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EMOTIONAL IQ: 116



I am balanced-brained. That means I am able to draw on the strengths of both the right and left hemispheres of my brain, depending upon a given situation. When I need to explain a complicated process to someone, or plan a detailed vacation, the left hemisphere of my brain - which is responsible for my ability to solve problems logically - might kick in. But if I am critiquing an art opening or coming up with an original way to file papers, the right side of my brain - which is responsible for noticing subtle details in things - might take over. While many people have clearly dominant left- or right-brained tendencies, I am able to draw on skills from both hemispheres of my brain. This rare combination makes me a very creative and flexible thinker. The down side to being balanced-brained is that I may sometimes feel paralysed by indecision when the two hemispheres of my brain are competing to solve a problem in their own unique ways.

My Emotional IQ is 116! But this score is much more than just a number: it's an indicator of success. People with high emotional intelligence scores and not necessarily those with the highest IQ scores, tend to be the most valued and productive employees and have the longest and happiest romantic relationships. My strongest suit is expressed in how much I allow myself to feel and to express my own emotions.

Although I'm not completely outgoing all the time, I'm definitely not the "quiet and shy" poster child, either. I'm never bored in my own company, but when it comes down to it, I'd rather interact than introspect. I enjoy spending time with other people. Evenings and weekends are for hanging out and catching up with my buddies, not sitting by myself in the dark. And if I have a problem, I'll talk it out with my friends or family, not stew over it on my own. That's what having a social network is for, after all.

I'm doing better than most when it comes to living a balanced life, although there's always room for improvement. I try to pay close attention to how I feel each day, both physically and emotionally. I tune into what foods and beverages make me feel my best and which leave me agitated or drained. I experiment with the amount of sleep I get to find the exact number of hours my body needs every night. I examine my situation at work to see if there are any changes I can implement to make my job more manageable. Eating a varied, nutritious diet, working out regularly, and sleeping enough, all boost my immune system to ward off illness, improve my mood, and make me more resilient to stress. I'm really making the effort to take care of myself!