b>Parenting</b>	<b>Adaptation</b>
<b>Time Management:</b>	<b>2.4</b>	<b>5.8</b>	<b>3.4 UP</b>
<b>Detailed Analysis:</b>	<b>1.0</b>	<b>3.8</b>	<b>2.8 UP</b>
<b>Organized Space:</b>	<b>1.0</b>	<b>3.8</b>	<b>2.8 UP</b>
<b>Collaborative Team Player:</b>	<b>4.3</b>	<b>3.1</b>	<b>1.2 DOWN</b>
<b>Focused on the Needs of Others:</b>	<b>7.8</b>	<b>6.8</b>	<b>1.0 DOWN</b>
<b>Interacting with People:</b>	<b>9.5</b>	<b>8.5</b>	<b>1.0 DOWN</b>
<b>Multitasking:</b>	<b>7.3</b>	<b>6.3</b>	<b>1.0 DOWN</b>
<b>Flexibility:</b>	<b>7.5</b>	<b>7.0</b>	<b>0.5 DOWN</b>
<b>Sense of Urgency:</b>	<b>5.5</b>	<b>6.0</b>	<b>0.5 UP</b>
<b>Project Completion:</b>	<b>2.1</b>	<b>2.4</b>	<b>0.3 UP</b>
<b>Competitive:</b>	<b>7.5</b>	<b>7.5</b>	<b>0.0 NONE</b>

## Your Natural Style



This is how you prefer to behave or communicate when you are in your natural surroundings.

### Natural Style

These are your natural style characteristics based on your blend of each of the 4 behaviors.

- You might have difficulty finishing a project before moving to the next.
- You are outgoing, extroverted and enjoy it when others pay attention to you.
- You are very social and enjoy talking with other people.
- You enjoy constantly changing goals and objectives.
- You tend to make new friends easily and are comfortable starting, and engaging in conversations with strangers.
- You usually do not come across as demanding, but are seen as warm, friendly, and optimistic.
- You prefer to have a friendly conversation rather than a good argument.
- You are a problem solver who tends to work with people to get things done.
- You tend to have a certain charisma that makes people want to listen to you.
- You may get sidetracked easily in conversations and find it difficult to stay focused on task.
- You tend to be very trusting of others.
- You have a great sense of urgency to get things done.
- You focus on the personal and emotional connection with people you are talking to rather than all of the details and specifics of the conversation.
- You are comfortable persuading others to achieve desired outcomes.
- Your competitiveness is tempered with optimism and sportsmanship.

## Your Style Strengths

What are some success key words that best describe your style?

- Influencing others
- Persuasive
- Enthusiastic
- Fast-paced performer
- Friendly
- Optimistic

## Potential Pitfalls of Overextension

A strength can become a weakness if overused. Here are some areas that you should be aware of.

- Being people oriented and social is great. However, if you let it distract you from completing your tasks, or if you distract others from their work, it becomes an issue. Keep it under check until the appropriate time.
- Do not let your optimism cloud your judgment. If you are constantly overstating how well things are going, and understating the issues, then it will make you unreliable in your assessment of situations. This in turn can cause others to quit asking you for your opinion. Strive for a balance between being optimistic and realistic.
- You are able to multitask well. However, if you take on too many tasks or projects you may not get anything ever completed. Prioritize your work so you are focused on completing the most important things first, and learn to say “no” or “my plate is full.”

## Potential Fears

What are some things that can cause you concern?

- Failing in a relationship
- Being socially rejected
- Losing control

## Your Preferred Environment

What type of environment(s) would suit your behavioral style best?

- Where there is a focus on results through people
- Where rewards are given for being able to drop everything and change tasks and priorities quickly
- Where there is a focus on relationships
- Where you can influence others to get things done
- Where friendly competition is encouraged and rewarded
- Where people are warm and friendly
- A place that is optimistic and full of possibilities
- Where there is a lot of personal contact with others
- Where there is open communication and trust
- Where there is an opportunity to lead others

## Behavioral Motivators

What are some things based on your behavioral style that you enjoy?

