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ARE YOU AN OPTIMIST OR A PESSIMIST?

DISCOVER YOUR OUTLOOK



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BEFORE YOU BEGIN

THIS IS A NON-SCIENTIFIC QUIZ DESIGNED TO HELP YOU DISCOVER YOUR THOUGHT PROCESS BY ASSESSING IF YOU HAVE A POSITIVE OR NEGATIVE MINDSET WHEN HANDLING DIFFERENT SCENARIOS IN YOUR WORK. ANSWER THE QUESTIONS WITH YOUR MOST NATURAL RESPONSE AS IF YOU ARE IN THE SITUATION.

QUIZ

1. It is the end of the day and you need to read a 20-page brief on corporate culture before your board meeting. You:
 - A. Gladly stay late to review the brief because you understand the importance of the company's culture.
 - B. Are aggravated because you have too many other tasks to focus on rather than take time to read about company culture.
2. Your CFO and CMO have a disagreement on budget forecasts. You:
 - A. Offer to help decide on a way to come to an agreement.
 - B. Tell them to figure it out, you have too much on your plate now.
3. Your stock took a loss and the board wants to meet. You:
 - A. Are not stressed because you discovered the reason for the loss and you are currently resolving the issue.
 - B. Apathetic towards the situation because it was your CFO's poor forecast that caused the loss and it wasn't your fault.
4. You just closed a Series A round. You:
 - A. Are excited to scale your company's engineer team and grow.
 - B. Are fearful because you don't think you will profit in time with forecast and returns.
5. A board member made an inappropriate joke under their breath at a meeting. You:
 - A. Openly address it in hopes that it doesn't happen again.
 - B. Ignore because you feel like nothing ever changes.
6. A sexual harassment complaint was filed against your Vice President and the board calls an emergency meeting. You:
 - A. Prepare for the meeting knowing the board will be fair and do the right thing.
 - B. Do not care because these claims are usually exaggerated.
7. Growth and sales have dropped in the 4th quarter. You:
 - A. Hold a mandatory meeting to motivate your team and strategize for next quarter.
 - B. Blame it on your CMO because it is his job to bring in revenue, not yours.

YOUR RESULTS

Mostly A's

You are an optimist and tend to handle conflict or issues with a positive mindset.

You are generally optimistic about your life and your trust in the outside world outweighs the more negative experiences you may have. You are in some ways easier to interact with than a pessimist, but your expectations sometimes need managing. It's possible that you overlook the odd risk here and there, which may sometimes lead people to think you haven't thought things through.

Mostly B's

You are a pessimist and tend to handle conflict or issues with a negative mindset.

You may have a tendency to think the worst, which can lower self-esteem and confidence. Perhaps you also find it difficult to trust in the outside world. People with a tendency for a negative mindset can be tricky to collaborate with as they are seen as putting up barriers to solutions and being critical and difficult to please.

For more information on outlook or to discuss your results, contact Dr. Nadine at (415) 861.8383



ABOUT DR. NADINE GREINER

My name is Dr. Nadine Greiner and my mission is to make the executive experience exceptionally enjoyable and effective. I believe that the world needs great leaders. The world needs you, at your best.

As a psychologist and former corporate CEO, I understand the pressures and demands you face. Equipped with this background, and a 30-year record of developing some of the brightest stars in San Francisco and Silicon Valley, my goal is to help you achieve even greater success in your career too.

Let's talk about how we can work together.

As an active animal advocate, I donate 20% of all profits to animal welfare.