COCORECO

Personality

Personal development report

Example participant

06/11/2026

Discover your work preferences across five personality dimensions. Explore what energises you, how you collaborate and which conditions suit you. Receive a nuanced profile with reflection prompts and practical applications, recognising how different preferences can complement each other.

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

This profile describes your work preferences. The contrasts help identify natural tendencies and situations that may benefit from deliberate adjustment.

More pronounced preferences

Extraversion (81.3/100)

Complementary preferences to explore

Agreeableness (29.2/100) · Openness to experience (31.3/100)

A lower score is not a deficit. Explore how your preferences affect collaboration and which complementary approaches help.

Your first practical step

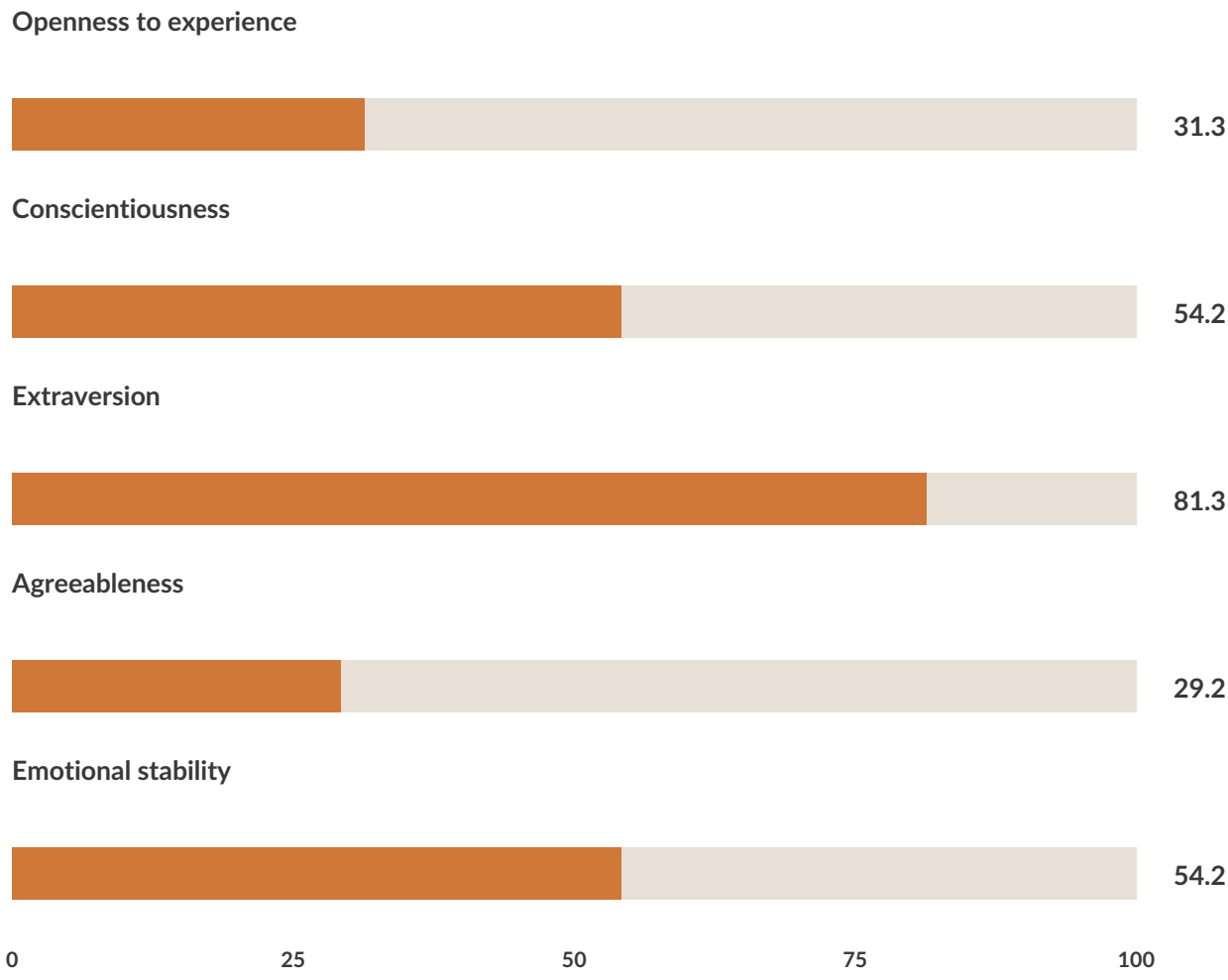
Consciously choose when a familiar method or a new idea fits.

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

A higher score means a stronger preference, not a better personality. No total score or norm comparison.



Explore each dimension

Openness to experience · 31.3/100 · SD 10.8

This dimension describes your reported preference for openness to experience.

Explore when this preference helps and when another approach fits.

