

# Emotional Intelligence Assessment Report

Name: Person\_4

Assessment Date: July 26, 2025

Vintage: 2024

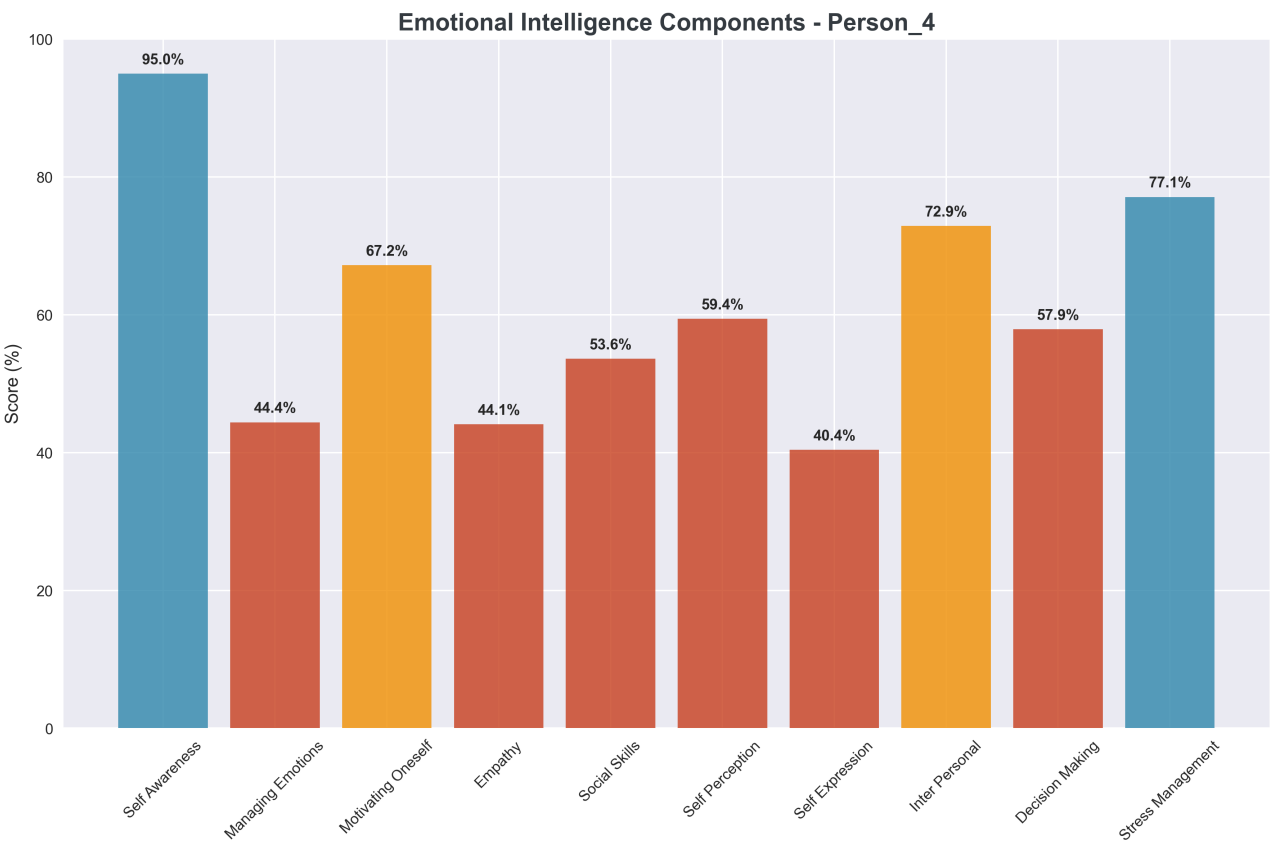
## Overall Emotional Intelligence Score

81.0/100

81.0%

Excellent - Overall EI is a significant strength

## Emotional Intelligence Components



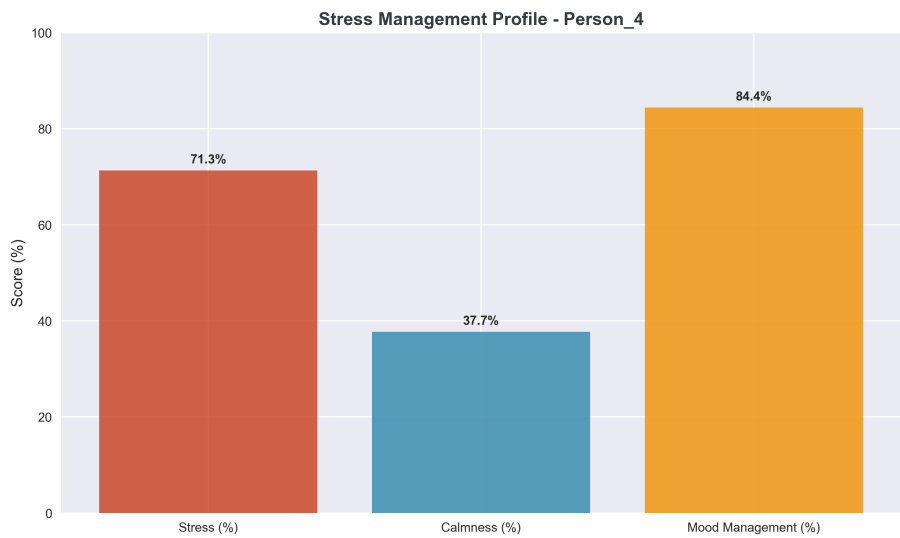
## Key Performance Metrics

Metric	Score	Interpretation
Performance	62.7	Average - Performance has room for improvement
Emotional Regulation	53.4	Below Average - Emotional Regulation needs attention
Stress Level	71.3	Good - Stress Level is well developed
Calmness	37.7	Needs Improvement - Calmness requires focused development

### Visual Score Representation:



## Stress Management Profile



## Detailed Component Analysis

### Self Awareness: 95.0%

95.0%

You demonstrate exceptional self-awareness with a score of 95.0%. You have a deep understanding of your emotions, strengths, weaknesses, and how they impact your behavior and relationships. This high level of self-awareness allows you to make conscious choices and respond thoughtfully rather than react impulsively.

