COCORECO

Social skills

Personal development report

Example participant

06/11/2026

Explore listening, attunement, boundaries and your approach to difficult interactions. For professionals seeking clearer communication and stronger connection. The report brings patterns together in a readable summary and offers exercises for conversations from your own work.

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

Assertive communication (80.0/100) · Tension and conflict (80.0/100)

Areas to explore further

Self-regulation and feedback (30.0/100) · Empathy and perspective (30.0/100)

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

Your first practical step

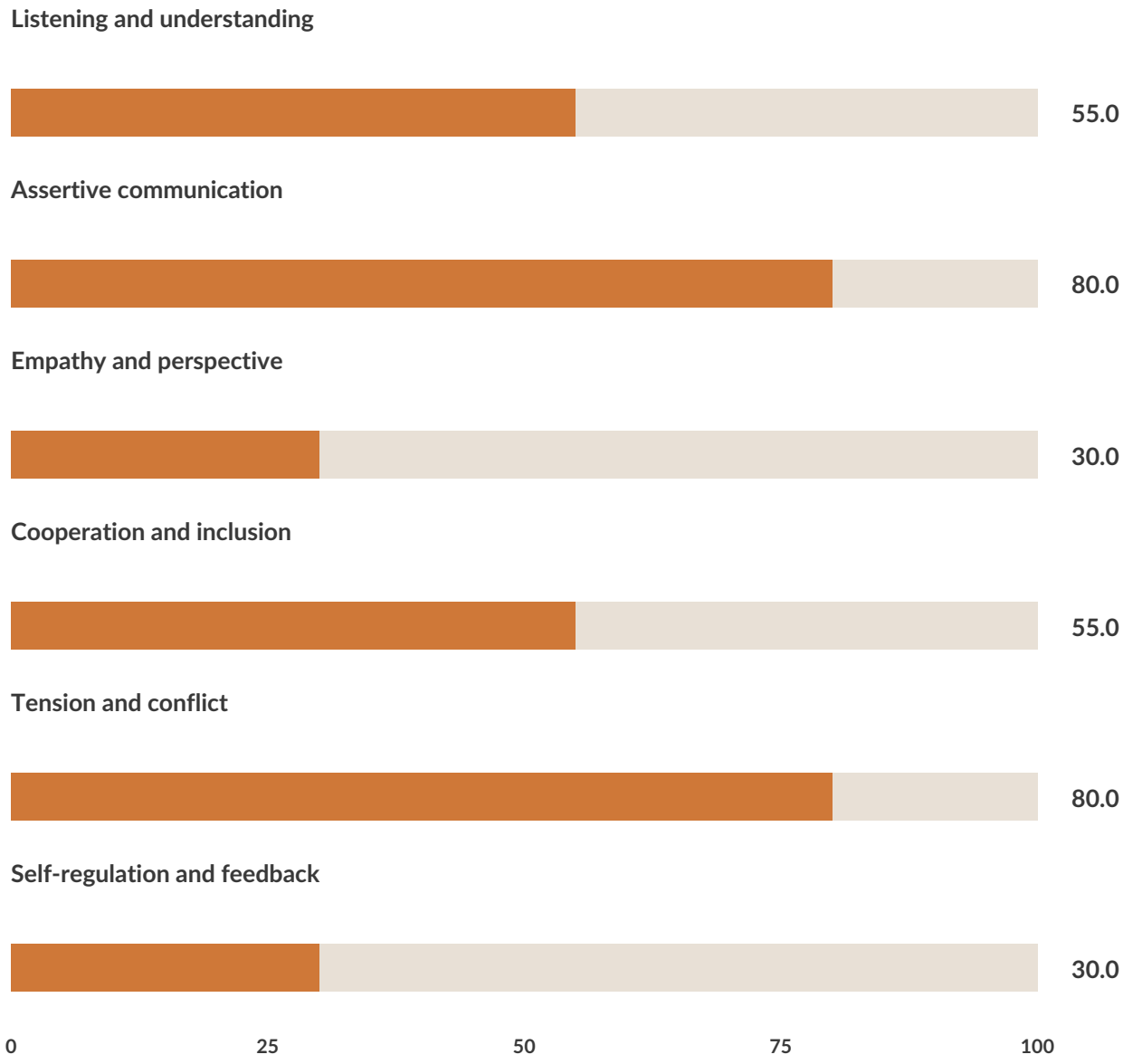
Ask what matters to the person without assuming it.

