



# CSA-B

## Business Sample Report

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## CSA Total Score

Your CSA Total Score is the average of all your scores and provides a measure of how you are doing. Upgrading to the Brief Report will give you a 4 page report that identifies your top 3 Strengths and Challenges. Suggestions are made to help manage your stress. Upgrading to the 10 page Feedback Report will give you all of your 15 areas of stress in detail along with suggestions to manage your stress.

CHALLENGES

STRENGTHS



*Overall challenges outweigh current coping skills, feeling stressed possibly discouraged*

*Positive overall adjustment and coping skills,adequate resources,positive adaptation*

## CSA Domains Diagram

The 15 CSA scales are divided into 5 major areas of living called CSA Domains. This pyramid depicts the 5 domains in a progressive order starting with Foundational and Resilience. The Foundational and Resilience Domains measure self management, the Relational and Cultural Domains measure relationship management, and the Organizational Domain measures work management.

