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**Dados Pessoais**

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NAME: Edenilson Durães De Oliveira

Email:



**Introdução**

Quantum greetings to you, Edenilson. The result of your Quantum Flex is shown below. The Quantum Method \* is the result of many years of scientific research in neurology of behavior \*. In this specific report, you will receive measurements of your resilience \*\*.

First, carefully read the result of each point in your previous report, according to Edenilson's needs. Then, see your FLEX, and discover how your resilience can get to life in your moments good or difficult times.

**Resiliência**

Being resilient means being flexible, having elasticity in your behavior to act in a rich and varied

get to life in your moments good or difficult times.

We all have standards of conduct and personal motivations, Edenilson. The 4 primary emotions below are related to the unconscious association that each word chosen in your test pointed out. This association allows the measurement of your current standard of conduct most likely to face life and seek your personal fulfillment. The level of accuracy of the Quantum Method is very high.

**Ação**

The first factor of the Quantum Method, indicates his preferred way to face challenges and solve problems, Edenilson, which is measured from the primary neurological emotion called predominance. It is the way you, at this moment, choose to act. There are people who are more daring, others who are softer. Your current measure points to the following:

Make it happen, feeling comfortable at the helm. This is his style, full of initiative and daring, Edenilson.

You have a tendency to take firm, independent, self-confident action. Its proactive and accurate nature indicates its ability to solve problems and face challenges with ease. In fact, your result on this factor indicates that you quite like the risk involved in innovating and making decisions on your own. This characteristic - neurological and behavioral - can be observed in many situations in a positive way: from its ease in exposing its point of view, to its taking of natural initiative. You tend to take the lead in work groups and studies, you know how to give the guidelines and can become very useful, according to your level of maturity and knowledge. You have self-confidence, Edenilson! It may be that at home he dictates the course of things, he knows how to aim at the objectives and seek concrete results; when do you want, have a sure attitude! If the situation is one of adversity, you are likely to face the problem with determination. Not to mention a slight trouble-making trend, which manifests itself from time to time. Watch your stiff head! See your Flex in that factor. You will have precious tips for your moment and will be able to increase your "waist game" to be firm, however, in a resilient way!

Request your Quantum Report with a professional focus.

**Comunicação**

The second factor of the Quantum Method, Edenilson, refers to your communication style, and will help you to realize your current ability when trying to get others to your point of view. The primary emotion we measure here is called induction. In this factor, we recognize the most friendly and affectionate people, and the concentrated and analytical ones. There are people who are more outgoing and others who are more reserved. Your result in this factor, details your current communication skills as follows:

His communication style is marked by an expressiveness all his own, Edenilson, in which his presence is marked. You have ease in interacting with people, a good level of empathy and extroversion. With lively and perceptive speech, you can skillfully convince people of your point of view. Between an isolated and a social activity, your choice is straightforward: being with people, exchanging ideas, interacting in an exciting and lively way. You sell your point of view, being able to easily integrate into a new environment. Creative word, you have strong support in inductive and eloquent communication.

Communicates, energizes, enchants, engages, infects people. Your ability to dialogue and interact with others also allows you to perceive the other's true intentions, because your friendly style is "fine-tuned": you can perceive people's expressions, and identify their internal motivations, even if they do not declare them openly. You can be an optimistic company, and its gregarious nature helps the environment to be more cheerful and connected between people, Edenilson. Not to mention leadership, which you can exercise, according to the skills you have developed in life, through your social focus.

Resilience will be useful for vanity not to kidnap you. Popular and charismatic people like you can be so enthusiastic that they lose focus, and that is not desirable. Your personal magnetism is best protected when tempered with the ability to concentrate and analyze (internal, relaxed) things. The balance measure between exposing yourself and being happy on your own is your point of resilience in this factor. No one wants to depend on outside applause or outside approval all the time, do they? Read your Flex of this factor, Edenilson, it will certainly be stimulating for you to remain that person who is engaging, advisory, communicative, but also detached and free from temptations or compulsory needs to obtain a favorable evaluation of "your audience".

