



CONFIDENTIAL

PROFILE DOSSIER PREPARED FOR

# AVERY SMITH

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This dossier provides a detailed assessment of your skills and potential, prepared with the former Head of Training at British Intelligence and top psychologists.

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## CONTENTS

01		YOUR PROFILE	03
02		YOUR SCORES	05
03		YOUR ATTRIBUTES	13
04		YOUR SPY ROLE	16
05		KEY QUALITIES	20
06		CAREERS	22
07		THE SCIENCE	24
08		APPENDIX (YOUR ATTRIBUTES)	28

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## YOUR PROFILE

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## YOUR PROFILE

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Your profile results can be ‘for your eyes only’ or shared and compared with colleagues, friends, and family. It serves as a reminder of your talents, an opportunity for self-growth, and a revelation of your untapped spy superpowers!

Intelligence agencies train their recruits to understand and use these same skills. We worked with a former Head of Training at British Intelligence and top psychologists to develop a unique methodology to uncover your skills, create your profile, and inspire you to develop your potential.

### WHY IT MATTERS

Because secretly, spies are just like us - ordinary people doing extraordinary things. Real spies like Oleg Penkovsky or fictional ones like James Bond use spy skills we all possess: from agility, empathy and risk tolerance to analysis, observation and composure. Your profile is an authentic assessment that should inspire you to develop your skills and potential.

In addition to your specific scores, your profile explains what your score in each area says about you. It also introduces you to real and fictional professionals in the world of secret intelligence with profiles similar to yours, and explains what's involved in their role and in a typical operation.

Important: Your profile is a summary from a specific set of challenges at a specific time and is not meant to be an exhaustive list of your characteristics or abilities. Over time, your profile may evolve as you develop your skills through additional challenges and experiences.



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## YOUR SCORES

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02



## YOUR SCORES – SUMMARY

Your scores affect your rating on each key attribute. Note that your scores can change with time and practice.

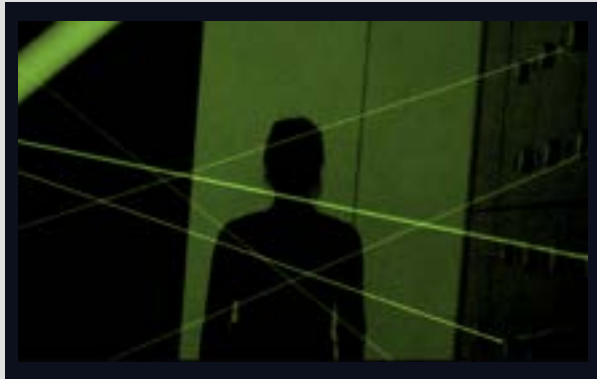


# SPECIAL OPS

We tested your agility and strategy in the laser tunnels

**1**  
TIMES PLAYED

**205**  
BUTTONS HIT  
BEST SCORE



**RESULTS**

BUTTONS HIT	205
BUTTONS HIT PER SECOND	2.85
LASERS BROKEN	2

**COMPARE RESULTS**

YOU RANK	130/6890
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**CHALLENGE**  
Our tunnel criss-crossed with lasers while targets lit up randomly along each wall. While you attempted to avoid all lasers, and hit as many illuminated targets as possible, we tested both your physical dexterity and reaction time. These scores form the source of your Agility score in your Profile.



# SURVEILLANCE

You put your observation skills to the test in our 360° surveillance room

**1**  
TIMES PLAYED

**14/15**  
CORRECT ANSWERS  
BEST SCORE



**RESULTS**

TOTAL SCORE	14/15
LEVEL 1	5/5
LEVEL 2	4/5
LEVEL 3	5/5
INCORRECT ANSWERS	1
TIMED-OUT QUESTIONS	0
ACCURACY	93.3%

**CHALLENGE**  
You were immersed in a 360° surveillance center and presented with a continuous projection of CCTV feeds. Answering questions based on the video feed, we tested your perception skills and attention to detail. These scores inform your Observation score in your Profile.

**COMPARE RESULTS**

The most difficult question that user's fail more at is "Spot the man on a blue checked shirt and jeans on a pay phone".

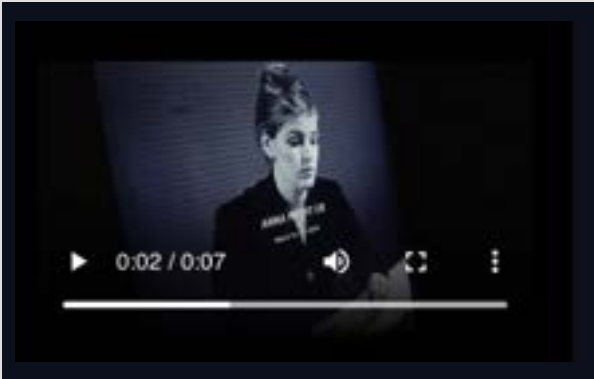
AVERAGE FOR ALL PLAYERS	10
AVERAGE ANSWER TIME	15 SECS
USERS WHO ANSWERED CORRECTLY	10%

# DECEPTION

We tested your ability to lie and spot liars in the Deception booths


**3**  
TIMES PLAYED

**2/3**  
CORRECT ANSWERS  
BEST SCORE



**RESULTS**

HOW MANY SIGNS OF LYING DID WE DETECT?


 0 SMILE  
3 BLINKS

**CHALLENGE:**  
Our lie-detection booth is equipped with cameras and sensors. You learned the signs that identify when others lie under pressure, then tested how good you are at lying convincingly and spotting lies. The ability to lie and detect deceit contribute to your Interpersonal Skills score in your Profile.

**SCORES**

HOW MANY LYING SIGNS DID YOU SPOT?

BODY SIGNS DETECTED **2/3**



**COMPARE RESULTS**

AVERAGE ANSWER TIME **4.5 SECS**

ON AVERAGE PLAYERS GET 2 OUT OF 3 QUESTIONS CORRECT **67%**

# ENCRYPTION

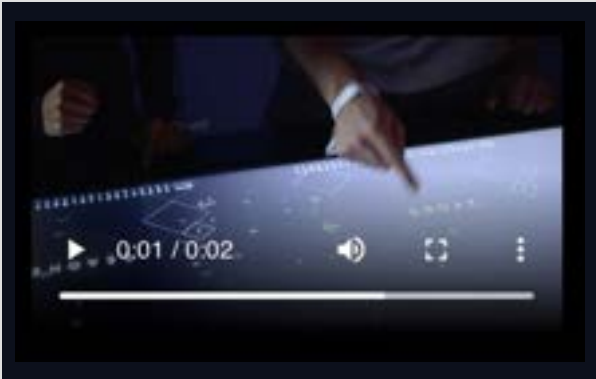
You tested your code-making and code-breaking skills in our Encryption zone

**1**

MISSION COMPLETED

**100%**

ENCODING ACCURACY  
BEST SCORE



**CHALLENGE**

Interactive tables let you read and transmit secure, encoded communications with a field agent. Your goal was to use a cypher to decode three messages within three minutes, testing your attention to detail while under pressure.