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

Listening and understanding · 55.0/100 · SD 10.0

This dimension describes your self-assessment of listening and understanding.

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

Practice step: Summarize the other person's perspective first.

Assertive communication · 80.0/100 · SD 10.0

This dimension describes your self-assessment of assertive communication.

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

Practice step: Formulate one request using fact, effect and need.

Empathy and perspective · 30.0/100 · SD 10.0

This dimension describes your self-assessment of empathy and perspective.

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 what matters to the person without assuming it.

Cooperation and inclusion · 55.0/100 · SD 10.0

This dimension describes your self-assessment of cooperation and inclusion.

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

Practice step: Actively invite one less-heard colleague.

Tension and conflict · 80.0/100 · SD 10.0

This dimension describes your self-assessment of tension and conflict.

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

Practice step: Discuss a small tension before it grows.

Self-regulation and feedback · 30.0/100 · SD 10.0

This dimension describes your self-assessment of self-regulation and feedback.

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

Practice step: Take a brief pause before responding to criticism.

Three practice suggestions from the model

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

1. Empathy and perspective

Ask what matters to the person without assuming it.

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

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

2. Self-regulation and feedback

Take a brief pause before responding to criticism.

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

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

3. Listening and understanding

Summarize the other person's perspective first.

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

OECD framework for social and emotional skills and interpersonal communication. 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.

OECD (2025) - Adults' social and emotional skills

https://doi.org/10.1787/6e318286-en

OECD (2023) - Social and emotional skills

https://doi.org/10.1787/ba34f086-en

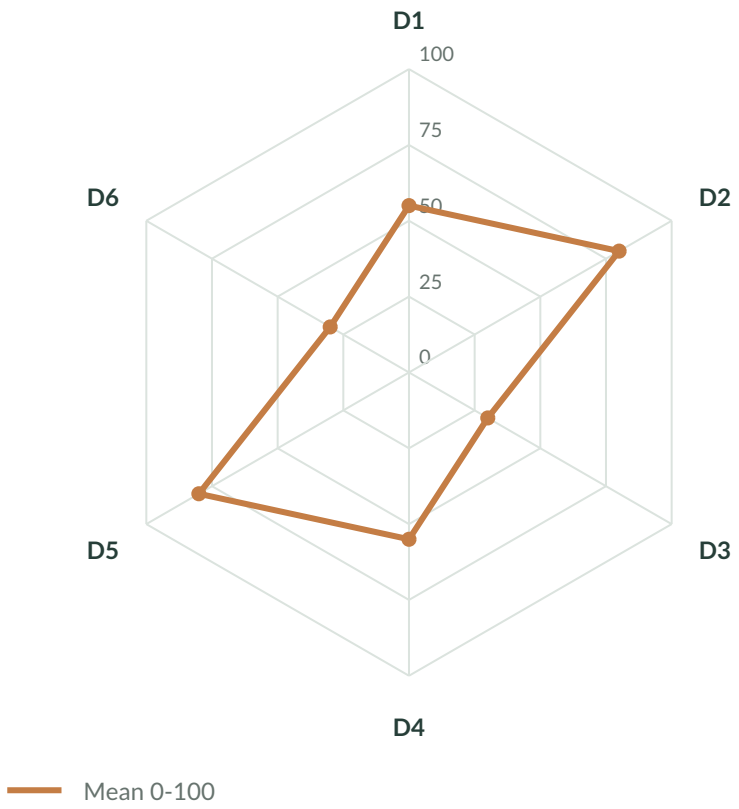
Support important decisions with multiple sources and professional guidance.

Overall profile

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

Invited: 1 | 100%

Read mean and spread together, alongside concrete work examples.

