

Wellness Profile



ProfileSoft

Getting the most from your human capital

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Foreword

The information contained in this report should only be used as a guide and should never be considered as a substitute for consultations with a health care professional.

The wellness indicators described herein are based on the self evaluation you completed using the "LifeStyle" questionnaire and should never be used as a measure of your current state of health. Indeed, it is important to note that such indicators can vary considerably over time in keeping with changes in one's lifestyle.

Please consult a qualified health care professional before making any medical decision, or for any other health issue.

Attitudes and tendencies

Your answers to the ProfileSoft questionnaire are significantly off the norms. You belong to the 1% of the population having the most extreme answers. Consequently, we must take into account a greater uncertainty in the interpretation of your results.

- You are positive and enterprising in specific situations. You are determined to achieve imposed objectives. You compete to achieve your own standards of performance.
- You are an obstinate, relentless and determined worker. You seek challenging situations.
- You need responsibilities to perform. You are determined and demanding..
- You appreciate personal interaction and personal contact. You are pleasant, kind, sincere and very lively.
- 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 have very good habits and maintain a good level of physical well-being. You must continue making physical well-being an important part of your personal health and your personal well-being, in general. A healthy lifestyle includes:

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

Burnout

You seem to show a number of signs of burnout. You should analyze the underlying causes and set realistic goals for modifying 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	To verify	Satisfactory
■ Cholesterol	X	
■ Sugar	X	
■ Calories	X	
■ Salt	X	
■ Fibre		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 caloric intake is excessive and can cause 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 eat a large amount of fibre. Fibre may prevent cancer of the colon, coronary disease, constipation and other disorders of the stomach and intestines. You should continue eating food with a high fibre content.

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 are into the good habit of engaging in physical activity on a regular basis. Regular physical activity reduces the risks of heart disease, prevents overweight and improves one's ability to control stress. You definitely benefit from this good habit.

■ Safe habits in sports activities

You attach importance to 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. Your interest in safety enables you to obtain maximum benefits from your activities.

■ Personal care

You demonstrate excellent physical health habits. Taking care of oneself may prevent major health problems, unnecessary suffering and expense, wasted time and undue stress. Maintaining your good habits help you make the most of your full physical potential.

■ Prevention

You attach importance to safety in general. A preventive attitude may reduce stress, save lives, prevent disability and reduce insurance payments and premiums. You should maintain this attitude and seek ways of improving your own safety and that of others.

Wellness Overview (cont'd)

Burnout

- Physical
- Emotional
- At work

	To verify	Satisfactory
Physical	X	
Emotional		X
At work	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 do not seem to feel any emotional symptoms related to burn-out. Emotional well-being is necessary to fulfill one's needs for self-actualization, self-esteem and social interaction. Your emotional well-being helps you use your intellectual potential.

■ At work

At work, you show some 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 analyze your attitudes towards work, identify your priorities and set realistic objectives.

Ideal environment

- A work situation that offers opportunities for the gradual development of your planning skills in relation to time and activities. You like an environment where talents are highly valued.
- A work environment with challenging opportunities where financial reward is commensurate with the effort required to succeed. You prefer an environment that will call upon your abilities to achieve short-term goals.
- A job where supervision is such that it allows you to acquire and develop your autonomy. You prefer work with performance responsibilities.
- You seek work where you develop many contacts. You prefer working conditions that expect and require that tasks be performed with other people. An environment that provides constant feedback through others' reactions.
- 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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