**RESULTS**

COMPLETED STORIES 2

**1.20 MIN** **SUCCESSFUL**

**STORY CHARACTER**

**VIRGINIA HALL**

**COMPARE RESULTS**

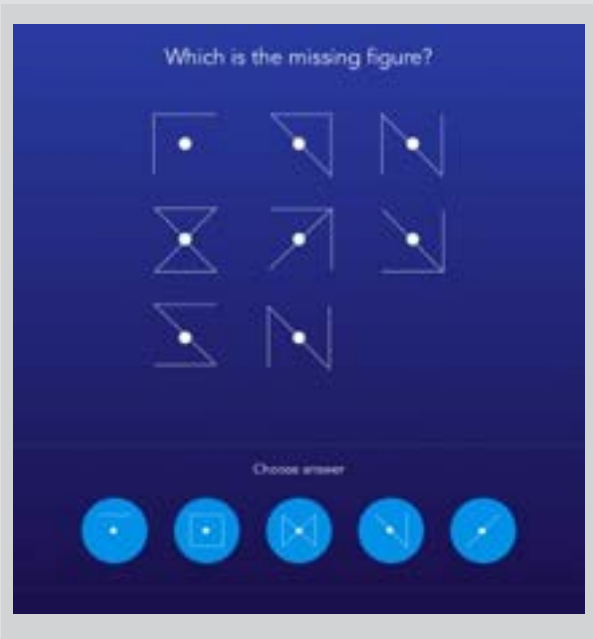
AVERAGE TIME TO COMPLETE CHALLENGE	<b>1:10 MINS</b>
COMPLETE THE STORY SUCCESSFULLY ON FIRST TRY	<b>30%</b>

# PUZZLE POWER

These puzzles tested your capacity for mathematical and analytical thinking

2/2  
GAMES PLAYED

14/18  
CORRECT ANSWERS



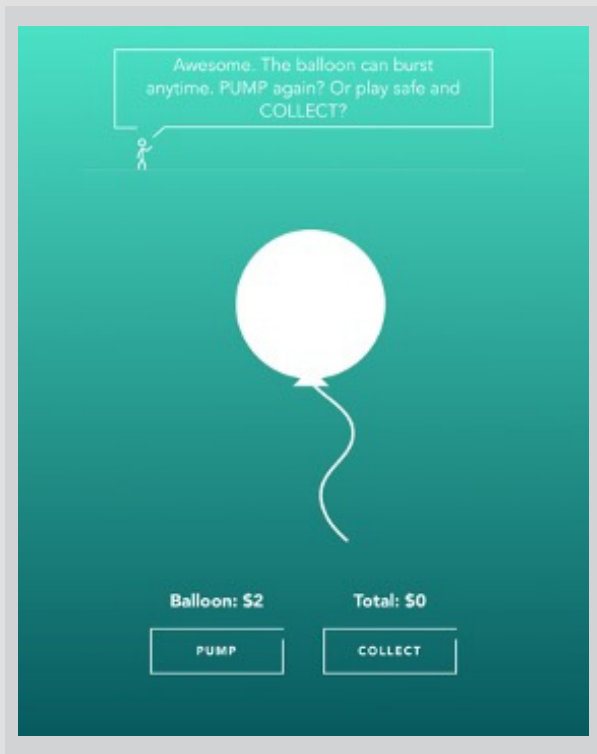
You have high intellectual skills. You can solve quite challenging problems and can find patterns and links in data.

# HOT RISK

This game tested your appetite for risk

**\$24**  
AVERAGE SCORE

**\$14**  
YOU SCORED



You will not relish nor welcome high risk situations where there may be immediate consequences to your action. You will accept risk as long as you consider the risk evaluation is justified.



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## YOUR ATTRIBUTES

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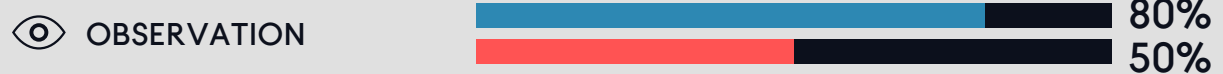
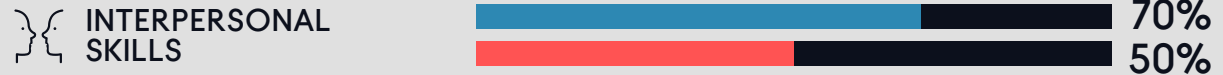
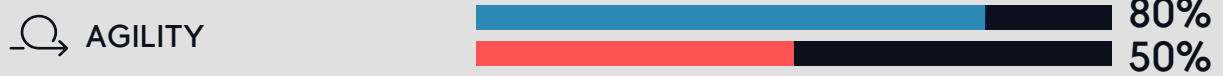
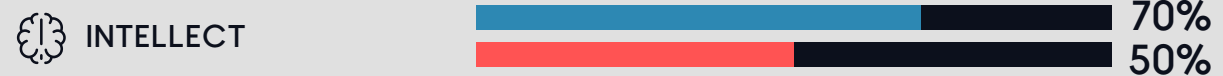
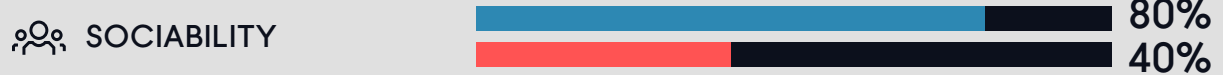
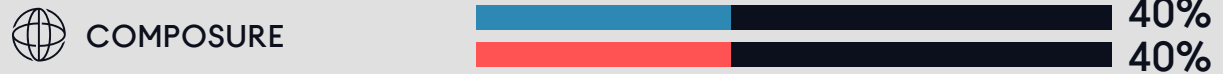
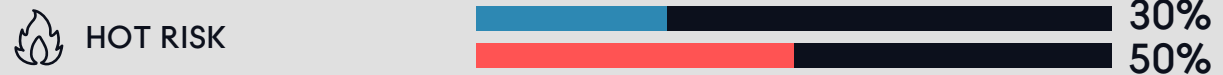
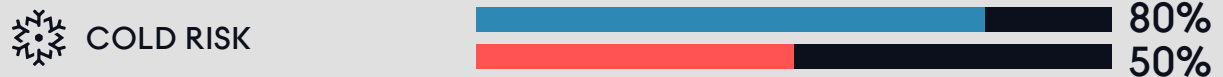
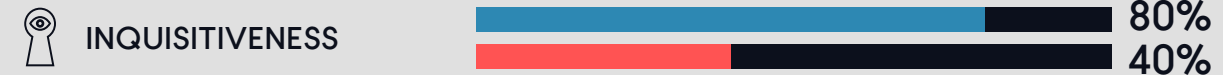
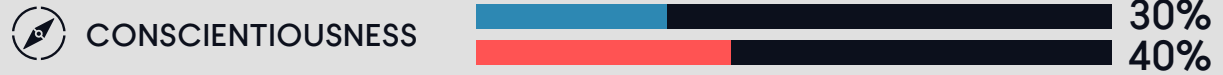
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## YOUR ATTRIBUTES – SUMMARY