- Being given challenges
- Being given recognition by peers
- The opportunity to network
- Being in control and leading others
- The opportunity to interact with other people frequently



## How You Would Like Others to Communicate with You

How do you respond best when interacting with others?

- Allow time in a conversation, or meeting, for socializing or off-topic discussions
- Listen to what you are saying before they start to speak
- Give you options and let you choose what to do
- Allow you plenty of time to talk and express your feelings and opinions
- Ask personal questions and take the time to get to know you
- Focus on people, as well as the task at hand
- Talk in a friendly tone
- Be considerate of your time (Do not waste it)

## How Others Should NOT Communicate with You

These are ways that you do not appreciate being interacted with.

- Do not come to you unprepared or disorganized
- Do not turn away or ignore you when they are done with a conversation
- Do not give you too many details beyond what is needed
- Do not cut you off while you are talking, or talk over you
- Do not just focus on the task to be done, while ignoring you as a person
- Do not talk down to you or with an air of superiority

### **Under Stress You May Appear to Others as**

Even though it may not be your intention, under stress or pressure you may be perceived by others this way.

- Completely disorganized
- Too reliant or dependent on others
- Overly reactive
- Very argumentative
- Panicked
- Overly emotional
- Too demanding
- Overly talkative and loud
- Running around trying to do a multitude of things at once
- Overly competitive

### **What You Can Do to Improve Your Interactions with Others by Adapting to Their Style**

By adapting to others when communicating you can have more success.

- (High C) Make sure you are organized in a check your facts
- (High S) Do not interrupt them or talk over them. Listen to what they have to say
- (High C) Respect their personal space
- (High C) Give details to support decisions
- (High S) Give extra time to adapt to changing priorities and tasks
- (All Styles) Listen to their point of view before making a decision

## Core Natural Behaviors

In this section you can read the details of what your Core natural behavioral scores mean in detail.

### Dominance

Are you strong-willed, confident, demanding or even aggressive?

Your Dominance score is



Dominance contributes confidence and drive to behavior. It is an extroverted style that can add the determination to win to your character.

A **high-moderate score** indicates you have some dominance in your natural behavioral style. You feel driven or determined at times. You will at times make quick decisions and other times you may take longer. Your higher behavioral styles will be influenced somewhat by your dominance, but it may not be apparent to others except when you are under stress or pressure.

### Influence

Are you optimistic, out-going and able to inspire others?

Your Influence score is



An influencer communicates in a warm and charming way. People want to do things for them and enjoy being around them. They tend to be optimistic and fun-loving.

A **high score** indicates that you exhibit warmth, optimism and energy in your behavior. You enjoy talking with others, expressing yourself and are focused on people and having fun. If left unchecked by other behavioral traits, you could be perceived as chatty or too personable.

## Steadiness

Do you like to follow an established routine?

Your Steadiness score is



This measures your preference toward being consistent in how you do things, being reluctant to change without “good” cause, and wanting to finish what you have started before starting on something else.

A **moderate-low score** indicates that you are willing to change and do not mind dropping what you are working on to focus on something else. You may have less patience and may rush through things to get them done.

## Compliance

Do you like to focus on the facts and follow the rules?

Your Compliance score is



This measures your preference for being analytical, compliant with rules and laws, and cautious when performing tasks so you do them correctly and safely.

A **low score** indicates that you are not detailed focused, do not want to see all of the data, and do not mind going with your gut sometimes when making decisions. You may be focused on getting things done now rather than taking extra time to look for possible errors or gather more data. You may be seen by others as being disorganized or a rule bender.

## Behavioral Attributes Related to Your Natural Style

In this section you can read the details for your behavioral attributes as they relate to your natural style.

### Collaborative Team Player:

Are you focused on being a supportive team member?



This measures your preference toward working within a team as a dependable, supportive team player. As well as, working in a collaborative way and encouraging and helping the team members to maintain a cooperative relationship.

A **moderate score** indicates that you can be a collaborative and supportive member of a team, but may also want to take sides at times, take the leadership role, or be more aggressive depending on the situation at hand.

### Competitive:

Are you driven to win?



