

# SENIORS SKILLS ASSESSMENT 11

Deborah Hoeft • Assessment Date: 12th January 2023

## MAINTAINING YOUR SKILLS

The 'Brain Skill Assessment' scores are the results of the assessment you completed. These scores represent percentile ranks (i.e. the percentage of the population that you scored the same as or better than). The 'Self-Assessment' scores are based on the questions you answered about yourself. You will see a target range, which is the improvement we estimate you have the potential to reach if you fully commit to the Zing Performance Program.

Everyone is unique and it is quite normal to score better in some areas than others. Your lower scores are areas where you have more potential. If you would like to discuss your results in more detail then please email [info@zingperformance.com](mailto:info@zingperformance.com)

Our suggestions of appropriate targets are an estimate of your potential to develop and recover important cognitive skills.

Commitment and dedication to the Zing Performance program is essential to the effectiveness of its outcomes. Those with commitment scores greater than 75% experience the greatest benefits. Your commitment since you started the Program is 94%.



## VISUAL WORKING MEMORY

Working Memory is a great indicator of the efficiency of your brain. It is an important and complex brain function and if any parts of it are not automatic, this will fill up your working memory, causing your mental capacity to be reduced.

Visual Working Memory is the part of your working memory that allows you to hold onto and process what you are observing or seeing. You use your Visual Working Memory in many aspects of your everyday life; finding your way around, or judging positions of other vehicles and pedestrians when driving.

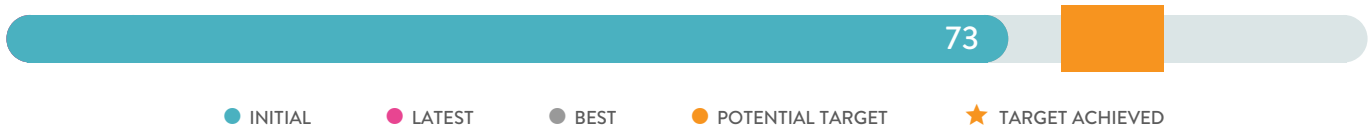
If you have high levels of visual working memory you will find you can study easier and are quicker at processing what you see or read, interpreting the information in graphs or charts will also be easier.

People with low Visual Working Memory scores become mentally tired more quickly, may find taking in and retaining what they have been observing quite hard, and will struggle to complete tasks. This can result in lower levels of self-confidence.

Your scores in this area are based on the results of the assessments that you completed.

Based on the results of this assessment we calculate that you are currently using **84% of your potential in this skill area.**

### BRAIN SKILL ASSESSMENT - VISUAL WORKING MEMORY



Self Assessment Questions		Insight 1	Insight 11th	Change
1.	I struggle to remember and process information that I see	Some of the time	Rarely	<a href="#">^</a>
Rating scale: All of the time : Most of the time : Some of the time : Occasionally : Rarely : Never				

## AUDITORY WORKING MEMORY

Auditory Working Memory is the part of your working memory that allows you to hold onto and process things you hear. The quicker and better you can process what you hear, the more capacity you will have to remain focused and retain it.

Good Auditory Working Memory can help with listening to conversations in noisy surroundings or what people are saying. Remembering things generally will also be easier.

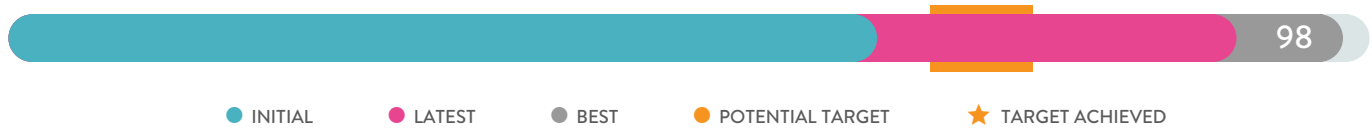
People with low Auditory Working Memory scores may become mentally tired more quickly and may struggle to focus and complete tasks, this can bring confidence down.

Your scores in this area are based on the results of the assessments that you completed.

Your Auditory Working Memory score has improved from 63 to 98 when compared to your initial Insight. This means that you may start to find it easier to process what you hear.

It appears that your actual potential in this skill area was even greater than we originally worked out - that's wonderful.

## BRAIN SKILL ASSESSMENT - AUDITORY WORKING MEMORY



Self Assessment Questions		Insight 1	Insight 11th	Change
1.	I struggle to remember and process information that I hear	Some of the time	Rarely	⬆️
Rating scale: All of the time : Most of the time : Some of the time : Occasionally : Rarely : Never				

## CONCENTRATION

This is your ability to focus attention when moving from one task to another or control your attention in order to react appropriately to a situation. To focus your attention, you have to identify and concentrate on important information and ignore any distractions. When you are able to concentrate for longer periods you are likely to be more productive.