YOUR SCORE ●  
 AVERAGE SCORE ●

See Section 8 for more detail on each of your attributes

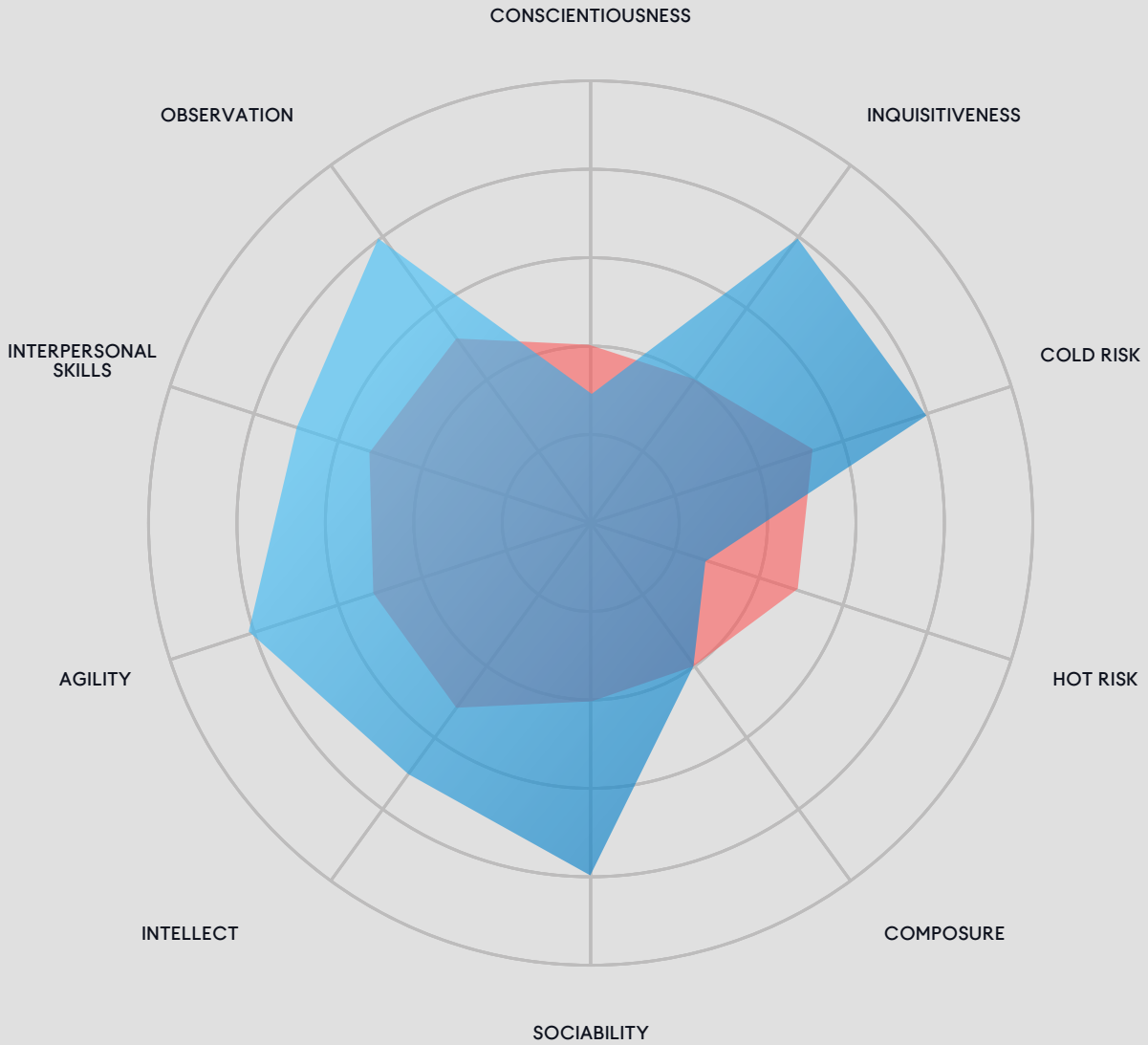




# YOUR ATTRIBUTES – SPIDER

YOUR SCORE ●  
AVERAGE SCORE ●

See Section 8 for more detail on each of your attributes







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## YOUR SPY ROLE

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**C4**



## YOUR SPY ROLE



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The best Spymasters I’ve known have been exceptional people who also have great operational judgment and impressive communications skills. That combination is what enables them to inspire large, diverse groups—from analysts and support personnel to operators and techies. They also invariably demonstrate a keen intellect and a steady hand in a crisis.

GENERAL DAVID PETRAEUS (US ARMY, RET.), FORMER COMMANDER OF US CENTRAL COMMAND AND COALITION FORCES IN BOTH IRAQ AND AFGHANISTAN, AND FORMER DIRECTOR, CIA

## SPY MASTER

### THE JOB

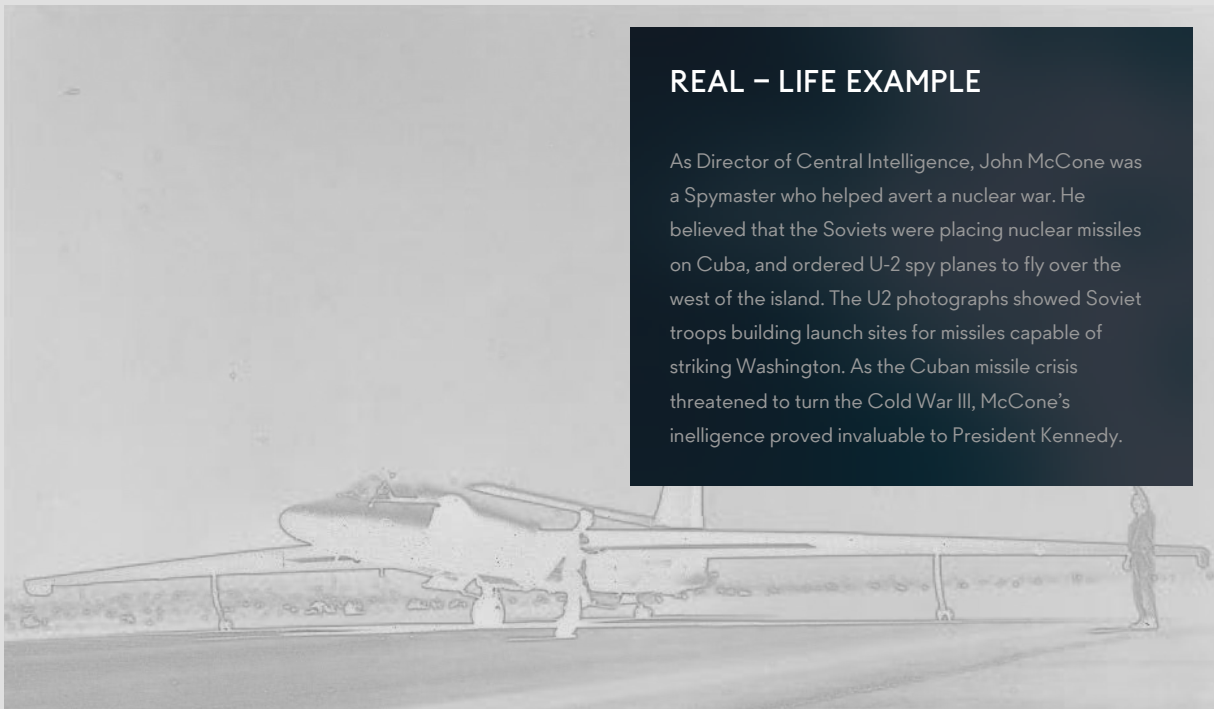
A Spymaster is a leader in the secret world. She might be in charge of a department in an intelligence service. Or the head of the service itself. To reach the top usually requires working for many years in a variety of roles, both in the field and at the head office. Such wide experience helps a Spymaster get the best out of people at all levels of their service.