This measures your need to compete in life. A competitive person sees the chance to win at everything they do. They are driven by the sense of accomplishment and being the best.

A **high score** indicates that you are very competitive in your actions. You strive to do better than others and be the “winner” even in the most routine things. You get a rush out of beating others, as well as outdoing your own past performances. For those other competitors who interact with you, it may be fun and challenging, or it could lead to some fighting. For those who are not competitive, they may get tired of you always turning everything into a challenge and needing to “win”.

### Detailed Analysis:

Do you enjoy looking at the data and facts before making decisions?



This measures your preference toward looking at data or crunching numbers to support your ideas, arguments, or decisions.

A **low score** indicates that you do not analyze data and facts in detail. You skim over it or ask someone else to just give you the highlights, then you make your decision. You are not detail focused and may rely on others to crunch the numbers, or you may go with your “gut” on things. You may be seen by others as not focusing enough on the details and your judgment or decisions may be called into question, and you may not have sufficient information and facts to support them.

### Flexibility:

Are you able to adapt quickly to the demands in life while maintaining a positive attitude?



This measures your versatility and ability to be flexible as your life requires. When new tasks or projects arise can you drop what you are doing and switch gears while keeping a positive attitude?

A **high score** indicates that you are very flexible when it comes to changing focus and doing what needs to be done. You also keep an upbeat attitude and do what needs to be done. When you are done you can jump back to what you were focused on or on to new tasks as required.

### Focused on the Needs of Others:

Are you focused on other people and their needs?



This measures your ability to focus on what other people want or need. This may be family, friends or other people you meet in your life outside of work.

A **high score** indicates you are very supportive of other people. You listen to their wants and needs, communicate well with them, and support them in a warm and friendly manner. You are able to build great relationships with them and they enjoy asking you for help when they need it.

### Interacting with People:

Do you prefer to talk and engage actively with others frequently?



This measures your preference toward frequent communication and interaction with others. On the phone, in person, text messaging or through email.

A **high score** indicates you prefer to interact and communicate with others often. Your conversations or interactions tend to be long and you may at times go off on many different tangents as you enjoy the person you are interacting with.

### Multitasking:

Do you enjoy taking on many tasks at once and frequent changes?



This measures your preference for doing many different tasks or activities throughout the day. You may be wearing a lot of different hats in life (roles), or may be required to change what you are working to work on a more pressing or urgent task.

A **high score** indicates that you prefer multitasking and frequent change because it utilizes more of your skills and keeps you from getting bored. You enjoy the challenge and understand that priorities change as part of life. You may be seen by others who do not enjoy multitasking as being all over the place and running around with no focus.

### Organized Space:

Do you tend to keep your home and living spaces clean and organized?



This measures your preference towards keeping your home and other living spaces (including your computer desktop), clean and organized. Keeping things in their proper place so that they are easy to find, and putting them away when you are done using them.

A **low score** indicates that you do not tend to keep your living space organized (home, car, yard). You may feel that you have too much to do to spend the time on cleaning, and you may feel that if you put something away you are just going to have to get it out again when you need it. You probably tell others that you can find anything you need in your seemingly random piles of stuff, but they will just see clutter and chaos.

### Project Completion:

Do you like to finish projects before you start new ones?



This measures your preference for working on a project from start to finish.

A **low score** indicates that you are not project oriented. You prefer to do different things throughout the day and are happy to leave unfinished projects to work on other things. You may not get back to completing these projects as your focus keeps changing, or you may leave them for someone else to finish.

### Sense of Urgency:

Are you driven to get things done quickly?



This measures your ability to focus on what needs to be done and get it done fast.

A **moderate score** indicates that you can get things done urgently when you see the need, but you do not always see the need. You may pause to analyze more data, you may want other opinions (taking time to gather them), or you may just want to reflect on possible outcomes.



## Time Management:

Do you focus on managing your time?



This measures your natural ability to manage your time.

A **low score** indicates that you do not focus on time management. You may be frequently late for appointments and always feel there is never enough time to get everything done. You may not care about time constraints, but you may be put under pressure by people who do.