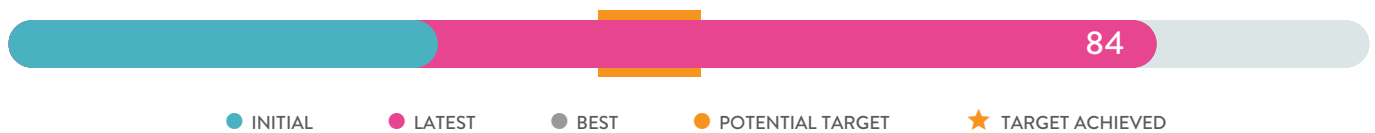
If your Concentration skills are not automatic you have to work harder to remain focused and are more likely to become mentally tired or frustrated. As a result of this you may find it difficult to complete tasks quickly and accurately.

Your scores in this area are based on the results of the assessments that you completed.

Your Concentration score has improved from 30 to 84 when compared to your initial Insight. This means that you may start to find it easier to remain focused on specific tasks.

It appears that your actual potential in this skill area was even greater than we originally worked out - that's wonderful.

## BRAIN SKILL ASSESSMENT - CONCENTRATION



Self Assessment Questions		Insight 1	Insight 11th	Change
1.	I find it difficult to concentrate on a single task without getting distracted	Occasionally	Rarely	⬆
2.	I struggle to effectively switch my attention back and forth, quickly from one task to another	Some of the time	Rarely	⬆
3.	I find it difficult to concentrate on two or more things at the same time	Some of the time	Occasionally	⬆
4.	I find it difficult to remain focused for long periods of time	Some of the time	Occasionally	⬆

Rating scale: All of the time : Most of the time : Some of the time : Occasionally : Rarely : Never

## MEMORY RECALL

Memory Recall is your ability to retain and remember information. There are two parts of Memory Recall, immediate recall (the ability to recall information that you have just been given), and delayed recall (the ability to recall information after a period of time or after a series of distractions).

Good Memory Recall is crucial in many situations, listening to conversations or recalling names, phone numbers, dates of birthdays, etc. When your Memory Recall isn't performing as well as it could be you will find it difficult and frustrating to do everyday tasks.

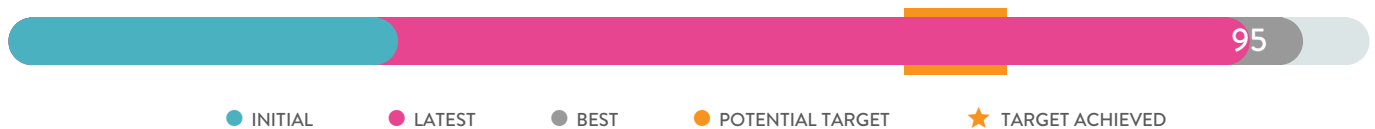
Improving Memory Recall will help take stress out of your daily routine. People with good Memory Recall generally perform better in day to day activity.

Your scores in this area are based on the results of the assessments that you completed.

Your Memory Recall score has improved from 27 to 95 when compared to your initial Insight. This means that you may start to find it easier to remember things.

It appears that your actual potential in this skill area was even greater than we originally worked out - that's wonderful.

## BRAIN SKILL ASSESSMENT - MEMORY RECALL



Self Assessment Questions		Insight 1	Insight 11th	Change
1.	I struggle to remember instructions or short lists	Some of the time	Rarely	⬆
2.	I struggle to remember individuals names when first introduced	Most of the time	Occasionally	⬆
3.	I struggle to remember information from meetings or discussions that took place more than a few days ago	Some of the time	Rarely	⬆
4.	I struggle to remember information from meetings or discussions that took place more than a few weeks ago	Some of the time	Occasionally	⬆
5.	I struggle to remember the dates and times of upcoming meetings and appointments	Some of the time	Occasionally	⬆

Rating scale: All of the time : Most of the time : Some of the time : Occasionally : Rarely : Never

## RESPONSE TIME

Response time is a measure of the time it takes to respond to something that we know the answer to. It is a great indicator of how efficiently we can access information stored in our memory. Response time is important when doing things that require quick reactions, a faster response time will allow for more time to make decisions when under pressure.

If you are able to respond quickly and more automatically, you will use less mental energy, be sharper in communicating, and be much more productive in daily life.