Spymasters are prioritizers. They consider long-term strategy, risks, costs, and decide whether to approve risky intelligence operations. They need to cultivate excellent relationships with senior members of the government, in order to create confidence, secure funding, and influence intelligence goals. They are often the only open face of their service to the press and public.

The role of spymaster is extremely important to an intelligence service: Any body without a level head is likely to stumble into trouble.

### REAL – LIFE EXAMPLE

As Director of Central Intelligence, John McCone was a Spymaster who helped avert a nuclear war. He believed that the Soviets were placing nuclear missiles on Cuba, and ordered U-2 spy planes to fly over the west of the island. The U2 photographs showed Soviet troops building launch sites for missiles capable of striking Washington. As the Cuban missile crisis threatened to turn the Cold War III, McCone's intelligence proved invaluable to President Kennedy.



## SPY MASTER

### FICTIONAL EXAMPLE

'M' is the Spymaster in Ian Fleming's James Bond stories. M runs M16, Britain's Secret Intelligence Service. Fleming, who spent much of World War II devising operations for British Naval Intelligence, based the M character on a number of his wartime colleagues, particularly his superior Rear Admiral John Godfrey.



### TYPICAL OPERATION

North Korea has launched its most powerful nuclear missile yet. The president calls you to the Oval Office to discuss the situation. None of his advisers are present. Your best intelligence comes from an agent high up in the North Korean government. It suggests that the country's missile arsenal is considerably smaller than it wants the world to believe. You are to give the president an assessment of the actual scale of the threat.



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## KEY QUALITIES

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US



## KEY QUALITIES

There are three key qualities which this spy role requires



### LEADERSHIP

You are someone people will naturally follow - inspirational, ambitious, and willing to take charge.



### STRATEGY

You are comfortable and assertive when taking calculated risks.



### EMPATHY

You have a high emotional intelligence that helps you understand people and

Your Key Qualities represent a few of your outstanding characteristics, all of which make you best suited to your spy role. Each one is like your very own superpower—it's up to you to use them for good! While all aspects of your personality can be useful & valuable, each of your key qualities are your preferred lenses. See how your qualities influence the way you engage with the world.

### THE WAY YOU PROBLEM-SOLVE:

You are someone people will naturally follow - you are inspirational, ambitious, and willing to take charge.

### HOW YOU GO ABOUT REACHING YOUR GOALS:

You are comfortable and assertive when taking calculated risks.

### HOW YOU DIRECT AND RECEIVE ENERGY:

People who are empathetic are typically very compassionate because they can easily tune into how others are feeling.

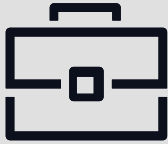


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## CAREERS

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## CAREERS

You are a natural born leader. You have a knack for seeing the big picture, and your charisma encourages others to follow your example. You take calculated risks, though your high confidence in your decisions may account for bigger wins and losses. You're not bad at relating to your co-workers, but you tend to work best alone--and in charge!

## POTENTIAL ROLES FOR YOU

### LAWYER/LEGAL CONSULTANT

Practice law to defend and advise individuals, institutions, or businesses in legal matters.

### CRIMINAL INVESTIGATOR

A detective working with law enforcement to collect and analyze evidence in order to solve criminal cases.

### UNIVERSITY/COLLEGE PRESIDENT

Oversee faculty and staff at a higher education institution and uphold the school's values with important decisions about curriculums, budget, and student life.

### CITY MANAGER

Supervise all city government staff. Advise the city council on decisions regarding local law, and ensure that those decisions are carried out.

### JUDGE

Make impartial decisions and sentences regarding legal cases during court proceedings.

### FILM DIRECTOR

Oversee all operations on a movie set, from videography to acting, so that the production is in your vision.

### PRODUCTION MANAGER

Be the film, theater or industrial productions, the production manager is the liaison between crew and director and responsible for the team's budget, safety, and efficiency.

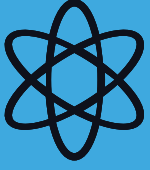
### SALES MANAGER

Achieve company sales goals by leading a strong team, planning efficient sales tactics, and predicting profitability of the product.

### HOSPITAL CEO

Manage the daily operations of a hospital by ensuring efficiency, approving budgets, and monitoring resources.





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THE SCIENCE

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## THE SCIENCE

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Your profile is authentic. It's based upon scientific research and methods commonly used by psychologists to identify and evaluate cognitive, emotional, and social traits. Our experts have extensive experience assessing, training and developing recruits in intelligence agencies, and they worked hard to ensure the authenticity of this assessment.

If you'd like to know more about the attributes measured and the science behind them there's a list of key academic papers below.

### MENTAL HORSEPOWER

Raven, J. (2000). The Raven's progressive matrices: change and stability over culture and time. *Cognitive psychology*, 41(1), 1-48.

Murray, A. L., Johnson, W., McGue, M., & Lacono, W. G. (2014). How are conscientiousness and cognitive ability related to one another? A re-examination of the intelligence compensation hypothesis. *Personality and Individual Differences*, 70, 17-22.

Reynolds, J., McClelland, A., & Furnham, A. (2014). An investigation of cognitive test performance across conditions of silence, background noise and music as a function of neuroticism. *Anxiety, Stress, & Coping*, 27(4), 410-421.

Ahmetoglu, G., Dobbs, S., Furnham, A., Crump, J., Chamorro-Premuzic, T., & Bakhshalian, E. (2016). Dark side of personality, intelligence, creativity, and managerial level. *Journal of Managerial Psychology*, 31(2), 391-404.

### COMPOSURE

Uppal, N. (2014). Moderation effects of job characteristics on the relationship between neuroticism and job performance. *International Journal of Selection and Assessment*, 22(4), 411-421.

