

Attitude-Values-Personality (AVP) **Quick Reference Guide**



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Workstyle & Performance Profile - Quick Reference Guide

DIMENSION	LEFT SIDE	MID RANGE	RIGHT SIDE
	NON-DOMINANT	VS. DOMINANT	
Leadership Orientation	Driven to contribute as opposed to lead others	Comfortable contributing or leading when needed	Driven to lead others
The degree to which a person is driven to take charge & lead others.	 STRENGTHS Agreeable & modest Enjoys being an individual contributor or team player Readily follows direction 	 STRENGTHS Cooperative team member Comfortable taking charge if necessary 	 STRENGTHS Assertive & self-assured Enjoys taking charge & providing direction Shows initiative
	 May not want to assume a leadership role May be uncomfortable being assertive or delegating 	 POTENTIAL CHALLENGES May have difficulty leading others every day May need some opportunity to take charge to be satisfied at work 	 POTENTIAL CHALLENGES May feel frustrated if unable to make independent decisions May find it difficult to follow direction from others
C	ONTENTED VS. ACH	IIEVEMENT-FOCUSI	ED
Achievement Orientation	Motivated by modest goals	Motivated by realistic, reachable goals	Motivated by challenging goals
The degree to which a person is focused on achieving challenging goals.	 STRENGTHS Easy-going & easy-to-please Generally satisfied with themselves & others Enjoys straightforward tasks or those that they have already mastered 	 STRENGTHS Able to fulfill responsibilities & meet others' standards & expectations Has realistic expectations of themselves & others 	 STRENGTHS Self-driven & hard-working Has high expectations of themselves & others Enjoys difficult tasks & stretch projects Seeks growth & self-improvement
	 POTENTIAL CHALLENGES May find it challenging at times to maintain a high level of performance May need active support with demanding goals 	 POTENTIAL CHALLENGES May feel frustrated by expectations that they think are unreasonable May need encouragement with goals that are difficult to reach 	 POTENTIAL CHALLENGES May need to be challenged & fully utilized to be engaged May feel frustrated when personal goals or expectations are not met



DIMENSION	LEFT SIDE	MID RANGE	RIGHT SIDE	
REACTIVE VS. CALM				
Emotional Orientation	Responsive to stress & pressure	Tolerant of typical stress & pressure	Resilient to stress & pressure	
The degree to which a person is tolerant of stress & pressure.	 STRENGTHS Vigilant & prompt Shows a sense of urgency Quick to respond to high-pressure situations 	 STRENGTHS Can handle typical work stress & pressure Generally seen by others as balanced & stable 	 STRENGTHS Even-tempered & level-headed Thinks through possible solutions before acting Takes heavy job demands in stride 	
	 May be tense or anxious May become upset or discouraged when things do not go well 	 POTENTIAL CHALLENGES May not always display a sense of urgency May become distressed with prolonged periods of heavy job demands 	 POTENTIAL CHALLENGES May be slower to respond to urgent situations Others may mistake calmness for lack of enthusiasm 	
	RESERVED VS	S. OUTGOING		
Social Orientation	Enjoys & seeks independent work	Comfortable working independently or with others when needed	Enjoys & seeks social interaction	
The degree to which a person enjoys social interaction.	 STRENGTHS Reflective & thoughtful Easily focuses on independent work Carefully considers thoughts & ideas before sharing 	 STRENGTHS Capable of both independent & collaborative tasks Comfortable working with others 	 STRENGTHS Open & communicative Easily builds relationships with others Enjoys meeting new people & networking Readily shares thoughts & ideas 	
	May prefer to work independently when involving others is required May not openly voice ideas & opinions	 May not enjoy events with unfamiliar people or networking May require some opportunity to work with others to stay engaged 	 POTENTIAL CHALLENGES May prefer to involve others when independent work is required May need verbal recognition from others to stay engaged 	



