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	3	20
SIGNATURE STRENGTHS	GROWTH AREAS	TRAITS MEASURED

The five MOSAIC categories

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

Emotional Mastery	69
Social Intelligence	71
Cognitive Approach	73
Purpose & Direction	79
Wellbeing Practices	72
Standalone	0
Educators	0

Signature strengths

Sensory Awareness	100
Strategic Thinking	100
Empathy	84
Self-Care	81
Social Awareness	78

Growth opportunities

Trust	50
Focus & Attention	52
Stress Resilience	58

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All traits, grouped

Sample Person · integrated profile

GENERATED

7 Nov 2026

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

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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	31 Oct 2026	**65**
Career Analysis	24 Oct 2026	**79**
Master Your Mind	17 Oct 2026	**75**
Personal Relationships	10 Oct 2026	**72**
Emotional Intelligence	3 Oct 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.