Huang, J. L., Ryan, A. M., Zabel, K. L., & Palmer, A. (2014). Personality and adaptive performance at work: A meta-analytic investigation. *Journal of Applied Psychology*, 99(1), 162.

Dima, D., Friston, K. J., Stephan, K. E., & Frangou, S. (2015). Neuroticism and conscientiousness respectively constrain and facilitate short-term plasticity within the working memory neural network. *Human brain mapping*, 36(10), 4158-4163.

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## INQUISITIVENESS

Litman, J. A., & Spielberger, C. D. (2003). Measuring epistemic curiosity and its diversive and specific components. *Journal of personality assessment*, 80(1), 75-86.

Mussel, P. (2013). Introducing the construct curiosity for predicting job performance. *Journal of Organizational Behavior*, 34(4), 453-472.

Minbashian, A., Earl, J., & Bright, J. E. (2013). Openness to experience as a predictor of job performance trajectories. *Applied Psychology*, 62(1), 1-12.

## HOT RISK

Lauriola, M., Panno, A., Levin, I. P., & Lejuez, C. W. (2014). Individual differences in risky decision making: A meta-analysis of sensation seeking and impulsivity with the balloon analogue risk task. *Journal of Behavioral Decision Making*, 27(1), 20-36.

Fukunaga, R., Brown, J. W., & Bogg, T. (2012). Decision making in the Balloon Analogue Risk Task (BART): anterior cingulate cortex signals loss aversion but not the infrequency of risky choices. *Cognitive, Affective, & Behavioral Neuroscience*, 12(3), 479-490.

## COLD RISK

Charness, G., & Jackson, M. O. (2009). The role of responsibility in strategic risk-taking. *Journal of Economic Behavior & Organization*, 69(3), 241-247.

Rogers, J., Viding, E., & Chamorro-Premuzic, T. (2013). Instrumental and disinhibited financial risk taking: Personality and behavioural correlates. *Personality and Individual Differences*, 55(6), 645-649.

## INTERPERSONAL SKILLS

Akhtar, R., Boustani, L., Tsivrikos, D., & Chamorro-Premuzic, T. (2015). The engageable personality: Personality and trait EI as predictors of work engagement. *Personality and Individual Differences*, 73, 44-49.

Mittal, E. V., & Sindhu, E. (2012). Emotional intelligence and leadership. *Global Journal of Management and Business Research*, 12(16).

## SOCIABILITY

Huang, J. L., Bramble, R. J., Liu, M., Aqwa, J. J., Ott-Holland, C. J., Ryan, A. M., ... & Wadlington, P. L. (2016). Rethinking the association between extraversion and job satisfaction: The role of interpersonal job context. *Journal of Occupational and Organizational Psychology*, 89(3), 683-691.

Lü, W., Wang, Z., Liu, Y., & Zhang, H. (2014). Resilience as a mediator between extraversion, neuroticism and happiness, PA and NA. *Personality and Individual Differences*, 63, 128-133.

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## CONSCIENTIOUSNESS

Carter, N. T., Dalal, D. K., Boyce, A. S., O'connell, M. S., Kung, M. C., & Delgado, K. M. (2014). Uncovering curvilinear relationships between conscientiousness and job performance: How theoretically appropriate measurement makes an empirical difference. *Journal of Applied Psychology, 99*(4), 564.

Credé, M., Tynan, M. C., & Harms, P. D. (2017). Much ado about grit: A meta-analytic synthesis of the grit literature. *Journal of Personality and Social Psychology, 113*(3), 492.

Duckworth, A., & Gross, J. J. (2014). Self-control and grit: Related but separable determinants of success. *Current Directions in Psychological Science, 23*(5), 319-325.

Duckworth, A. L., Peterson, C., Matthews, M. D., & Kelly, D. R. (2007). Grit: perseverance and passion for long-term goals. *Journal of personality and social psychology, 92*(6), 1087.

Ohme, M., & Zacher, H. (2015). Job performance ratings: The relative importance of mental ability, conscientiousness, and career adaptability. *Journal of Vocational Behavior, 87*, 161-170

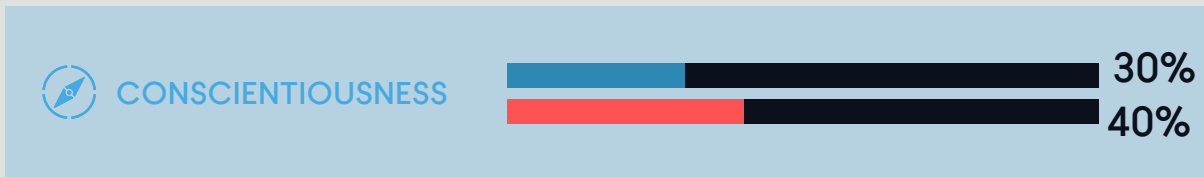


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## APPENDIX (YOUR ATTRIBUTES)

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CS



A bit like the impulsive Sterling Archer (Archer) you scored moderately low on this attribute. The result, driven by your performance in the personality tests, suggests that you find it difficult to keep focused on long-term goals. You may get distracted or bored quite quickly and are often drawn to new ideas and projects instead of finishing what you are currently doing. You understand what is important in life, but you sometimes skip the details. However, your ability to go with the flow means you rarely sweat the little stuff.

### IN YOUR DAILY LIFE

Because you prefer not to follow a schedule, you're unlikely to enjoy hobbies that require regular training. In fact, your interests may change quite regularly, and you benefit from trying new things. Friends and family might see that if they want you to do something, they need to encourage you to get organized. When they press you, however, you do things well.

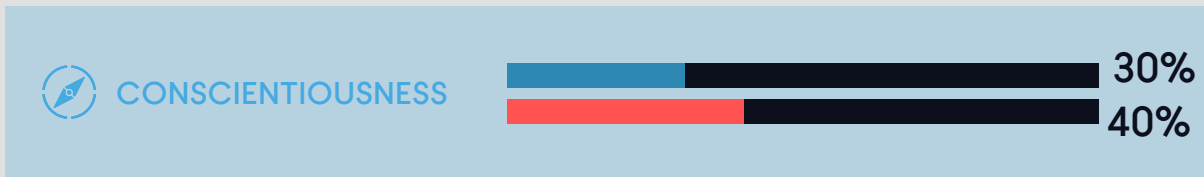
### IN YOUR WORK

You take a relatively flexible approach to work. As such, you get distracted easily and may not always complete the task in hand. You are likely to change jobs – and perhaps even career – fairly regularly, but you adapt to new environments easier than your colleagues who scored higher in conscientiousness.

### THE SCIENCE

Conscientiousness shapes how likely you are to follow rules, regulate your own behavior and get yourself organized. The more conscientious you are, the more motivated by goals and tasks you are likely to be.

According to what psychologists call the 'Big-5' model, conscientiousness is a core dimension of personality – and one of the five key traits that drive human behavior. Whether you are high or low in conscientiousness can help predict your success in social, academic and professional situations.