Practice step: Consciously choose when a familiar method or a new idea fits.

Conscientiousness · 54.2/100 · SD 9.3

This dimension describes your reported preference for conscientiousness.

Explore when this preference helps and when another approach fits.

Practice step: Try an extra planning moment or deliberately letting go.

Extraversion · 81.3/100 · SD 10.8

This dimension describes your reported preference for extraversion.

Explore when this preference helps and when another approach fits.

Practice step: Plan a suitable balance between interaction and quiet work.

Agreeableness · 29.2/100 · SD 9.3

This dimension describes your reported preference for agreeableness.

Explore when this preference helps and when another approach fits.

Practice step: Combine an understanding response with one clear personal need.

Emotional stability · 54.2/100 · SD 9.3

This dimension describes your reported preference for emotional stability.

Explore when this preference helps and when another approach fits.

Practice step: Notice what increases or reduces tension in a difficult situation.

Three practice suggestions from the model

Suggestions for the first three themes. Choose what fits; lower scores are not deficits.

1. Openness to experience

Consciously choose when a familiar method or a new idea fits.

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

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

2. Conscientiousness

Try an extra planning moment or deliberately letting go.

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

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

3. Extraversion

Plan a suitable balance between interaction and quiet work.

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

Big Five, using public-domain IPIP as inspiration. Original 60-item work-focused adaptation.

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Goldberg / IPIP - Big Five factor markers

https://ipip.ori.org/newBigFive5broadKey.htm

IPIP - Public-domain permission

https://ipip.ori.org/newPermission.htm

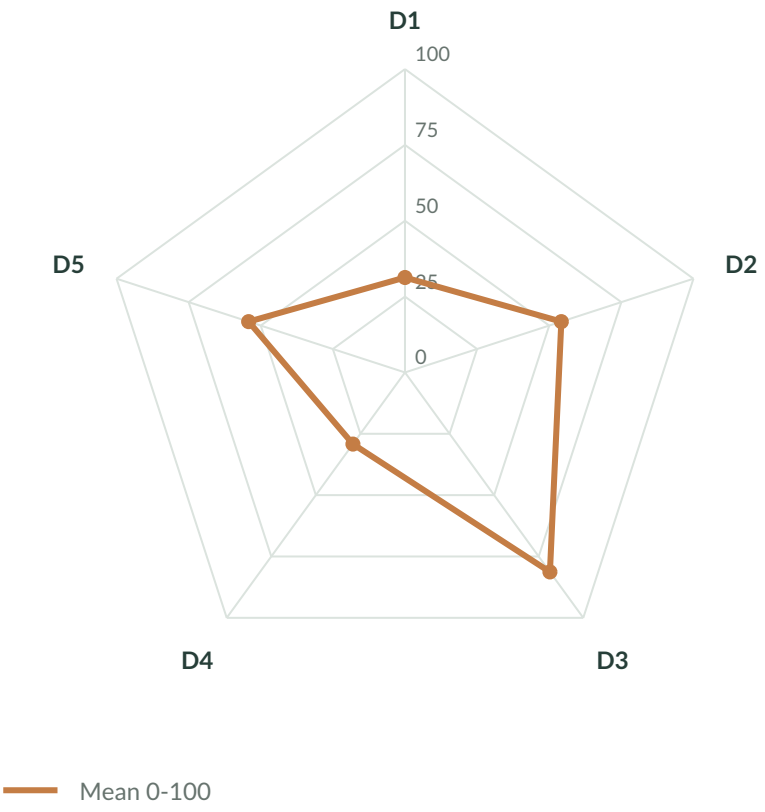
Support important decisions with multiple sources and professional guidance.

Overall profile

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

Invited: 1 | 100%

Preferences, not a quality ranking. High and low are not good and bad.

