COCORECO

Behavior

Personal development report

Example participant

06/11/2026

Explore how skills, motivation and working conditions influence your everyday behaviour. Identify what holds change back and which support helps. Your report turns responses into a clear overview and small, manageable behavioural experiments.

A personal development tool with original questions informed by published frameworks. Connect the results with your work context and use the report for reflection, discussion and focused practice.

SAMPLE REPORT · FICTIONAL RESULTS

Summary at a glance

Your responses show practices you use more often and areas to explore. Connect the results with recent examples from your day-to-day work.

Relatively stronger themes

Time and resources (80.0/100) · Habits and impulses (80.0/100)

Areas to explore further

Social support (30.0/100) · Knowledge and understanding (30.0/100)

These are relative differences within this profile. Choose a priority based on relevance, context and examples.

Your first practical step

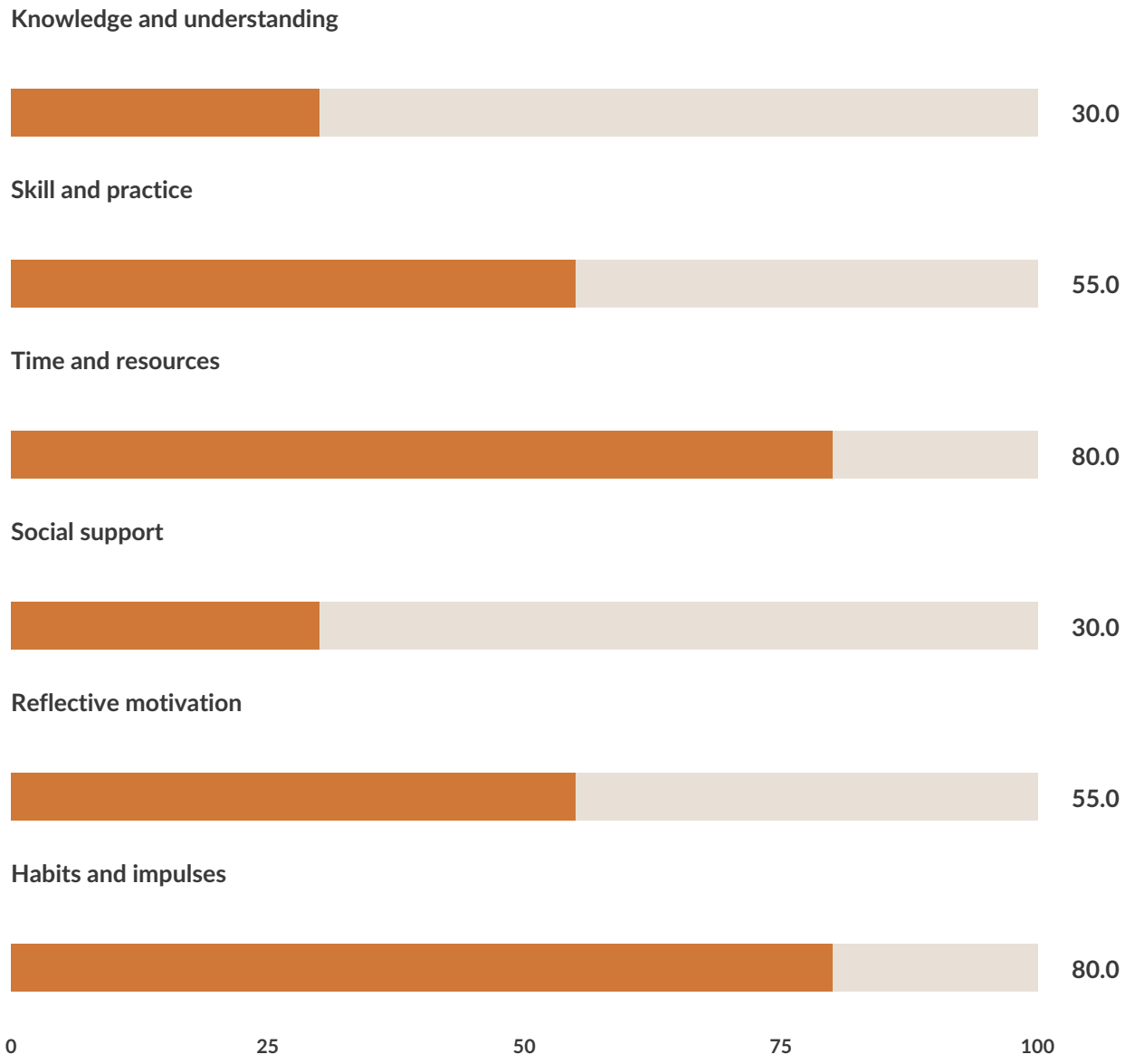
Describe one desired behavior with a concrete example.

Within 7 days: try one action. After 2 weeks: review its effect using a concrete example.

Discussion prompt: what do you recognise, what surprises you, and which real example adds useful context?

Your profile

Weighted scale responses converted from 1-5 to 0-100. Self-assessment, not objective performance or percentiles.