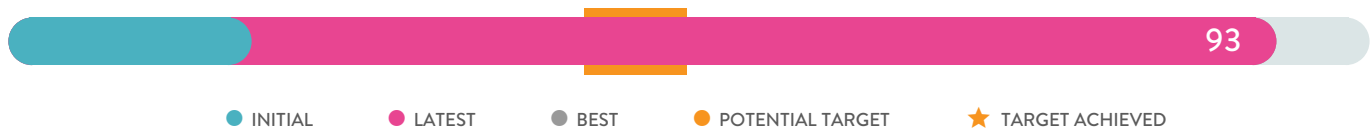
Your initial response time was 2.26 seconds and your fastest response time is 1.44 seconds. Please note, if you used different devices when completing the Insights assessments then your response time scores will have been corrected in order for them to be compared accurately.

Your scores in this area are based on the results of the assessments that you completed.

**Your Response Time score has improved from 16 to 93 when compared to your initial Insight. This means that you may start to find it easier to process information and respond quickly.**

**It appears that your actual potential in this skill area was even greater than we originally worked out - that's wonderful.**

## BRAIN SKILL ASSESSMENT - RESPONSE TIME



Self Assessment Questions		Insight 1	Insight 11th	Change
1.	I struggle to resolve problems quickly and efficiently	Some of the time	Rarely	↑
Rating scale: All of the time : Most of the time : Some of the time : Occasionally : Rarely : Never				

## DECISION MAKING

Making good decisions requires you to be able to process information quickly and accurately. This is an important mental process in many areas of daily life.

Day to day life involves making frequent decisions, if you are able to do this quickly and easily your day is more likely to run smoothly with less stress.

Your scores in this area are based on the questions that you answered about yourself.

Your Decision Making score has improved from **70** to **90** when compared to your initial Insight. This means that you may start to find it easier to make clear and accurate decisions.

It appears that your actual potential in this skill area was even greater than we originally worked out - that's wonderful.

## SELF ASSESSMENT - DECISION MAKING



Self Assessment Questions		Insight 1	Insight 11th	Change
1.	I struggle to find solutions to complicated problems	Occasionally	Rarely	⬆
2.	I make impulsive decisions that I later regret	Rarely	Never	⬆

Rating scale: All of the time : Most of the time : Some of the time : Occasionally : Rarely : Never

## BALANCE & COORDINATION

Poor coordination reduces your confidence and increases the likelihood of falling without warning.

Improving coordination will help you safely move around your environment. It will also help with tasks that need more precise coordination including drawing, writing, or playing a musical instrument.

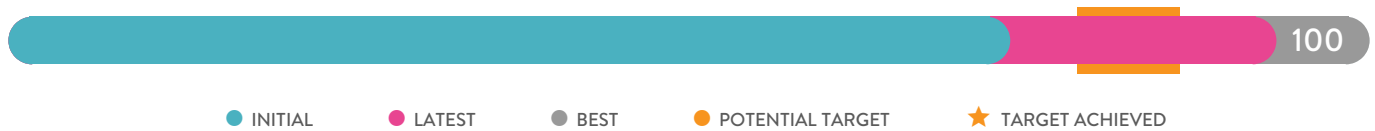
People with good balance and coordination are more likely to enjoy an active social life, this in turn is closely linked to improved physical and mental health.

Your scores in this area are based on the questions that you answered about yourself.

**Your Balance and Coordination score has improved from 73 to 100 when compared to your initial Insight. This means that you may start to find it easier to perform controlled physical movements.**

**It appears that your actual potential in this skill area was even greater than we originally worked out - that's wonderful.**

### SELF ASSESSMENT - BALANCE & COORDINATION



Self Assessment Questions		Insight 1	Insight 11th	Change
1.	I have a tendency to be clumsy and fall, trip or bump into things	Occasionally	Never	^
2.	I struggle to perform tasks that use fine motor skills (e.g. tying shoe laces, doing up buttons, cooking, making arts and crafts).	Rarely	Never	^
3.	I struggle to throw and catch a ball.	Rarely	Rarely	=

Rating scale: All of the time : Most of the time : Some of the time : Occasionally : Rarely : Never



## PRODUCTIVITY

An essential part of getting things done is being organized and efficient. Organization uses a lot of brain processes, you need to be able to concentrate, remember things and have the capacity to plan.

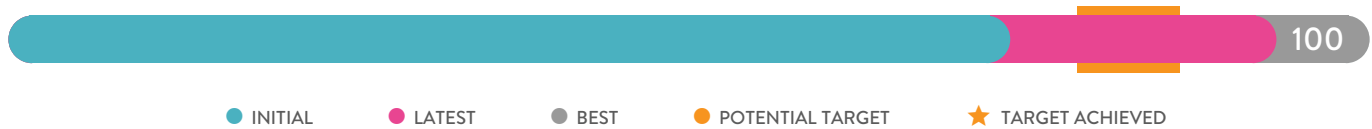
Improving your brain's ability to process information quickly will help you be better at multi-tasking and getting these important jobs done. Being organized and getting things done makes a big difference to your confidence and self worth.