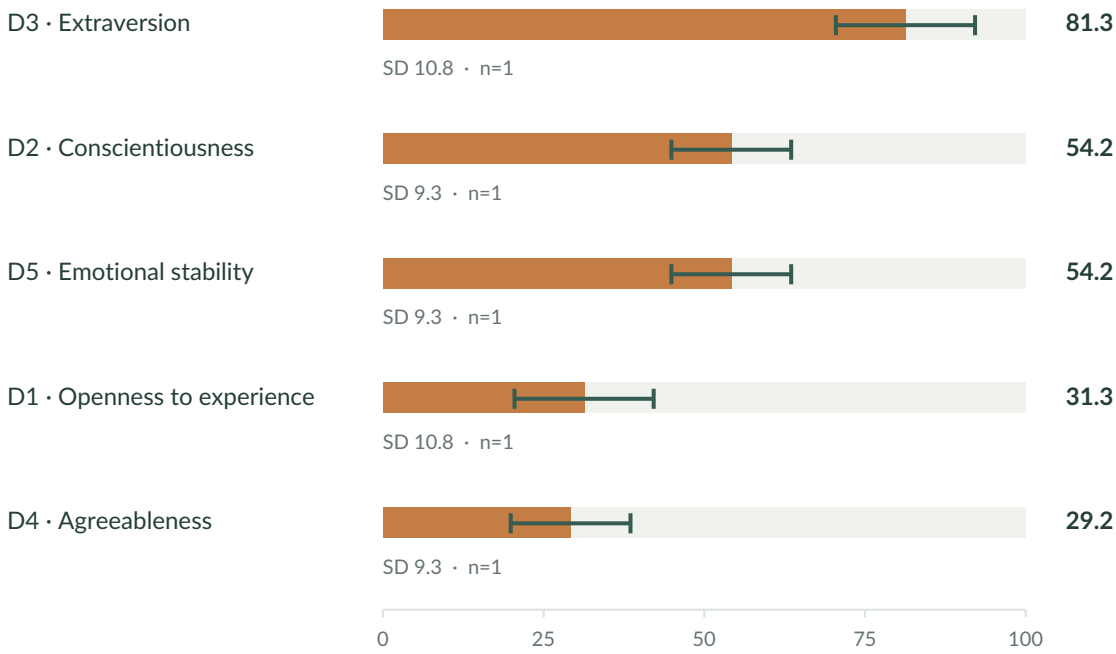


Fixed axis order. Compare domain scores, not radar area. D codes refer to the table below.

Mean and spread by dimension

Code / dimension	Mean	SD	n
D1 | Openness to experience	31.3	10.8	1
D2 | Conscientiousness	54.2	9.3	1
D3 | Extraversion	81.3	10.8	1
D4 | Agreeableness	29.2	9.3	1
D5 | Emotional stability	54.2	9.3	1

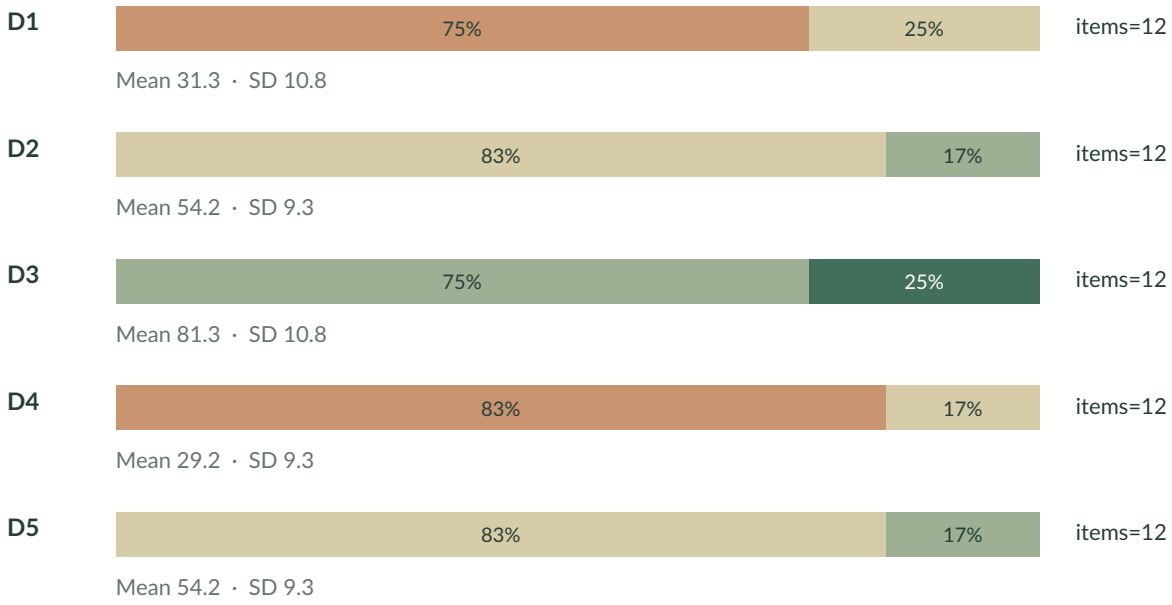
Ranked profile



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	9	3	0	0
D2	0	0	10	2	0
D3	0	0	0	9	3
D4	0	10	2	0	0
D5	0	0	10	2	0

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.

Theme	Expected impact	Feasibility	Selected
D1 | Openness to experience	5	4	Yes
D2 | Conscientiousness	4	3	Yes
D3 | Extraversion	3	5	Yes
D4 | Agreeableness	5	2	-
D5 | Emotional stability	2	4	-

From priority to action

1. Openness to experience

Specific behavior: Consciously choose when a familiar method or a new idea fits.

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. Conscientiousness

Specific behavior: Try an extra planning moment or deliberately letting go.

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. Extraversion

Specific behavior: Plan a suitable balance between interaction and quiet work.

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.