If you have high levels of conscientiousness, you are probably more productive and better at adapting to new situations that come your way. However, this does not mean that being conscientious is always a good thing, because research also shows that being too conscientious can lead to overthinking.

Some studies suggest that people who are more conscientious are healthier – and they might even live longer. This might be because conscientious people are more likely to exercise regularly, eat healthily, and avoid smoking or drinking too much alcohol.

It’s hard to say where conscientiousness comes from. One study found a link with areas of the brain relating to attention and cognitive control. There is also evidence to suggest that genes play their part. It’s likely that social factors such as your upbringing influence how conscientious you are, too.

**PEOPLE SCORING HIGH IN CONSCIENTIOUSNESS ARE:**

- HIGH-ACHIEVING
- ACCOUNTABLE
- THOROUGH
- DRIVEN
- SELF-DISCIPLINED

**PEOPLE SCORING LOW IN CONSCIENTIOUSNESS ARE:**

- IMPULSIVE
- FLEXIBLE
- EASY-GOING
- SPONTANEOUS
- ADAPTABLE



Like Carrie Mathison (Homeland) would, you scored extremely highly on this attribute. Your score, driven by your performance in the personality tests, suggests that you are curious about a wide range of topics. You like exploring new things and seeking out new knowledge and information. You prefer tasks that require problem solving and dealing with complex ideas over ones with a straightforward solution.

### IN YOUR DAILY LIFE

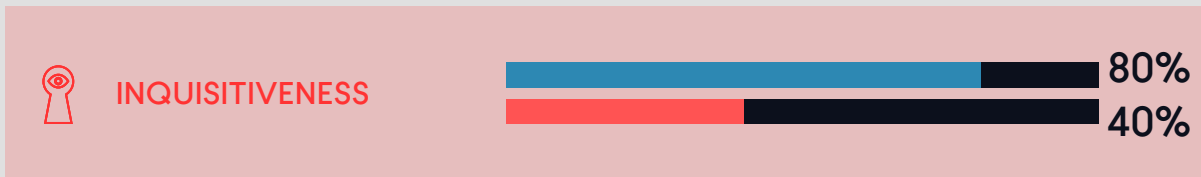
Like other inquisitive people, you are highly imaginative and likely to have an interest in artistic pursuits. For example, you might enjoy visiting galleries or listening to new and unusual kinds of music. You are open to different religious and political beliefs, regardless of whether these fit with your own views. You may also enjoy traveling to new places and are willing to embrace different cultures and practices.

As a highly inquisitive person you typically seek out tasks that are intellectually engaging and are also likely to enjoy testing scientific theories or contemplating philosophical questions.

### IN YOUR WORK

Because you like a challenge and are motivated to learn new skills you tend to perform well at work. You seek out opportunities for growth and self-development and use effective learning strategies, setting goals that require extensive planning and effort. You are flexible in your attitude towards work and regularly seek feedback from others. However, you may also be prone to boredom if your work is not sufficiently interesting and may get annoyed if you can't find the answer to a question.





**THE SCIENCE**

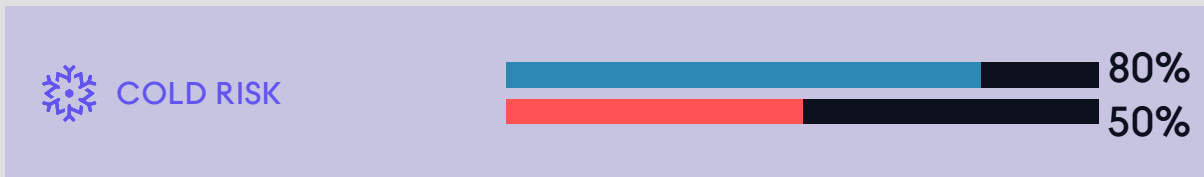
Inquisitiveness is an important trait for discovering new things and building a better understanding of people and of the world around us. Psychologists have developed tools for assessing and measuring how inquisitive a person is. These are based on extensive research into personality and are designed to evaluate five facets related to inquisitiveness: (i) intellectual curiosity; (ii) aesthetic sensitivity; (iii) active imagination; (iv) attentiveness to inner feelings; (v) preference for variety. Furthermore, personality researchers have identified two types of inquisitiveness: ‘epistemic’ which refers to information seeking behaviour; and ‘perceptual’ which refers to experience seeking.

**PEOPLE WITH HIGH INQUISITIVENESS ARE:**

- CURIOUS
- OPEN-MINDED
- IMAGINATIVE AND INVENTIVE
- CREATIVE
- ADAPTIVE

**PEOPLE WITH LOW INQUISITIVENESS ARE:**

- PRACTICAL
- CONSISTENT
- TRADITIONAL
- HABITUAL
- PRAGMATIC



Just like George Smiley (Tinker Tailor Soldier Spy) would, you scored extremely highly on this attribute. The result, driven by your performance in the personality tests, suggests that when you make complex decisions, you focus on what you are likely to gain in the long-term, rather than on what you might lose. You work through your strategies thoroughly, think effectively and efficiently, and are assertive once you come to your decision.

### IN YOUR DAILY LIFE

Like other people who score highly in Cold Risk, you are willing to take calculated risks, even if there is a chance you could lose big. You consider your options creatively and critically, and will often come up with a hypothesis to help you make your decision. When you see a good opportunity, you typically go for it.

You might risk it all if you thought the prize was worth it.

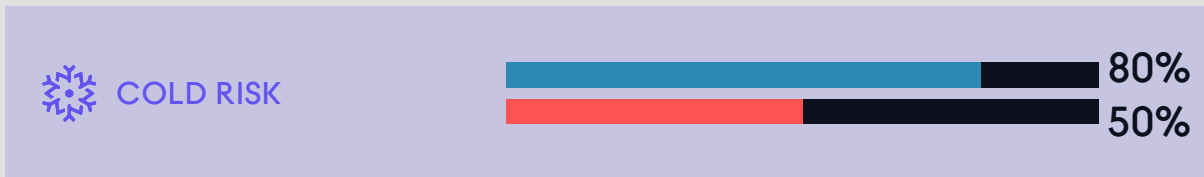
### IN YOUR WORK

Because you are willing to take chances, you may benefit from changing careers from time to time. You like to plan and evaluate your long-term options carefully before deciding what to do, and you are comfortable taking strategic business risks.

This kind of strategic risk taking has been linked to extraversion. One study found that the more extraverted and open a CEO is, the more long-term strategic risks they are willing to take.

### THE SCIENCE

Cold Risk is about strategic decisions you make which will affect you in the long term. Cold Risk differs from hot (impulsive) risk because people need to ‘weigh up the options’ in complex decisions. They do this by systematically rating various aspects of their choices using logic and critical analysis.



The more important the decision, the more likely people are to invest time, research, effort and mental energy into coming to the 'right' conclusion. A variety of factors will determine the specific strategy someone takes, such as: how much time they have to make the decision; the overall complexity of the decision; and how ambiguous everything is.