DIMENSION	LEFT SIDE	MID RANGE	RIGHT SIDE	
DIRECT VS. EMPATHETIC				
Interpersonal Orientation The degree to which a	Concerned with objectivity & task completion	Mindful of both task completion & the feelings of others	Concerned with the needs & feelings of others	
The degree to which a person is sensitive to the needs & feelings of others.	 STRENGTHS Forthright & candid Straightforward & clear communicator Easily voices unpopular opinions Takes an objective, non-emotional point of view 	 STRENGTHS Honest about views & opinions Considerate of the needs & feelings of others 	 STRENGTHS Compassionate & helpful Tactful communicator Focused on supporting others Strives to achieve outcomes where all parties are satisfied 	
	 POTENTIAL CHALLENGES May focus on completing tasks more than personal needs May be perceived as insensitive to the feelings of others 	 POTENTIAL CHALLENGES May be uncomfortable dealing with people who are upset or angry May find it difficult to deliver or receive negative feedback 	 POTENTIAL CHALLENGES May focus on personal needs more than completing tasks May put others needs ahead of their own 	
	SPONTANEOUS V	VS. REGIMENTED		
Task Orientation The degree to which a person is systematic in	Prefers a flexible approach to tasks	Comfortable being more flexible or systematic when needed	Prefers a scheduled approach to tasks	
their approach to tasks.	 STRENGTHS Improvising & adaptable Follows the quickest route to achieving objectives Easily grasps the 'big picture' Not bound by rules or processes POTENTIAL CHALLENGES May neglect planning 	 STRENGTHS Mindful of planning & preparation requirements Able to pivot when needed to meet objectives POTENTIAL CHALLENGES May find it difficult to 	 Conscientious & dependable Creates & follows plans Establishes order & structure Easily attends to details Naturally compliant to rules & processes POTENTIAL CHALLENGES May require a detailed 	
	& preparation requirements May overlook details or cut corners	always follow a strict plan or process	plan in order to complete tasks May overlook the 'big picture'	



DIMENSION	LEFT SIDE	MID RANGE	RIGHT SIDE
	CONVENTIONAL	VS. OPEN-MINDED	
Conceptual Orientation The degree to which a person is receptive to new ideas or experiences.	Desires proven ideas & familiar experiences STRENGTHS Practical & predictable Adheres to established methods Finds 'tried & true' solutions to problems Stays focused on repetitive tasks	Receptive to proven or experimental approaches as needed STRENGTHS • Able to build on others' ideas • Has a realistic problem- solving style	Desires innovative ideas & new experiences STRENGTHS Imaginative & curious Experiments with new tools & methods Finds creative solutions to problems Easily adapts to change
	May be resistant to new tools or methods May need time to adapt to change	 POTENTIAL CHALLENGES May be initially resistant ideas that involve rapid or drastic change May feel frustrated with no task variability 	 POTENTIAL CHALLENGES May need a lot of change to remain stimulated May not assess the practicality of new ideas before implementing



Work Values & Attitude - Quick Reference Guide

DIMENSION	LOW	HIGH
	CONFORMITY	
The degree to which a person respects rules & generally-accepted standards.	Acts independently from rules & generally-accepted standards STRENGTHS • Questions rules & norms • Comfortable playing in the 'gray area' & using loop-holes • Not concerned with others' opinions • Seen as an independent thinker	Respects rules & generally-accepted standards STRENGTHS • Follows rules & norms • Trusting of others' intentions • Takes their own reputation seriously • Seen as ethical & honorable
	 CHALLENGES May ignore important rules or codes of conduct May focus on what is best for them in the moment May bend the truth to get something done 	 CHALLENGES May struggle with bending the rules when needed May be overly protective of their reputation May be too trusting of others
	RESPONSIBILITY	
The degree to which a person is driven to meet others' expectations & timelines.	 Casual with expectations & timelines STRENGTHS Flexible with commitments Comfortable changing plans Willing to delegate versus complete tasks themselves Seen as understanding & flexible 	Strict with expectations & timelines STRENGTHS Follows through on commitments Adheres to plans & timelines Prefers to complete tasks themselves Seen as punctual & reliable
	 CHALLENGES May struggle with punctuality or follow-through May avoid making commitments May be perceived as unreliable or tardy 	 CHALLENGES May be hesitant to change plans when needed May over-commit to others & ignore their own needs May be seen as rigid or inflexible



DIMENSION	LOW	HIGH
	COACHABILITY	
The degree to which a person responds positively to suggestions	Skeptical of suggestions for improvement	Responds positively to suggestions for improvement
& is motivated to improve behavior.	 STRENGTHS Carefully evaluates advice from others Discerning with others' feedback Requires clear justification before changing behavor Confident in own capabilities 	 STRENGTHS Seeks suggestions for improvement Readily implements others' feedback from others Highly willing to change behavior Self-aware of abilities & limitations
	 CHALLENGES May respond defensively to performance feedback May be resistant to behavior change May lack self-awareness of limitations 	 CHALLENGES May act on advice from others without question May weight all sources of feedback equally May expect to reach unrealistic standards for self-improvement
	POSITIVITY	
The degree to which a person controls negative emotions & maintains an	Open with negative emotions & maintains realistic outlook	Controls negative emotions & maintains optimistic outlook
optimistic outlook.	 STRENGTHS Open with emotions Foresees potential downsides to plans or ideas Willing to provide critical feedback Notices potential risks CHALLENGES May be easily upset or discouraged May not realize when their words or actions discourage others May be seen as cynical or pessimistic 	 STRENGTHS Not easily upset or discouraged Sees the upside to situations & new ideas Encouraging impact on others Seen as cooperative & upbeat CHALLENGES May not see potential downsides or risks May not voice critical feedback May not understand others with skeptical viewpoints