Explore each dimension

Knowledge and understanding · 30.0/100 · SD 10.0

Understanding the intended behavior.

This descriptive score is based on your own answers. Ask for a concrete example and explore the influence of your work context.

Practice step: Describe one desired behavior with a concrete example.

Skill and practice · 55.0/100 · SD 10.0

Being able to act and learn.

This descriptive score is based on your own answers. Ask for a concrete example and explore the influence of your work context.

Practice step: Practice one small step and ask for specific feedback.

Time and resources · 80.0/100 · SD 10.0

Practical opportunities in the work environment.

This descriptive score is based on your own answers. Ask for a concrete example and explore the influence of your work context.

Practice step: Reserve ten minutes and prepare the tool you need.

Social support · 30.0/100 · SD 10.0

Space and support provided by others.

This descriptive score is based on your own answers. Ask for a concrete example and explore the influence of your work context.

Practice step: Ask a colleague for one concrete support agreement.

Reflective motivation · 55.0/100 · SD 10.0

Meaning, intention and deliberation.

This descriptive score is based on your own answers. Ask for a concrete example and explore the influence of your work context.

Practice step: Connect the desired behavior to a personal value.

Habits and impulses · 80.0/100 · SD 10.0

Recognizing and adjusting automatic patterns.

This descriptive score is based on your own answers. Ask for a concrete example and explore the influence of your work context.

Practice step: Create an if-then plan for a recurring trigger.

Three practice suggestions from the model

Starting suggestion based on the three lowest descriptive scores. Check whether it fits your development goal.

1. Knowledge and understanding

Describe one desired behavior with a concrete example.

When: Within 7 days, in one concrete work situation.

Review: Ask for one concrete example of its effect and review after two weeks.

2. Social support

Ask a colleague for one concrete support agreement.

When: Within 7 days, in one concrete work situation.

Review: Ask for one concrete example of its effect and review after two weeks.

3. Skill and practice

Practice one small step and ask for specific feedback.

When: Within 7 days, in one concrete work situation.

Review: Ask for one concrete example of its effect and review after two weeks.

Method and sources

60 questions · individual administration

COM-B: capability, opportunity and motivation. Original work-focused items.

A personal development tool with original questions informed by published frameworks. Connect the results with your work context and use the report for reflection, discussion and focused practice.

Michie, van Stralen & West (2011) - COM-B

https://pmc.ncbi.nlm.nih.gov/articles/PMC3096582/

West & Michie - COM-B

https://www.com-b.org/

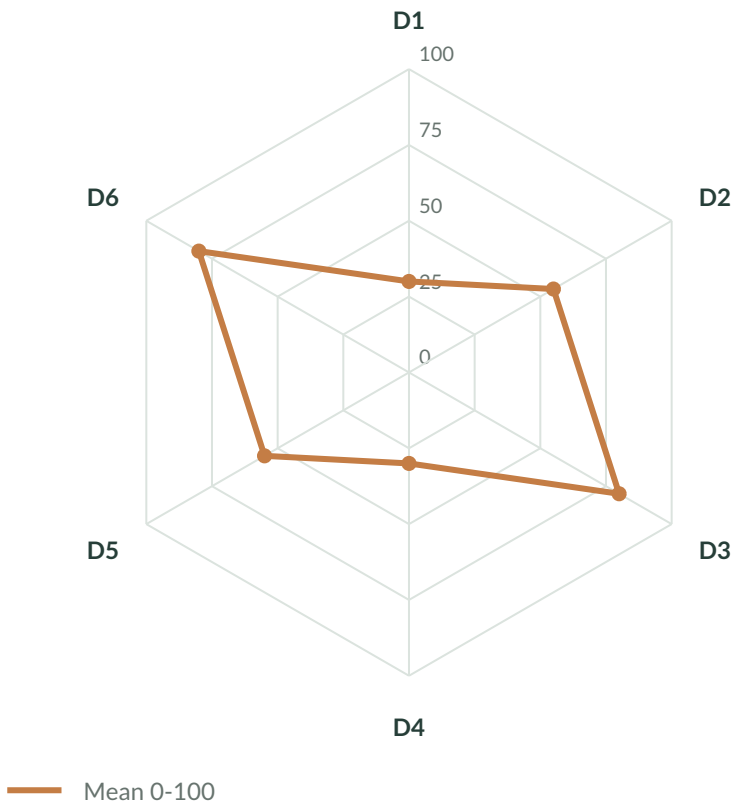
Support important decisions with multiple sources and professional guidance.

Overall profile

n=1 | Scale 0-100 | Model assessment-standard-60-v1

Invited: 1 | 100%

Read mean and spread together, alongside concrete work examples.