Research shows that people who focus on long-term positive gains perceive a lower degree of risk than those who focus on future (negative) loss. This is why someone with a higher Hot Risk score might find exactly the same situation less risky than someone with a lower Cold Risk score.

Studies have also shown that people make lower-risk decisions when the consequences affect other people as well as themselves.

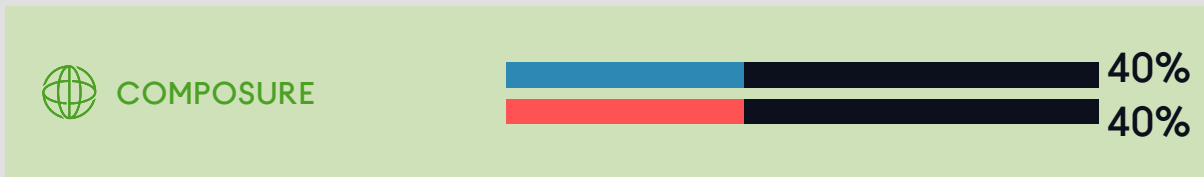
Feedback on previous risky choices appears to affect future behavior, too. In one experiment, people who were told they were good at decision-making saw more opportunities and took more risks. Those who were told they were not so good at decision-making saw more threats and took fewer risks.

**PEOPLE WITH HIGH IN COLD RISK ARE:**

- CONFIDENT
- TACTICAL
- ASSERTIVE
- RESOURCEFUL

**PEOPLE SCORING LOW IN COLD RISK ARE:**

- LOSS-AVERSE
- SENSIBLE
- PRACTICAL
- CIRCUMSPECT



You scored moderately highly on this attribute, which means you are nearly the coolheaded Jason Bourne type. The result, driven by your performance in the personality tests, suggests that you are not overly fazed by stressful situations and that, on the whole, you are pretty good at remaining calm. For the most part, you can regulate your negative emotions when the going gets tough.

**IN YOUR DAILY LIFE**

Like other people with moderately high levels of composure, you are generally relaxed. You might get stressed now and then when things get really hard, but you are usually calm – even under pressure. However, you are not immune to stress. If you let your surroundings get to you, you might struggle to keep your emotions under control – although you can quickly get them back in check.

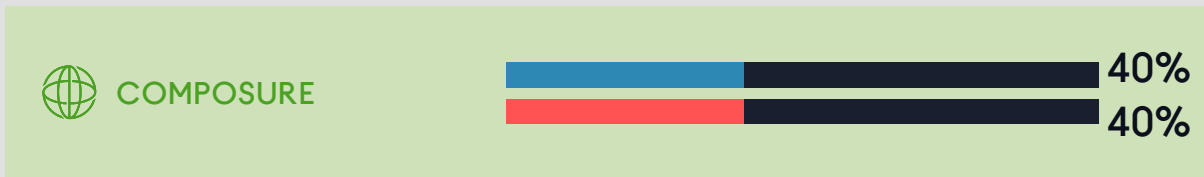
While people who score extremely highly on this attribute can put themselves at risk by being too relaxed, you act reasonably when presented with dangers: you are aware of them, but you don’t overreact.

**IN YOUR WORK**

Because you feel relaxed most of the time, you usually work well under pressure. While there are times you might become a little stressed, you’re typically able to refocus quickly and get the job done. When your colleagues are overwhelmed, you are able to maintain a high level of performance. No matter the circumstances, you adjust quickly and rise to the challenge.

**THE SCIENCE**

Composure relates to how our brains respond to stress. In tense situations, your brain activates an area called the hypothalamus, which releases adrenaline and cortisol – also known as stress hormones.



A bit of stress now and then is important for survival, because it alerts us to the dangers around us. Small amounts can be useful, but too much over a long period of time is bad for our health. Studies show that the adrenal cortex, the part of the brain that releases stress hormones, is also linked to the healthy function of our immune system – and people who are more prone to stress are also more likely to get sick.

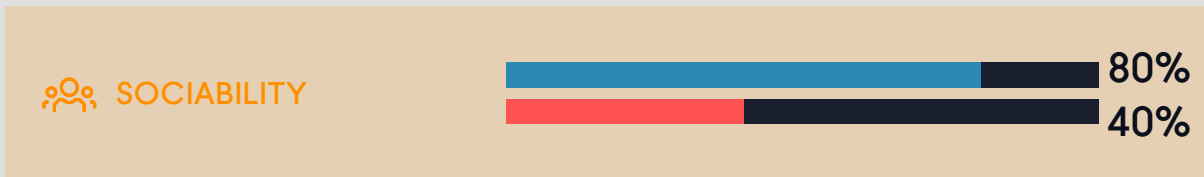
There is also a connection between composure and working (short-term) memory. Chronic exposure to stress can negatively affect short-term memory, which is why composed people may perform better on tasks where they need to recall and use relevant information while they're doing something else – for example remembering the steps of a recipe when cooking a meal.

**PEOPLE WITH HIGH COMPOSURE ARE:**

- LAID-BACK
- RELAXED
- COOL
- FOCUSED
- POISED

**PEOPLE WITH LOW COMPOSURE ARE:**

- EMOTIONAL
- SENSITIVE
- PERCEPTIVE
- RESPONSIVE
- VIGILANT



Much like charming and excitable Kim Possible, you scored extremely highly on this attribute. The result, driven by your performance in the personality tests, suggests that you dislike spending time alone and prefer to spend time in groups. You naturally gravitate towards busy places and feel happy and energized around others.

You typically love being the center of attention. Because you want people to respect and admire you, you invest a great deal of time in making sure people notice and appreciate you.

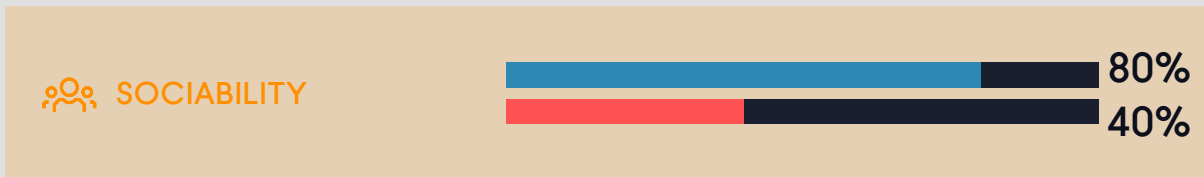
You tend to have an easy time expressing yourself and love to talk, and thus are comfortable starting conversations or taking the lead in discussions. This does mean, however, that you may speak before you think.

### IN YOUR DAILY LIFE

Like other sociable people, you likely have a wide circle of friends, love meeting new people, and enjoy close relationships. You see potential and excitement in the world, and are eager to pursue it. Because of this, you are enthusiastic about life and everything it has to offer. Being amicable means you gain others' trust easier than those who score lower on this attribute-but you yourself may trust too easily.