### Estabilidade

The third factor of the Quantum Method that your previous report presented, is stability, derived from the primary emotion of spontaneous acceptance. There are people more calm and serene, while others are restless and hurried. Its pace in the present factor points to the following preferences:

Edenilson, you are an active person, preferring to do things whenever possible in a quick way. It is easy to do several things at the same time and, in the same way, learn quickly. It is part of their nature to have a certain restlessness or even impatience with different rhythms than yours.

You prefer new activities to routine ones, like traveling to places not yet known, because you don't get along with excessive repetition, you need routine breaks to maintain your physical and mental balance. He tends to underestimate the time needed for things to be done, as he trusts his personal agility, believes that everything can flow in less time than is really necessary, in view of his sense of natural urgency.

Nowadays, having this ease and speed is something valuable, but life does not have a single rhythm, so it is necessary to have a good adaptive capacity for these situations.

You will achieve greater internal harmony by observing and respecting the rhythm of others and also other rhythms for your own needs, sometimes run over with so much excitement. When you have the opportunity, slow down a little so you can enjoy the things around you, like nature, for example. Edenilson, enjoy a rare moment of tranquility and take a look at your Quantum Flex, you will find suggestions of great value to cultivate your flexibility.

### Referenciais ou Regras

The fourth and last factor measured in his Nature Self graph, Edenilson, indicates his way of looking at rules and external references. There are people who are disciplined and detail oriented, and others who are bold and looser about the rules. Between the tree and the forest. His way of operating in this primary neurological emotion called "conformity" is as follows at the moment:

Edenilson, you are independent, in such a way that you prefer to do things in an unconventional or established way. Original, he appreciates novelties and informal environments.

His behavioral tendency, in the face of external rules and references, points out courageous, daring postures. You have a certain detachment from current standards, and you use your own reference. This is due to characteristics inherent to your profile. The creative ability to look for solutions that are not in the "manual", to believe in one's own ability to improvise, the confidence that when necessary will know how to "find a way", are talents that are at your disposal.

You also have an inclination to adopt an overall view, without dwelling on details and details, which, whenever possible, will leave you in the background or on account of other people, because "wasting time" with small things is seen by you as an annoyance. Your remarkable entrepreneurial thinking in relation to what the world needs and does not have yet, makes you an inventive figure, focused on the future, for innovation.

However, Edenilson, you must pay attention not to overdo the dose, and avoid unnecessary conflicts. The ability to improvise and positive innovation to solve problems are talents, but you should not trust them blindly to the point of disregarding current standards, this would be a sign of recklessness. It is recommended

seek to carry out some planning, follow rules and procedures, and avoid disorganization. Edenilson, see your Quantum Flex and you will find valuable suggestions to cultivate your flexibility.

### Quantum Flex

Attention, Edenilson. Now you will realize how you can use your behavioral profile with more breadth and freedom. You will be able to recognize how to activate the points of your profile, without being enslaved in it, that is, being the one who chooses your features and preferences according to the situation (and not being chosen by your drives in an arbitrary way!)

[Read more\\*](#)

The following four points are related to the Quantum Method Flexibility Index that your research has revealed at the moment.

They represent your ability to compose and move in the 4 primary emotions that your previous result has shown.

### Flex de Ação

As noted in your current style of action, Edenilson, you have strong preferences when solving problems and facing challenges. Your flexibility in this factor indicates how much you have to play the game between acting in a pioneering way versus supporting, that is, between competing to win, or cooperating to harmonize, following the current considerations:

You showed a very good level of resilience in this factor, Edenilson; it has a spring to face challenges. Its neurological factor linked to the action has a satisfactory flexibility index at the moment. That is: you naturally have the possibility to properly manage your way of responding to challenges and solving problems, acting in life, measuring your entrepreneurial and competitive style, with shared and supportive actions. You can act directly, but take others into consideration. He knows how to compete and cooperate with the harmony of the group, simultaneously. These are apparently incompatible things, but you are there to prove that this is possible, if we are resilient. Edenilson, you command without disparaging others, and you are able to collaborate, without nullifying your own independent strength.

Free will has great potential to be exercised in its present moment, according to its maturity and discernment. You have valuable resources to move and make appropriate choices, as it is not a single way of solving problems and facing challenges. You can express yourself objectively, and decide where to spend the holidays, at the same time that you will be concerned with being an accomplice to those who accompany you, eventually following them.

Making thoughtful choices is a gift.