DIMENSION	LOW	HIGH
	AGGRESSION CONTR	OL
The degree to which a person is motivated to avoid confrontation or adversarial interactions.	Embraces confrontation & adversarial situations STRENGTHS Guards personal boundaries Comfortable being assertive	Avoids confrontation & adversarial situations STRENGTHS Not easily provoked or offended Keeps emotions under control
	Readily addresses conflictQuick to confront unacceptable behavior	 Avoids combative interactions Seen as patient & understanding with others
	 CHALLENGES May be easily agitated or angered May be argumentative when not appropriate May engage in aggressive or retaliatory behavior 	 CHALLENGES May be too passive in situations when they should assert themselves May avoid addressing interpersonal conflict May not confront unacceptable behaviors
	OPEN COMMUNICATI	ON
The degree to which a person openly shares thoughts, feelings,	Cautious sharing thoughts, feelings, opinions & information	Openly shares thoughts, feelings, opinions & information
opinions & information.	 STRENGTHS Strong sense of boundaries & discretion Comfortable with limited information Prefers listening to speaking Unlikely to distract others with social conversation CHALLENGES May hesitate to share information with others May keep others at a distance May be seen as 'closed-off' or 'secretive' 	 STRENGTHS Initiates communication with others Readily trusts others with information Embraces knowledge-sharing & collaboration Seen as transparent & approachable CHALLENGES May lack discretion or boundaries with coworkers or customers May talk when action is required May require high degree of transparency & information



Safety Quotient -Quick Reference Guide

LEFT SIDE	RIGHT SIDE
RESISTANT	ACCOMMODATING
STRENGTHS Questions the reason or purpose behind new & existing rules Points out areas for improvement in safety procedures	Accepts rules & change STRENGTHS Compliant & rule-abiding Receptive to retraining & behavior change
 CHALLENGES May defy safety rules & SOPs May resist retraining & behavior change 	 CHALLENGES May 'blindly' follow rules when they are not appropriate May fail to notice or point out areas for improvement
	CALM
 STRENGTHS Quick to perceive the gravity or seriousness of a situation Strong sense of urgency CHALLENGES May quickly experience stress in unexpected situations May have difficulty thinking clearly & rationally under pressure 	 Tolerant of stress & pressure STRENGTHS High threshold for stress Thinks clearly & rationally under pressure CHALLENGES May underestimate the seriousness of a situation May lack a sense of urgency
IMPATIENT	PATIENT
Sensitive to frustrations & irritations STRENGTHS Quick to address negative behavior Assertive & outspoken CHALLENGES May take work issues personally May be easily annoyed with others	Tolerant of frustrations & irritations STRENGTHS Rarely shows agitation towards others Even-tempered & approachable CHALLENGES May be too tolerant or lenient May avoid addressing negative or
	RESISTANT Questions rules & change STRENGTHS Ouestions the reason or purpose behind new & existing rules Points out areas for improvement in safety procedures CHALLENGES May defy safety rules & SOPs May resist retraining & behavior change ANXIOUS Sensitive to stress & pressure STRENGTHS Quick to perceive the gravity or seriousness of a situation Strong sense of urgency CHALLENGES May quickly experience stress in unexpected situations May have difficulty thinking clearly & rationally under pressure IMPATIENT Sensitive to frustrations & irritations STRENGTHS Quick to address negative behavior Assertive & outspoken CHALLENGES May take work issues personally