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## Parenting Style



This is how you behave or communicate as a parent. You may adapt your natural behavioral style when you are around your child.

### Parenting Style Characteristics

These are your parenting style characteristics based on your blend of each of the 4 behaviors.

- You do not mind constantly changing goals and objectives.
- You have a general sense of urgency to get things done.
- You tend to make friends with other parents easily and are comfortable starting, and engaging in conversations.
- You may at times be decisive and make a decision without all of the facts, details, or examining the possible negative outcomes.
- You are somewhat outgoing or extroverted, and enjoy interacting with others.
- You enjoy teaching your child(ren) to be a friendly competitor.
- You are comfortable delegating to others.
- You like your information to be direct, forthright and to the point without too many details.
- While you like to interact with children, you may come across as bossy.
- You do not mind taking on more than one project at a time or multitasking.
- At times you may have difficulty finishing a project before moving on to the next.
- You are able to influence your child(ren) to achieve desired results.

## Core Parenting Behaviors

In this section you can read the details of what your Core parenting behavioral scores mean.

### Dominance

Are you strong-willed and confident as a parent?

Your Dominance score is



Dominance contributes confidence drive to your parenting behavior. It is an extroverted style that can add the determination to win to your character. It can also help you in driving others to achieve desired goals.

A **high-moderate score** indicates you have some dominance in your parenting behavioral style. You feel driven or determined at times. You will at times make quick decisions and other times you may take longer. Your higher behavioral styles will be influenced somewhat by your dominance, but it may not be apparent to others except when you are under stress or pressure.

### Influence

Are you optimistic and out-going as a parent?

Your Influence score is



An influencer communicates in a warm and charming way. People want to do things for them and enjoy being around them. They tend to be optimistic, social and persuasive. They can change directions quickly and can inspire others.

A **high-moderate score** indicates that you exhibit some degree of warmth, optimism and energy in your parenting behavior. At times you enjoy talking with others, expressing yourself verbally and are focusing on people. Your influencing behavior may be masked by other behavioral traits like dominance, steadiness or compliance.

## Steadiness

Do you like to follow established routines as a parent?

Your Steadiness score is



This measures your preference toward being consistent in how you do things as a parent, being reluctant to change without “good” cause, and wanting to finish what you have started before starting on something else.

A **moderate-low score** indicates that you are willing to change and do not mind dropping what you are working on to focus on something else. You may have less patience and may rush through things to get them done.

## Compliance

Do you like to focus on the facts and do you insist that your child(ren) follow the rules?

Your Compliance score is



This measures your preference for being analytical, compliant with rules and laws, and cautious when performing work tasks so you do them correctly.

A **moderate-low score** indicates that you are not typically focused on details, do not want to read a lot of facts and data, and do not mind going with your gut sometimes when making decisions. You may be focused on getting things done now rather than taking extra time to look for possible errors or gather more data. You may be seen by others as being disorganized or a rule bender.

## Behavioral Attributes Related to Your Parenting Style

In this section you can read the details for your behavioral attributes as they relate to your parenting style.

### Collaborative Team Player:

Do you like to work as a supportive member of a team?



This measures your preference toward working within a team as a dependable, supportive team player. Working in a collaborative way and encouraging and helping the team members to maintain a cooperative relationship.

A **moderate score** indicates that you can be a collaborative and supportive member of a team, but may also want to take sides at times, take the leadership role, or be more aggressive depending on the situation.

### Competitive:

Are you a competitive person on the job?



This measures your need to compete at work. A competitive person sees the chance to win at everything they do. They are driven by the sense of accomplishment and being the best.

A **high score** indicates that you are very competitive in your actions. You strive to do better than others and be the “winner” even in the most routine things. You get a rush out of beating others, as well as outdoing your own past performances. For those other competitors who interact with you, it may be fun and challenging, or it could lead to some fighting. For those who are not competitive, they may get tired of you always turning everything into a challenge and needing to “win”.

### Detailed Analysis:

Do you enjoy looking at data and facts before making decisions or to increase your knowledge?



This measures your preference toward looking at data or crunching numbers to support your ideas, arguments, or decisions on the job.