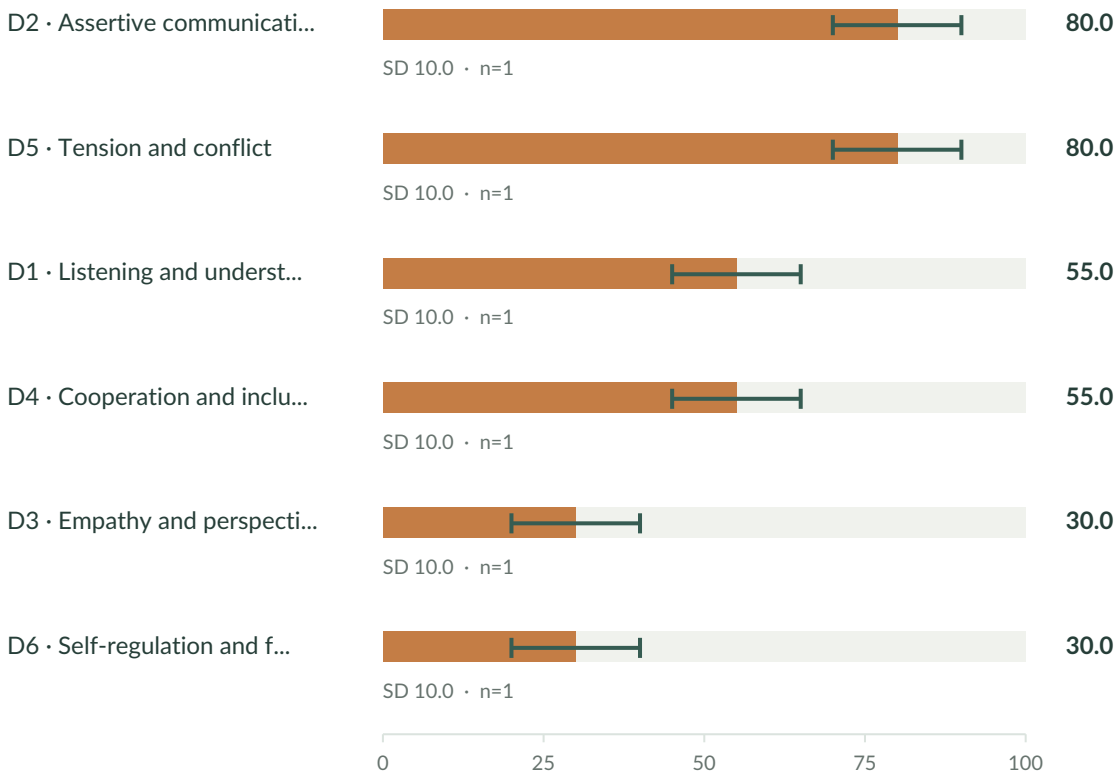


Fixed axis order. Compare domain scores, not radar area. D codes refer to the table below.

Mean and spread by dimension

Code / dimension	Mean	SD	n
D1 | Listening and understanding	55.0	10.0	1
D2 | Assertive communication	80.0	10.0	1
D3 | Empathy and perspective	30.0	10.0	1
D4 | Cooperation and inclusion	55.0	10.0	1
D5 | Tension and conflict	80.0	10.0	1
D6 | Self-regulation and feedback	30.0	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	0	8	2	0
D2	0	0	0	8	2
D3	0	8	2	0	0
D4	0	0	8	2	0
D5	0	0	0	8	2
D6	0	8	2	0	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.

Extended report - continued

Theme	Expected impact	Feasibility	Selected
D1 | Listening and understanding	5	4	-
D2 | Assertive communication	4	3	-
D3 | Empathy and perspective	3	5	Yes
D4 | Cooperation and inclusion	5	2	-
D5 | Tension and conflict	2	4	Yes
D6 | Self-regulation and feedback	4	5	Yes

From priority to action

1. Empathy and perspective

Specific behavior: Ask what matters to the person without assuming it.

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. Tension and conflict

Specific behavior: Discuss a small tension before it grows.

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. Self-regulation and feedback

Specific behavior: Take a brief pause before responding to criticism.

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.