

## **RMP Individual test**

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## **RMP Individual test**

Get to know your Reiss Motivation Profile®, discuss the results with an RMP Master and see what you need for effective action and a fulfilled life.

### **Description of Inner Motivation Assessment**

*Motivation* is the driving force behind what we do, so it's worth getting to know, understand, and adapt to individual sources of inner motivation. This allows us to act in harmony with our needs and work in an optimal comfort zone.

### **Reiss Motivation Profile®**

We suggest you measure your internal motivation. We will use a concept developed on the basis of extensive empirical research by the team of Professor Steven Reiss from Ohio State University. Thanks to it, you will learn your individual intensity of 16 basic motivators that characterize every person.

### **Why RMP?**

The Reiss Motivation Profile® is an assessment that meets all five scientific criteria related to psychometric research: validity, reliability, standardization, objectivity, and normalization. We recommend this method because it is minimally susceptible to the "social desirability effect," the tendency to influence results by providing desired answers. The impact of this effect, measured using the Marlowe-Crowne Social Desirability Scale (MCSDS), is below 3%, making it negligible.

## **Each of us is different**

We are practitioners and we combine our experience with a reliable scientific approach. We respect the diversity of each of us and the complexity of the world, so instead of simplified paradigms about motivation or general recommendations like: "motivation is: autonomy, mastery and purpose", we invite you on a journey whose goal is new, deeper knowledge about yourself.

## **Reiss Motivation Profile® Psychometric Questionnaire – What to Expect**

The *Reiss Motivation Profile* is a psychometric tool that precisely shows what drives a person and influences their behavior. The RMP motivational profile is a unique combination of 16 needs with varying intensity.

### **RMP Individual Intrinsic Motivation Profile Test (online)**

The RMP Motivational Profile is an online questionnaire consisting of 128 statements. It takes about 25 minutes to complete, then a report is generated based on your choices and discussed during an individual session.

### **Individual RMP Report**

The report after completing the Reiss Motivation Profile® test provides a clear representation of your individuality, without categorizing, judging, or stereotypical pigeonholing. You will see your motivation as a unique combination of the intensity of 16 needs out of more than 6,000,000 possibilities.

### **Mentoring Session with an Experienced RMP Master**

After receiving the report, we will invite you to an hour-long online session with a certified RMP Master, during which he will discuss the results obtained with you in detail. During the consultation, you will learn about the psychological mechanisms of inner motivation and verify this knowledge through your own example. You will identify your motivators and demotivators, which will help you define the area where inner motivation significantly influences your behavior.

### **What does the RMP report show?**

After the consultation with the RMP Master, you will understand not only what motivates you but also the extent to which each of the 16 universal human motivators affects you: the orange area on your profile represents neutral needs, the navy blue represents high needs, and the light blue represents low needs. The closer they are to the edge of the scale on the right or left, the more they influence your behavior. Meeting these needs has a key impact on your sense of fulfillment. You will receive knowledge about yourself that is, from a psychological point of view, relatively constant over time. In practice, this means that your individual intensity of a given motivator may only change slightly. This is based on the scientific view that inner motivation is partly genetically determined and then shaped during childhood by the environment and surroundings in which we grew up.

### **What benefits will RMP testing bring to you?**

- You will learn to use the potential of internal motivation to build individual effectiveness combined with a sense of fulfillment
- You will deepen your self-awareness based on reliably verified scientific knowledge
- You will learn about your own motivators (needs) and their individual intensity
- You will understand your natural predispositions.
- You will see how inner motivation translates into behaviors, decisions, and choices.
- You will learn which needs you must satisfy to live and work in a way that leads to effectiveness, satisfaction, and fulfillment.
- You will learn to better understand interactions with people and the environment in which you live and work