### IN YOUR WORK

Because you like working with others, you are usually at your best when sharing ideas and bouncing off other people. You likely enjoy collaborative projects and tackling problems as a team. Because of this, you're not only more likely to have a career that involves lots of socializing, you'll also be more successful in this kind of position.



**THE SCIENCE**

How sociable you are can be linked to your levels of happiness, positivity, and wellbeing. In fact, sociability relates to a variety of positive outcomes in life, including how successful you are at work, how well you cope with challenging situations, and even how physically and mentally healthy you are.

People who are highly sociable are more positive emotionally than those who are less sociable. In one brain imaging study, people with a high sociability score had higher levels of brain activity when they saw images of happy faces and other positive emotions.

The same part of the brain that processes emotions also helps interpret information from social contexts, which means we can judge a social situation and then respond appropriately.

There is some evidence to suggest that highly sociable people might be better at detecting and decoding the meaning of social cues – including how they analyze and read people’s faces. This means they are likely to find social interaction easier to deal with than others.

There is also research to suggest that highly sociable people have more connections between regions of the brain that involve visual stimulus and regions that process social and emotional stimuli.

Sociability might also be associated with the neurotransmitter dopamine, which is linked to reward-seeking behavior. It is thought that people who are highly sociable may have an enhanced response to dopamine in the brain, which makes them pursue rewards such as attention, status, power or pleasure. This would explain why, when they get these things, they feel happier or more satisfied.

**PEOPLE WITH HIGH SOCIABILITY ARE:**

- TALKATIVE
- FRIENDLY
- ENTHUSIASTIC
- ENERGETIC
- EXCITABLE

**PEOPLE WITH LOW COMPOSURE ARE:**

- QUIET
- RESERVED
- INTROSPECTIVE
- PRIVATE
- SHY



You scored moderately highly on this attribute, which means you're nearly the Alan Turing type. The result, driven by your performance in the brainpower tests, suggests that you're a relatively analytical and mathematical thinker. Because you're usually good at finding patterns and links in data, you are able to solve challenging problems pretty well. You are logical, good at deduction, and may use your skills to hypothesize and complete tricky puzzles.

**IN YOUR DAILY LIFE**

Like other people who score moderately highly on this attribute, you tend to be good at, and enjoy, anything that involves abstract thinking and visual-spatial reasoning. You are probably good at activities that test your brainpower, such as map-reading, music, Sudoku or chess.

**IN YOUR WORK**

Because you think conceptually, it is fairly easy for you to switch between micro (small), meso (medium) and macro (large) levels of analysis. When it comes to work, you are better in roles where you can apply your visual-spatial and abstract reasoning skills. You are bright, and while you might get confused now and then, you usually figure things out for yourself.

**THE SCIENCE**

Intellect relates to our general cognitive ability and our capacity to think about, reason with, and understand abstract concepts. It particularly links to analytical and mathematical skills, but also covers memory, comprehension, language, learning capacity and judgement. These are hugely significant skills for success at work and in everyday life.





Psychologists have developed all kinds of tests to measure cognitive ability. Some of these involve predicting outcomes from patterns in data (also known as inductive reasoning), while others focus on mentally flipping and rotating images. We use both of these approaches in our Intellect tests at SPYSCAPE.

Recent neuroimaging research shows that intelligence is linked to brain patterns, and that these patterns are unique to each of us – much like our fingerprints. In one study, these brain ‘fingerprints’ were used to successfully predict people’s scores in IQ tests.

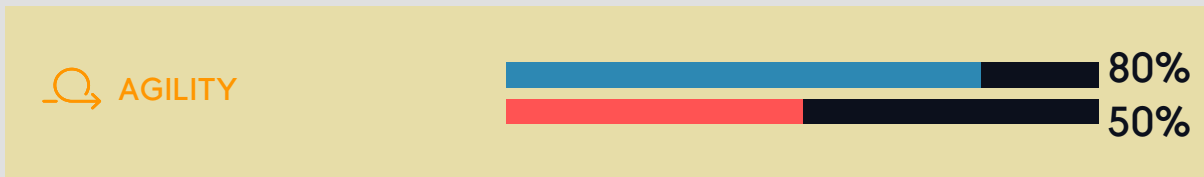
While IQ tests are probably the most common method for determining cognitive ability, there is some debate over whether they provide a complete picture. For example, theories suggest that there are many different types of intelligence which are not accounted for in these tests. Still, it is generally accepted that people who score highly on tests of cognitive ability are on the whole better at completing intelligence-related tasks in the real world.

**PEOPLE SCORING HIGH IN INTELLECT ARE:**

- ANALYTICAL AND MATHEMATICAL THINKERS
- LOGICAL
- FAIR-MINDED
- CAUTIOUS

**PEOPLE SCORING LOW IN INTELLECT ARE:**

- INTUITIVE
- CREATIVE THINKERS
- IMPULSIVE
- EMOTIONAL



Agility is measured by our ability to efficiently change the position of our body.

Good agility requires a combination of speed and strength, because you need to be able to move all or part of your body quickly, and use various muscles (or muscle groups) to overcome resistance while you are doing so.

Good balance is also required – not only when you are moving (dynamic balance), but also when you are standing still (static balance).

Physical (motor) coordination is equally important. This is the process you go through to move your body, and it is one of the most fundamental aspects of everyday life. Reaching for a coffee cup each morning? That requires motor coordination, as do more complicated tasks such as dancing and gymnastics.

Agility also requires being aware of the position of our body, which is known as proprioception, and is sometimes referred to as our sixth sense.

All of these skills, combined with excellent reflexes, endurance, and stamina, allow us to control and move our bodies, or simply stay in one position, without falling over.

Because we are so used to reaching for coffee cups or standing still, these actions seem deceptively simple. They are, however, much more complicated. Everyday tasks like these involve sophisticated sets of interactions and coordination between parts of the body and the brain. What’s more, to be really agile, you need to train hard

When you visit SPYSCAPE, we measure your agility in our Special Ops game. Your score suggests you are highly dexterous and physically skilled. We do not offer a more personalized analysis, since this attribute is simply a measure of how you scored in the laser maze.



We interact with others in verbal and non-verbal ways for many reasons: to survive, to promote community, and to socialize. Good interpersonal skills enable us to relate well, both to each other, and in groups.

Your score suggests your easy style means people come to like and trust you. People with strong interpersonal skills work well in groups, communicate well with other people and tend to have better relationships. This is true whether they are in formal or informal situations, and whether they are at home or at work.

When you visit SPYSCAPE, we measure your interpersonal skills in a number of ways, including through situational judgement tests, your ability to lie, and your ability to detect lies.

Situational judgement tests measure your ability to make critical judgements about others in certain scenarios. Unlike more analytical or mathematical reasoning, the answers you provide in tests like these are less obvious, and they are shaped by important behavioral characteristics.

The interpersonal skills we measure at SPYSCAPE are only a small part of a much broader area. There are a number of other factors which can affect your score, and we encourage you to learn more.

We do not provide a more personalized analysis for interpersonal skills, since this attribute is simply a measure of your score in our games.