

Wellness Profile



ProfileSoft

Getting the most from your human capital

Name First name

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Attitudes and tendencies

Your answers to the ProfileSoft questionnaire are compatible with those of the population and the results are valid according to the established norms.

- You are calm and relaxed. Efficient in a structured work situation, you like working with a detailed work plan and well-defined objectives.
- You are ambitious and energetic. Your commitment and energy level are above average.
- You are independent, unyielding and very demanding. You seek to develop your own abilities..
- You are reserved and selective. You prefer personal contact with people you know very well.
- You are realistic and practical. You are stimulated by practical aspects of the work rather than theoretical ones.

Wellness overview

Self-control

You are totally capable of controlling whatever happens. You are confident enough to accept constructive criticism. You assume responsibilities for your work performance and your personal actions.

Coping with stress

Your answers reveal that you are in excellent shape and completely at ease and stable in both your job and your personal life at the present time.

Nutrition

You have very few good eating habits. Professional assistance could help you change your diet in order to feel better, improve performance and live longer. A proper diet helps prevent:

- cardiovascular disease;
- weight problems; and
- intestinal disorders.

Physical condition

You show little interest in your physical well-being. You should attach more importance to it. Healthy habits help reduce the risks of cardiovascular disease, improve self-image and work performance. A healthy lifestyle requires:

- regular physical activity;
- safety while driving and practicing sports; and
- special attention to physical health.

Burnout

You seem to show many signs of burnout. You should seek professional assistance in order to analyze the underlying causes, set realistic goals and modify your behaviour. Good stress management can:

- reduce physical ills;
- diminish feelings of frustration and irritability;
- foster positive attitudes; and
- improve job performance.

Wellness overview (cont'd)

Nutrition

- Cholesterol
- Sugar
- Calories
- Salt
- Fibre

To verify

Satisfactory

X
X
X
X
X

■ Cholesterol

Your present diet includes far too many foods rich in cholesterol and saturated fats. Avoiding this type of food helps prevent diseases of the circulatory system and colon cancer. Professional assistance could help you choose unsaturated fats and reduce the total concentration of fats in your diet.

■ Sugar

You consume very large amounts of refined sugar. Reducing sugar consumption diminishes the risk of diabetes, weight gain, feelings of irritability and headaches. You urgently need to learn how to reduce your intake of foods with a high sugar content.

■ Calories

Your eating habits result in an excessive caloric intake and possibly weight gain. Controlling body weight reduces the risks of cardiovascular and metabolic diseases, contributes to a more positive self-image and improves physical potential. You should change your eating habits to prevent weight gain.

■ Salt

You eat too many foods with a high salt content. Too much salt in the diet is related to high blood pressure and risks of stroke and cardiovascular disease. You should avoid foods with a high salt content and reduce salt consumption in food preparation and seasonings.

■ Fibre

You have a minimal amount of fibre in your diet. Fibre may prevent cancer of the colon, coronary disease, constipation and other disorders of the stomach and intestines. It is important to consume enough fibre every day.

Wellness overview (cont'd)

Physical condition

- Physical activity
- Safe habits in sports activities
- Personal care
- Prevention

To verify

Satisfactory

X
X
X

X

■ Physical activity

You engage in physical activity quite regularly. Regular physical activity is a good way of reducing the risks of heart disease, preventing overweight and improving one's ability to control everyday stress. You should maintain this good habit.

■ Safe habits in sports activities

You show little interest in safety in your sports and physical activities. Safe habits prevent undue fatigue and soreness, serious injury and absenteeism at work as well as make it possible to appreciate leisure activities. You should find a way of safely and gradually taking part in sports or physical activities.

■ Personal care

You demonstrate no interest in your physical health. Taking care of oneself may prevent major health problems, unnecessary suffering and expense, wasted time and undue stress. You should look after your physical needs more and correct your habits in order to benefit from better health.

■ Prevention

You show no interest in safety in general. A preventive attitude may reduce stress, save lives, prevent disability and reduce insurance payments and premiums. You need counselling to realize the importance of looking after your own safety and that of others.

Wellness overview (cont'd)

Burnout

- Physical
- Emotional
- At work

To verify

Satisfactory

X
X
X

■ Physical

You feel a considerable number of physical symptoms related to burn-out. Proper stress management helps avoid physical ills such as undue fatigue, muscle tension, stomach upsets, headaches and backaches. You need to consult a specialist to analyze the causes of your physical ills and make changes where necessary in order to feel better, improve your performance and avoid serious illnesses.

■ Emotional

You feel a number of emotional symptoms related to burn-out. Improving emotional well-being may reduce certain negative feelings, such as decreased self-esteem, depression, social withdrawal and frustration. You must discover the causes of these feelings in order to improve the quality of your professional and private life.

■ At work

At work, you show a number of signs of stress in your attitudes or behaviour. Setting realistic goals and planning your time efficiently may improve job satisfaction, performance, attendance and morale. You must seek help in order to analyze your attitudes toward work. You must determine your priorities and set realistic objectives.

Ideal environment

- An environment where there is daily pressure. You like a job with established objectives and detailed work plans. You like to use your skills to adapt to and follow an already established procedure.
- A work environment with sufficient challenges to make your work interesting. You want a job where the rewards can be both financial and satisfying on a human level.
- A job that allows for great freedom of action and where you are able to innovate your own work methods. You prefer an environment that calls upon your creativity and where there is little supervision.
- You want a job that demands almost no interaction with other people. You are happiest in an environment where social interaction and meeting people are not required and where interactive skills are of little value.
- You need a work environment where training is practical. A job with few intellectual demands suits you best.

Wellness, Career and Development

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Wellness Profile

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