A **moderate score** indicates that you have the ability to conduct detailed analysis when needed, but also feel that when a quick decision is needed you can skip some of the analysis and make a decision quicker.

### Flexibility:

Are you able to adapt quickly to the changing demands of your job while maintaining a positive attitude?



This measures your versatility and ability to be flexible as your job requires. When given new tasks or projects can you drop what you are doing and switch gears while keeping a positive attitude?

A **moderate score** indicates that you can be versatile and flexible when needed, but do enjoy working on a project until it is completed. Being asked to change gears may cause you some stress, especially if it happens a lot.

### Focused on Customer's Needs:

Are you focused on your customer's needs and actively listening to them?



This measures your ability to focus on the customer. This may be an internal customer (other departments or co-workers you support) or your external customers.

A **moderate score** indicates you are often able to listen to your customer's needs, communicate well with them, and support them effectively. However, when your workload is overwhelming, or you are under pressure or stress, you may be short with them, fail to listen effectively, or not provide the full level of support they need. This may make you appear cold and disconnected to them.

### Interacting with People:

Do you prefer to talk and communicate with co-workers and customers frequently?



This measures your preference toward frequent communication with co-workers and customers. On the phone, in person, text messaging or through email.

A **high score** indicates you prefer to interact and communicate with co-workers and customers often. Your conversations or communications tend to be long and you may at times go off on topics other than work as you enjoy the person you are interacting with.

### Multitasking:

Do you enjoy taking on many work tasks at once and frequent changes?



This measures your preference for doing many different tasks or activities throughout the day. You may be required to wear many different hats, or to change what you are working on to focus on a more pressing or urgent task.

A **moderate score** indicates that you are able to multitask when needed, but it is not how you prefer to work. If you are asked to multitask too often you will start questioning the reason why and may get to a point where you feel "enough is enough".

### Organized Work Space:

Do you tend to keep your work space clean and organized?



This measures your preference towards keeping your work area (including your computer desktop), clean and organized. Keeping things in their proper place so that they are easy to find, and putting them away when you are done using them.

A **moderate score** indicates that you feel that there are times for sorting through things, but you may find it hard to find the time when you are busy. You may let things pile up or get disorganized and then periodically go through and clean and put things away. Others will notice when you have got through a cleaning mode, and when you are really busy and haven't reached your threshold for clutter yet.

### Project Completion:

Do you like to start a project and see it through to completion before starting a new one?



This measures your preference for working on a project from start to finish.

A **low score** indicates that you are not project oriented. You prefer to do different things throughout the day and are happy to leave unfinished projects to work on other things. You may not get back to completing these projects, as your focus keeps changing or you may hand them off expecting someone else to finish them.

### Sense of Urgency:

Are you driven to get things done quickly on the job?



This measures your ability to focus on what work needs to be done and get it done fast.

A **moderate score** indicates that you can get things done urgently when you see the need, but you do not always see the need. You may pause to analyze more data, you may want other opinions (taking the time to gather them), or you may just want to reflect on possible outcomes.