It is said of the master that he was fond of horses that everyone used to know which were the best animals and the best paths. Then he was asked what was best: a fast horse or a slow horse. The master reflected for a while and replied: "it depends on whether the horse is going in the right direction".

Its great waist game makes you have different tastes, being able to go "from adventure to zen". You can even develop subtle, smart, and elegant strategies for solving issues where most people would overdo or get lost. Have you noticed your malleability, Edenilson?

It is remarkable in its result that, according to your level of maturity and experience, you can easily act in a cooperative and helpful way, that is, characteristics that are opposed to your dominant tendencies, which are independence, assertiveness and determination.

Your indicator in the scope of the action points to a great adaptive capacity, so that you can maintain your characteristics of proactivity, determination and individualism or change your behavior and adopt a democratic posture, thus leaving the initiatives and leadership to third parties. That way, you experience harmonious relationships, based on gentleness and collaboration, when you choose well. Like bamboo, which bends in the strong wind, but does not break as it does with "harder" trees. If things are going well, you don't have to interfere, and you know it: nothing about having to deal the cards all the time. If you know how to use this gift, you will be like the best survivors, who are true winners.

Tips to preserve your flexibility:

Its existing flexibility can be exercised during leisure hours with the practice of activities such as:

team sports, games with friends, music. In these moments, be aware that the impetus for control and leadership must give way to cooperation, to sharing. Meditation, relaxation activities. Chat rooms, forums in which several different people express their opinion (and you listen sincerely, without judgment), fun and group tours, trips to new places, in which you are not "experienced" and then you can "let yourself be guided". Pleasant adventures. Observe the evolution of others without correcting them, letting them find the way for themselves. Uncompromised cinema or theater, just to relax, have you thought?

### Flex de Comunicação

Your ability to get others to your point of view is likely to be persuasive and consistent at the same time. In this factor, Edenilson, his Flex indicated below, clarifies how his waist game is going to go inside X to socialize.

Edenilson, the result of your communication style shows that you are inclined to extraversion and expansiveness, it brings as essential characteristics the ability to persuade, to know how to articulate an engaging argument and, thus, to lead your interlocutor to your point of view. These qualities are very much appreciated and fundamental in many situations.

However, life is efficient in putting us in the face of the unexpected and adversity, and in Human Sciences, the word resilience started to designate the ability to flexibly resist adversity, using it for personal, professional and social development. In short, it is the capacity that people have to change their behavior to adapt to the circumstances, and with that they become more complete from a broad view of the world.

Its flexibility index presents, together with communication, an adequate indicator at this moment. This means that his style characterized by eloquence and extraversion can be changed if circumstances demand it.

The characteristics opposite to yours, in this factor, are also valuable at different times. Knowing how to adopt a more reserved style, with analytical thinking, using greater capacity for concentration and reflection, is equally important.

What is better, to be eloquent or to be reserved? Neither one nor the other naturally, it is best to know how to adapt one or the other to the circumstances. You will thus be able to adopt a reserved and analytical behavior for a certain period of time, which will not require much effort to obtain. Your attitude is not eight or eighty, this shows that you are on the right path to communicate in a balanced and efficient way, without letting yourself stiffen in unique postures.

But, attention, Edenilson, the fact that you have a good flexibility index is not enough. In order for your flexibility not to atrophy, you need to exercise it and not settle, because as Heráclito said: "Everything flows, everything changes, life is eternal change".

Tips to increase flexibility:

In order for you not to lose the current good rate and improve it further, it is necessary that your resilience is exercised. For this you can use a few hours a week, which can be for leisure, since we are usually relaxed there, and this can be important for the goal to be achieved. Practice activities that require concentration, such as individual and in-depth study of subjects that interest you. The argument must be prepared in depth, through research and comparisons; try to expose the topic only when you know it well. Meditation is a practice that leads us to an internal balance, and we feel good about it, because we are centered and thus avoiding too much dependence on opinion, on the applause of others.

### Flex de Estabilidade

Patience and impatience can both be beneficial, Edenilson. At this point in your flexibility index, you can look at your options for developing resilience in terms of accepting what can and should be naturally accepted, and activating your sense of urgency to rush or activate what can be vigorously stimulated.

