## Management UP Start UP

### Assess your self-control Self - Control Questionnaire

# TOOL MANUAL

www.managementstartup.com

### ABOUT US



The staff of Online Management Solutions Ltd is trained on providing services for establishing and developing new entrepreneurial activities, as well as providing online services for businesses, and especially the media.

### **Our Vision**

The website managementstartup.com was created by Online Management Solutions Ltd.

It stands as one of our first creations and it focuses on developing and providing research tools that can help people who are close to their entrepreneurial startup.



Management Startup was created by people with a high educational level and vast experience in the field of research and development of new tools for entrepreneurship.



### **GENERAL DESCRIPTION**



This questionnaire consists of 20 questions that measure our resistance to impulses, the degree of management that we have in controlling strong feelings, the ability to 'disarm' tension in stressful situations and the degree of restraint in challenges.



### TOOL USAGE

The tool can be used by anyone interested in measuring his level of self-control as a part of his self-evaluation.

#### Type of business

Startups New Ventures Existing Companies Consultans Training Organisations





#### Size of business

Micro SMEs Corporations

#### Field of business

Services Manufacturing Trade



TYPE OF TOOL: Questionnaire YEAR: 2013 TIME NEEDED: 5'-7' FREQUENCY: Occasionally





info@onlinemanagementsolutions.com