DIMENSION	LEFT SIDE	RIGHT SIDE
	DISTRACTIBLE	FOCUSED
The degree to which a person seeks variety & stimulation.	Seeks variety & stimulation STRENGTHS Easily shifts focus & accommodates new stimuli Comfortable with 'multitasking' or split-focus	Seeks routine & repetition STRENGTHS • Easily focuses for long periods • Comfortable with routine or repetitive tasks
	 CHALLENGES May struggle to focus for long periods May be easily distracted or bored with routine or repetitive tasks 	 CHALLENGES May struggle with shifting focus or accommodating new stimuli May be overwhelmed by multiple job demands
	IMPULSIVE	CAUTIOUS
The degree to which a person considers consequences & risks when making decisions.	 Quick & instinctive decision-making STRENGTHS Quick to decide Readily takes action Confident in capabilities 	 Thoughtful & careful decision-making STRENGTHS Carefully evaluates consequences & risks before acting Realistic regarding capabilities & limitations
	 CHALLENGES May underestimate negative consequences & risks May overestimate capabilities May be prone to rushing 	 CHALLENGES May be slow to make decisions May hesitate to take action when needed May underestimate own capabilities
	THRILL-SEEKING	APPREHENSIVE
The degree to which a person avoids uncertainty & risk.	STRENGTHS Suited for inherently high-risk tasks Enjoys novel & unfamiliar experiences	Avoidant of uncertainty & risk STRENGTHS Avoids unnecessary risks Averts dangerous situations
	 CHALLENGES May take unnecessary risks May engage in dangerous behavior when restless or bored 	 CHALLENGES May have difficulty taking necessary or unavoidable risks May avoid unfamiliar situations





Driver Safety Quotient - Quick Reference Guide

DIMENSION	LEFT SIDE	RIGHT SIDE
	RESISTANT	ACCOMMODATING
The degree to which a person follows rules & is open to retraining & behavior change.	 Questions driving rules & guidelines STRENGTHS Questions the reason or purpose behind driving rules Points out areas for improvement in safety procedures 	Follows driving rules & guidelines STRENGTHS Compliant & rule-abiding when driving Receptive to retraining & behavior change
	CHALLENGESMay defy driving rules & proceduresMay resist retraining & behavior change	 CHALLENGES May 'blindly' follow driving guidelines when they are not appropriate May not notice areas for improvement
	ANXIOUS	CALM
The degree to which a person experiences stress & pressure.	Sensitive to driving stress & pressure STRENGTHS • Quick to perceive threats when driving • Strong sense of urgency	 Tolerant of driving stress & pressure STRENGTHS High threshold for stress Thinks clearly & rationally when driving under pressure
	 CHALLENGES May quickly experience stress in unexpected driving situations May have difficulty thinking clearly when driving under pressure 	 CHALLENGES May underestimate the seriousness of a driving situation May lack a sense of urgency
	IMPATIENT	PATIENT
The degree to which a person experiences frustration & irritation.	Experiences frustration & irritation while driving	Tolerant of frustrations & irritations while driving
	 STRENGTHS Quick to address unsafe driving behavior Assertive when driving 	 STRENGTHS Rarely shows agitation towards other drivers Even-tempered when driving
	 CHALLENGES May take other drivers' behavior personally May be easily irritated or annoyed with other drivers 	 CHALLENGES May be too tolerant or lenient with other drivers May avoid reporting unsafe driving behavior



DIMENSION	LEFT SIDE	RIGHT SIDE
	DISTRACTIBLE	FOCUSED
The degree to which a person seeks variety & stimulation.	Seeks variety & stimulation when driving	Seeks routine & repetition when driving
	 STRENGTHS Shifts or splits focus when needed Comfortable with variability & new stimuli when driving 	 STRENGTHS Focuses for long periods of driving when needed Stays alert when driving is routine or repetitive
	 CHALLENGES May struggle to focus for long driving periods May be easily distracted or bored when driving is routine or repetitive 	 CHALLENGES May struggle with shifting or splitting focus when driving May feel overwhelmed by high variability & new stimuli
	IMPULSIVE	CAUTIOUS
The degree to which a person considers consequences & risks when making decisions.	 Quick & instinctive driving decisions STRENGTHS Quick to decide & take action when driving Confident in driving capabilities 	 Thoughtful & careful driving decisions STRENGTHS Carefully evaluates driving situations before acting Realistic regarding driving capabilities & limitations
	 CHALLENGES May underestimate consequences & risks of driving decisions May overestimate driving capabilities 	 CHALLENGES May be slow to make decisions & take action when needed May underestimate driving capabilities
	THRILL-SEEKING	APPREHENSIVE
The degree to which a person avoids uncertainty & risk.	 Excited by driving risks & uncertainty STRENGTHS Suited for inherently high-risk driving roles Enjoys novel & unfamiliar driving experiences 	Avoidant of driving risk & uncertainty STRENGTHS Avoids unnecessary driving risks Averts dangerous driving situations
	 CHALLENGES May take unnecessary driving risks May engage in dangerous driving maneuvers when restless or bored 	 CHALLENGES May have difficulty taking necessary or unavoidable driving risks May avoid unfamiliar driving experiences