

Integrated profile

18 Aug 2026

YOUR MOSAIC

Sample Person

Aggregated across 5 assessments · 5 completed runs

OVERALL

72

MODERATE

WHAT THIS MEANS

A mixed picture — some dimensions are working for you, others could use gentle attention. Start small with one growth area at a time.

5

SIGNATURE

STRENGTHS

3

GROWTH AREAS

20

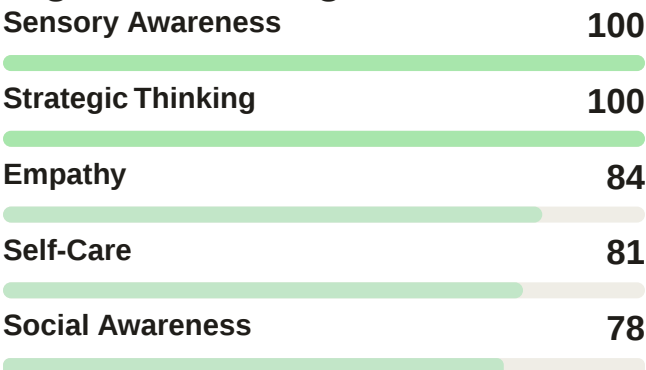
TRAITS MEASURED

The five MOSAIC categories

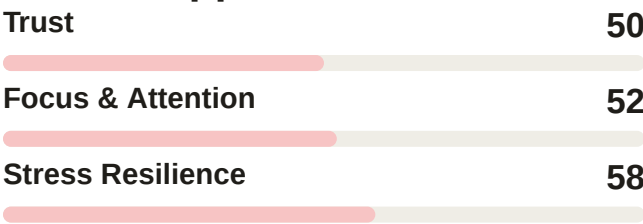
Your scores across the five pillars that make up the MOSAIC framework.



Signature strengths



Growth opportunities



All traits, grouped

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Every trait you've measured, organised by the category it belongs to.

● Emotional Mastery**Emotional Regulation**

Managing emotional responses effectively

75

Emotional Awareness

Recognising emotions in yourself and others

71

Mood Management

Maintaining emotional balance day to day

67

Stress Resilience

Ability to recover from and adapt to challenges

58

● Social Intelligence**Empathy**

Understanding others' perspectives and feelings

84

Social Awareness

Reading social dynamics and responding appropriately

78

Communication

Expressing ideas clearly and listening effectively

78

Relationship Building

Creating and maintaining meaningful connections

59

Trust

Ability to build and sustain trust with others

50

● Cognitive Approach

Strategic Thinking

Planning and envisioning long-term outcomes

100

Cognitive Flexibility

Adapting thinking to different situations

75

Decision Making

Making effective choices

69

Focus & Attention

Directing mental resources effectively

52

● Purpose & Direction

Career Alignment

Match between work and personal strengths

75

Personal Values

Alignment with core beliefs and principles

75

Goal Orientation

Setting and pursuing meaningful objectives

75

Motivation & Drive

Energy and determination to achieve goals

63

● Wellbeing Practices

Sensory Awareness

Awareness of and response to sensory stimuli

100

Self-Care

Prioritising personal wellbeing

81

Balance & Integration

Harmony between different life domains

75

Assessment history

Sample Person · 5 completed runs

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Every run that feeds into your integrated profile, most recent first.

Mental Health Check-in	11 Aug 2026	65
Career Analysis	4 Aug 2026	79
Master Your Mind	28 Jul 2026	75
Personal Relationships	21 Jul 2026	72
Emotional Intelligence	14 Jul 2026	68

For self-awareness and education — not a diagnosis

MOSAIC assessments are designed to help you reflect on your strengths and growth areas. They are NOT a clinical or psychological diagnosis of any kind. If you have concerns about your mental health, wellbeing, or a loved one's, please consult a qualified professional — a counsellor, clinical psychologist, or mental-health physician.

These assessments draw on established psychological frameworks and, in some cases, are adapted from validated instruments — but the MOSAIC versions are short, localised reflections and are not themselves validated or standardized tests.