Your scores in this area are based on the questions that you answered about yourself.

Your Productivity score has improved from **73** to **100** when compared to your initial Insight. This means that you may start to find it easier to perform tasks more accurately and efficiently.

It appears that your actual potential in this skill area was even greater than we originally worked out - that's wonderful.

## SELF ASSESSMENT - PRODUCTIVITY



Self Assessment Questions		Insight 1	Insight 11th	Change
1.	I struggle to plan and prioritise tasks	Rarely	Never	⬆️
2.	I find it difficult to stay organised when completing tasks	Occasionally	Rarely	⬆️
3.	I struggle to finish tasks on time or stick to a deadline	Rarely	Never	⬆️

Rating scale: All of the time : Most of the time : Some of the time : Occasionally : Rarely : Never

## COMMUNICATION SKILLS

An essential part of a good social life is communication. Meeting people in social or other situations requires you to make conversation, process what people are saying and respond to questions. Improving your Communication skills will help you be confident in these situations without becoming overwhelmed.

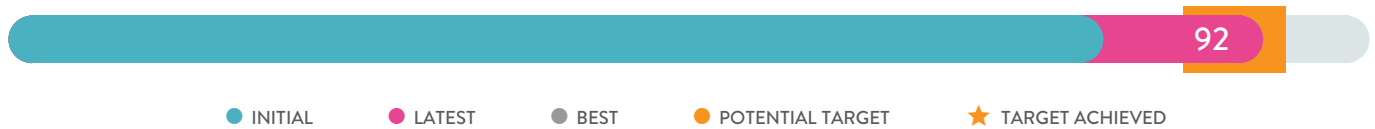
People with good Communication skills present their thoughts and feelings clearly and concisely.

Your scores in this area are based on the questions that you answered about yourself.

**Your Communication skills score has improved from 80 to 92 when compared to your initial Insight. This may mean you find it easier to communicate your thoughts and feelings.**

Based on the results of this assessment we calculate that you are currently using 96% of your potential in this skill area.

### SELF ASSESSMENT - COMMUNICATION SKILLS



Self Assessment Questions		Insight 1	Insight 11th	Change
1.	I struggle to write or type quickly and accurately	Occasionally	Rarely	^
2.	I struggle to structure my writing, such as in documents, letters or emails	Never	Never	=
3.	I struggle to communicate effectively when talking to others	Occasionally	Rarely	^
4.	I find it difficult to extract key information when reading	Rarely	Never	^
5.	I avoid making eye contact.	Never	Never	=

Rating scale: All of the time : Most of the time : Some of the time : Occasionally : Rarely : Never

## CONTROLLING EMOTIONS

Improving emotional control has a big impact on your overall well being. If you struggle with your feelings, with frustration or just feeling overwhelmed the likely cause is an overload to your working memory. This can then lead to feelings of anxiety or stress.

Helping with this will improve your general wellbeing and may well give you more self-confidence.

People who are able to control their emotions are likely to be able to feel more comfortable in their home and social situations.

Your scores in this area are based on the questions that you answered about yourself.

**Your Controlling Emotions score has improved from 84 to 92 when compared to your initial Insight. This means that you may start to see improvements in your emotional well-being.**

**Based on the results of this assessment we calculate that you are currently using 96% of your potential in this skill area.**

## SELF ASSESSMENT - CONTROLLING EMOTIONS



Self Assessment Questions		Insight 1	Insight 11th	Change
1.	I find it hard to stay productive when under pressure	Rarely	Rarely	=
2.	I struggle to maintain control over my emotions	Never	Never	=
3.	I feel I have low self-confidence	Rarely	Never	^
4.	I try to avoid, or feel uncomfortable in group environments.	Rarely	Never	^
5.	I struggle to cope with changes to routine.	Rarely	Rarely	=

Rating scale: All of the time : Most of the time : Some of the time : Occasionally : Rarely : Never

Disclaimer - This report provides a summary of the scores obtained during the Insight assessment. It should be stressed that the scores present a 'snapshot' of performance at a particular time on a particular day. Performance can vary as a function of time of day, confidence, commitment and other factors. Whilst great care has been taken to ensure that this report provides a valid and reliable indicator of abilities, it should be used only as a first step in accurate diagnosis and it is not a substitute for a diagnosis by a trained professional. If English is not your first language then the scores obtained may not be a true reflection of ability. No warranty as to the accuracy of the report is implied or provided.