## Time Management:

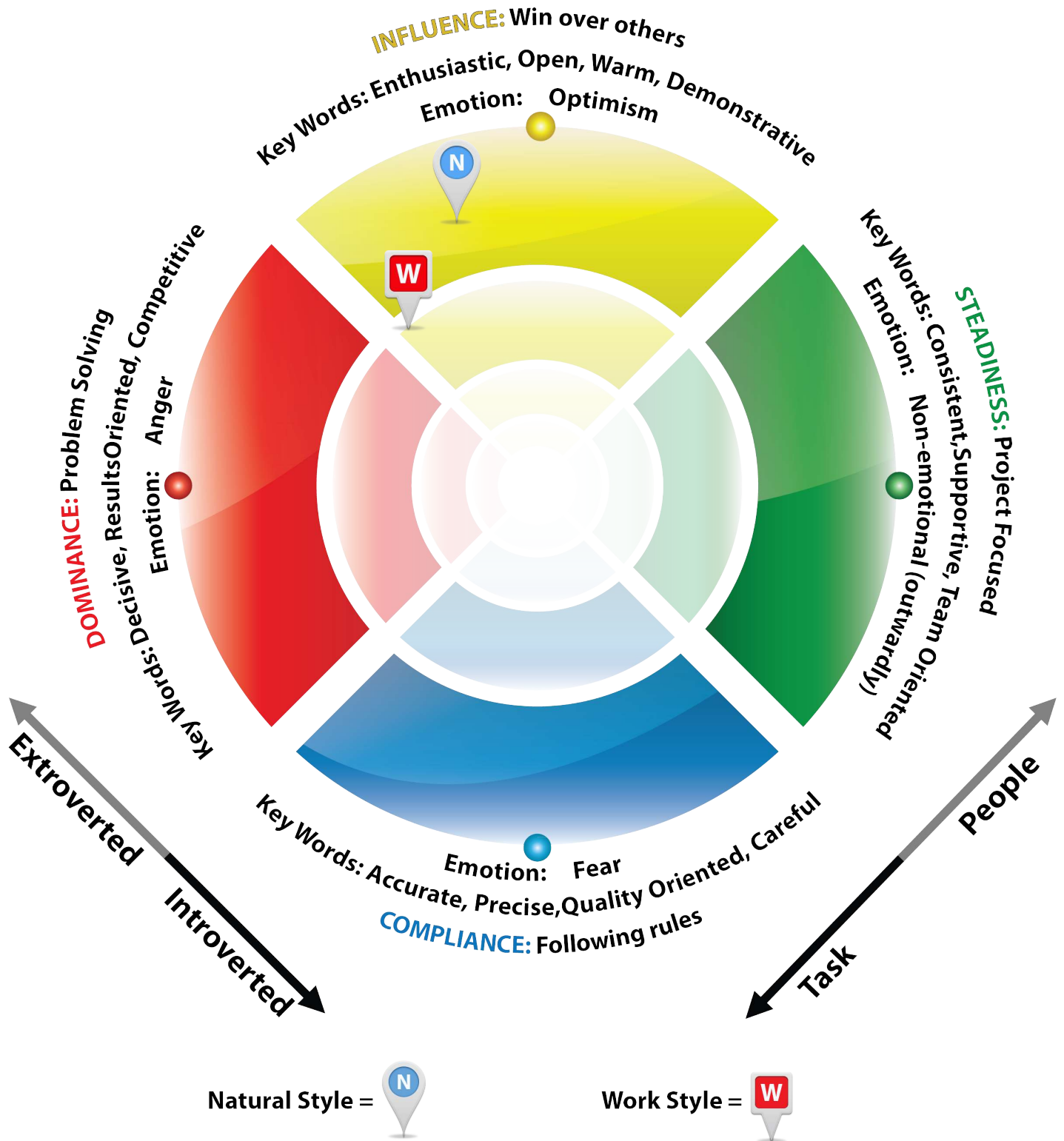
Do you focus on managing your time at work?



This measures your ability to manage your time at work.

A **moderate score** indicates that you try to be on time for meetings/deadlines, and try to use your time effectively, but that does not always happen. There are times when you may be less efficient in time management, or spend more time on the relationship aspects of working with others which can lead to getting behind.

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## Action Plan

1. List 3 strengths of my parenting style:

- What is an example of how I use these strengths as a parent?
- What could happen if I overuse these strengths?

2. List 3 potential flaws or weaknesses of my parenting style:

- How will I overcome these downsides?
- What will happen if I don't take action on my weaknesses?

3. List 3 strengths of my natural style:

- What is an example of how I use my natural style?

- What could happen if I overuse these strengths?

#### 4. Is my natural style different than my parenting Style?

- If so, how much?
- Does this require a little or a lot of effort from me?
- Does it cause me stress?
- IF so, how much & how does it show up in my parenting & in my life?
- If so, how can I reduce this stress?
- If I am not adapting my parenting style, why not?
- Do I need to adapt my behaviors when I am parenting and I am not doing so?

- If so, how?

5. What behaviors do I see in my child that mirrors my own?

- How do I feel about that?
- Do I judge this as a strength or weakness?