### Managing Emotions: 44.4%

44.4%

Your emotional management score of 44.4% indicates this is an area requiring significant development. Learning to recognize emotional triggers and developing healthy coping mechanisms will be crucial for improving your overall emotional intelligence.

### Motivating Oneself: 67.2%

67.2%

Your self-motivation score of 67.2% shows moderate ability in this area. While you can work toward goals, you may struggle with maintaining momentum or finding intrinsic motivation for tasks that don't naturally interest you.

### Empathy: 44.1%

44.1%

Your empathy score of 44.1% suggests this area requires development. Building empathy involves practicing active listening, perspective-taking, and developing genuine interest in others' experiences and emotions.

### Social Skills: 53.6%

53.6%

Your social skills score of 53.6% indicates this area needs focused development. Building communication skills, learning conflict resolution techniques, and practicing active listening will significantly improve your interpersonal effectiveness.

### Self Perception: 59.4%

59.4%

Your Self Perception score of 59.4% suggests this area needs focused development. Investing time and effort in improving this competency will significantly benefit your emotional intelligence and interpersonal effectiveness.

### Self Expression: 40.4%

40.4%

Your Self Expression score of 40.4% suggests this area needs focused development. Investing time and effort in improving this competency will significantly benefit your emotional intelligence and interpersonal effectiveness.

### Inter Personal: 72.9%

72.9%

Your Inter Personal score of 72.9% indicates good development in this area. This competency is well-established and serves as a solid foundation for your emotional intelligence.

### Decision Making: 57.9%

57.9%

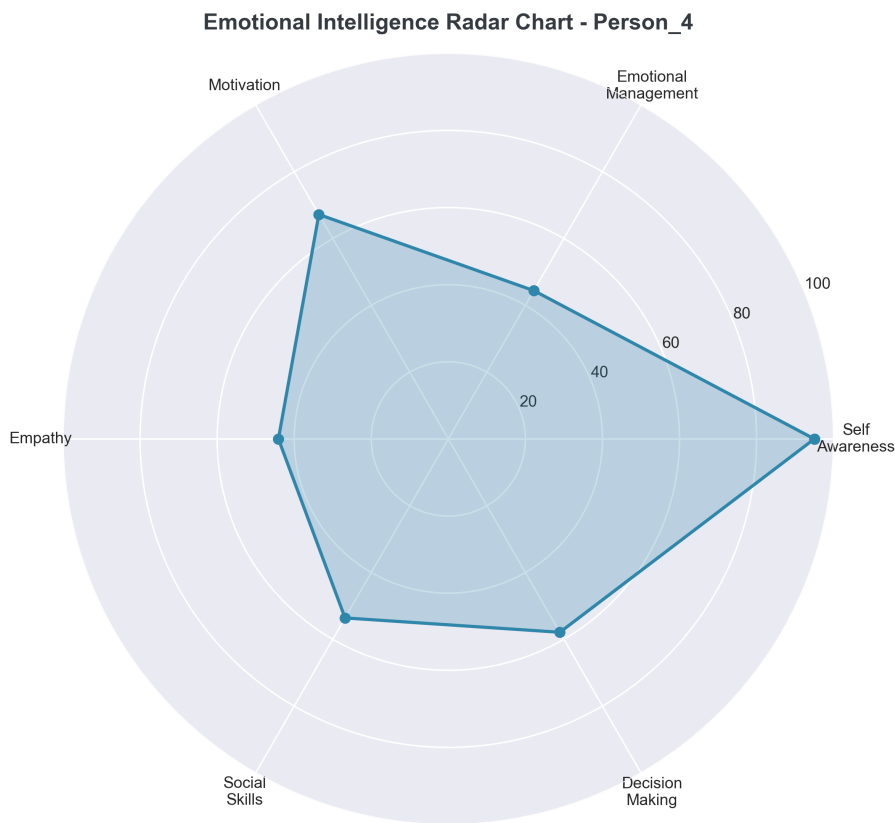
Your Decision Making score of 57.9% suggests this area needs focused development. Investing time and effort in improving this competency will significantly benefit your emotional intelligence and interpersonal effectiveness.

### Stress Management: 77.1%

77.1%

With a stress management score of 77.1%, you demonstrate good coping skills. You generally handle stress well and can maintain composure, though some high-pressure situations may still challenge your resilience.

## Emotional Intelligence Radar Chart



## Recommendations for Development

- Learn emotion regulation techniques and breathing exercises
- Engage in perspective-taking activities and active listening
- Participate in group activities and communication workshops

## Summary

Your overall Emotional Intelligence score of 81.0% indicates your current level of emotional awareness and management. Focus on the areas identified above for improvement, and remember that emotional intelligence is a skill that can be developed over time with practice and self-reflection.