His result in this primary emotion, Edenilson, points out as the main characteristics of his profile, the natural speed, versatility and sense of urgency. You are likely to do a lot of activities, even during your hours of rest, which indicates a taste for making things happen.

These are appreciable and important qualities in many moments of life, but also the characteristics opposite to their usual ones are equally important, as long as they are appropriate to the context. Driving at forty on a high-speed road is just as dangerous as the other way around. Thus, for the sake of physical and mental health, and even survival, it is essential to acquire the insight that life is constituted by the variety of rhythms. It is up to each one of us to adapt our own rhythm to those of life, to know that there is a time to act and there is a time to observe.

According to your flexibility index, it can be said that you can count on an extra potential in terms of how to conduct processes, due to your great flexibility in this area.

This means that, although you prefer to act energetically and at an accelerated speed, you will be able to adopt a more paced rhythm with ease, without requiring much effort to do so.

In view of its great adaptability, you can change your behavior very often and, thus, meet the situational demands.

Accessing characteristics opposite to your striking trends shows that you, in this primary emotion, are a resilient person. This is expressed by the fact that he can act for a certain period of time with calm, method and perseverance, qualities that are also important in many situations.

Being able to change your pace, knowing that there is a right time for everything, to accelerate vigorously and to reduce cautiously, will allow you to adapt your versatility and sense of prioritization with more strategic attitudes. Congratulations on your good indicator; realizing that absolute postures tend to put us in conflict, and adapting to the very rhythms of life, you achieve internal balance.

But, attention, Edenilson, that alone is not enough. To preserve and even improve your ability to be flexible, you need to exercise it.

Tips for preserving flexibility:

For you to preserve, or even further improve your flexibility index, it is recommended that you dedicate a small part of your time to this objective.

The practice of activities that require interaction with the rhythm of others is essential. Strategy games like chess, meditation and tai-chi-chuan, are strongly recommended to lower anxiety. Strive to avoid "running over others", also avoid overloading activities, and grant respect for time and agendas.

### Flex dos Detalhes

Finally, Edenilson, your Flex regarding how you respond to rules and standards established by third parties (whether they are traffic regulations, Society, God, technical books, or the criteria for what is right and accurate). Being resilient about your R factor is the same as finding movement between the whole and the part, the

overview and detail, formality and stripping. Notice where you can develop valuable resources for the thrill of compliance.

Along with this primary emotion, Ednilson, you can count on attributes such as daring, authenticity and creativity. You are probably more comfortable in informal environments, you tend not to worry too much about details, and you handle unexpected situations well, as you have a good ability to improvise. All of these attributes make up his profile and are admirable, of great use in many circumstances of life. However, it is worth remembering that the opposite qualities are also valuable and have their moment of need, and being able to easily access characteristics opposite to their striking trends shows that you, in this factor, are a resilient person.

According to your result, you now have the ability to properly manage your way of positioning yourself against rules and external references, measuring your bold and informal style, with conservative and formal postures.

It can be said that you have the help of extra capacity in terms of current standards, due to your great flexibility in this area. This means that, although you prefer to express yourself in an authentic way, with creativity and making use of your ability to improvise, you will be able to position yourself in a traditional way with ease, without requiring a lot of effort to do so.

The fact that you can act for a certain period of time, with planning, following the rules and procedures and paying attention to details, guarantees you the possibility to avoid conflicts due to the stiffness in a unique posture. This means not becoming prey to Vadatajs, a malevolent creature from Latvian folklore who appeared at the crossroads and made travelers despise the signs and go the wrong way.

External references, current standards, if carefully observed, alert us to avoid unnecessary risks and reckless attitudes, and this does not mean, of course, that we should neglect improvised actions. It is just a matter of knowing how to discern the right context for planning or for creativity.

Attention, Ednilson! Getting a good result is not enough. For your flexibility index to remain satisfactory, it is imperative to exercise it.

Tips for preserving flexibility:

In order for you to maintain your excellent index, or to improve it even more, it is necessary to dedicate a small part of your time to the practice of activities that require behaviors opposite to your usual ones. They can even be done during leisure hours.

In this factor, it is recommended to carry out elaborate manual works, trying to do well, such as: painting, mosaic, embroidery, origami, sculpture. Choose people to hear their criticisms and recommendations. Minimize clutter, focus your attention on your own limits.