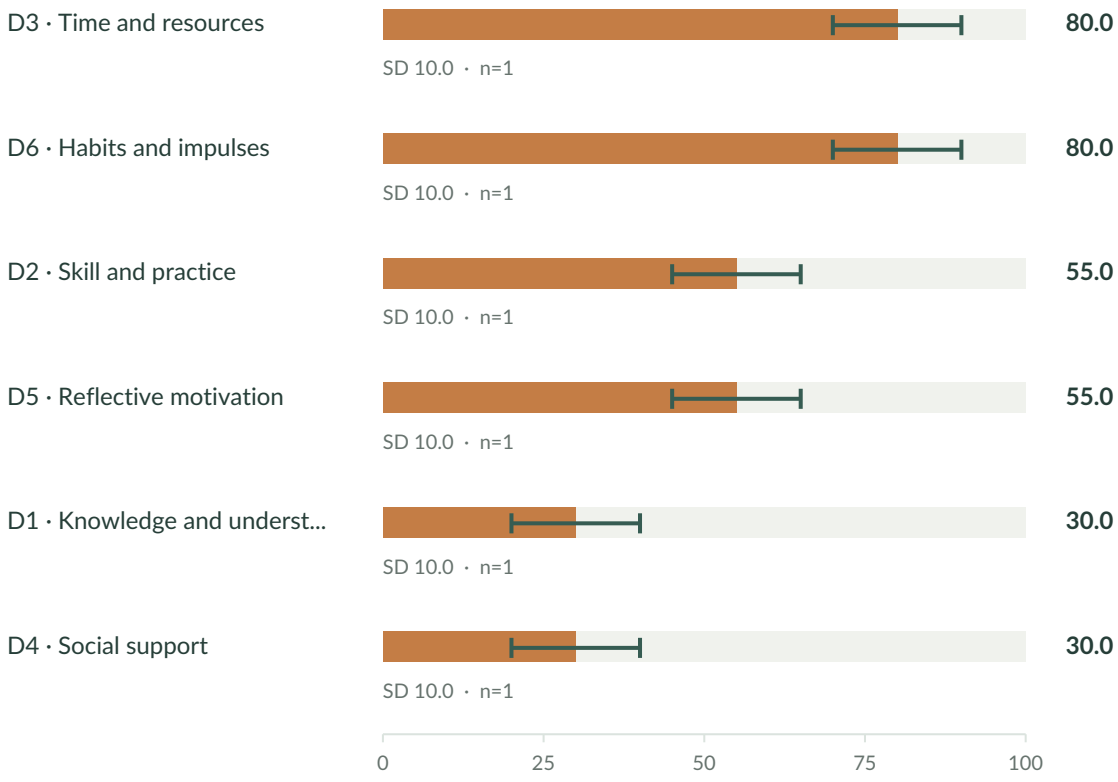


Fixed axis order. Compare domain scores, not radar area. D codes refer to the table below.

Mean and spread by dimension

Code / dimension	Mean	SD	n
D1 | Knowledge and understanding	30.0	10.0	1
D2 | Skill and practice	55.0	10.0	1
D3 | Time and resources	80.0	10.0	1
D4 | Social support	30.0	10.0	1
D5 | Reflective motivation	55.0	10.0	1
D6 | Habits and impulses	80.0	10.0	1

Strengths and development areas



Descending means. Whiskers = mean +/- 1 SD, clipped to the scale; not a confidence interval or significance test. Relatively strong does not mean sufficient; low does not automatically mean a deficit.

n = 1 person. SD is weighted spread across scored items in a dimension, not between people or a reliability measure.

Response distribution and spread



Colors 1-5: scored scale responses after reversal. Item counts, not people.

Dimension	1	2	3	4	5
D1	0	8	2	0	0
D2	0	0	8	2	0
D3	0	0	0	8	2
D4	0	8	2	0	0
D5	0	0	8	2	0
D6	0	0	0	8	2

Different perspectives

Not applicable: one participant and no other people's ratings.

Progress

No linked repeat. Compare only identical items and scoring under suitable conditions. Cognitive repeats can show practice effects.

Priority matrix

Expected impact x feasibility, both 1-5. Judgments come from development dialogue, not scores or algorithmic predictions. Choose two or three themes.

Fictionally rated priorities for illustration.



Top right: high impact and feasibility. Orange: selected. Unrated: not plotted.

Extended report - continued

Theme	Expected impact	Feasibility	Selected
D1 | Knowledge and understanding	5	4	Yes
D2 | Skill and practice	4	3	-
D3 | Time and resources	3	5	-
D4 | Social support	5	2	Yes
D5 | Reflective motivation	2	4	-
D6 | Habits and impulses	4	5	Yes

From priority to action

1. Knowledge and understanding

Specific behavior: Describe one desired behavior with a concrete example.

Owner: Participant

Review date: 2026-11-05

Observable effect: Compare three concrete work situations before and after the agreement and discuss the effect after two weeks.

2. Social support

Specific behavior: Ask a colleague for one concrete support agreement.

Owner: Participant

Review date: 2026-11-05

Observable effect: Compare three concrete work situations before and after the agreement and discuss the effect after two weeks.

3. Habits and impulses

Specific behavior: Create an if-then plan for a recurring trigger.

Owner: Participant

Review date: 2026-11-05

Observable effect: Compare three concrete work situations before and after the agreement and discuss the effect after two weeks.

After two weeks, review visible changes and preserve what works. Repeat only with the same question and scoring model.