

# Emotional Intelligence Assessment Report

Name: Person\_15

Assessment Date: July 26, 2025

Vintage: 2024

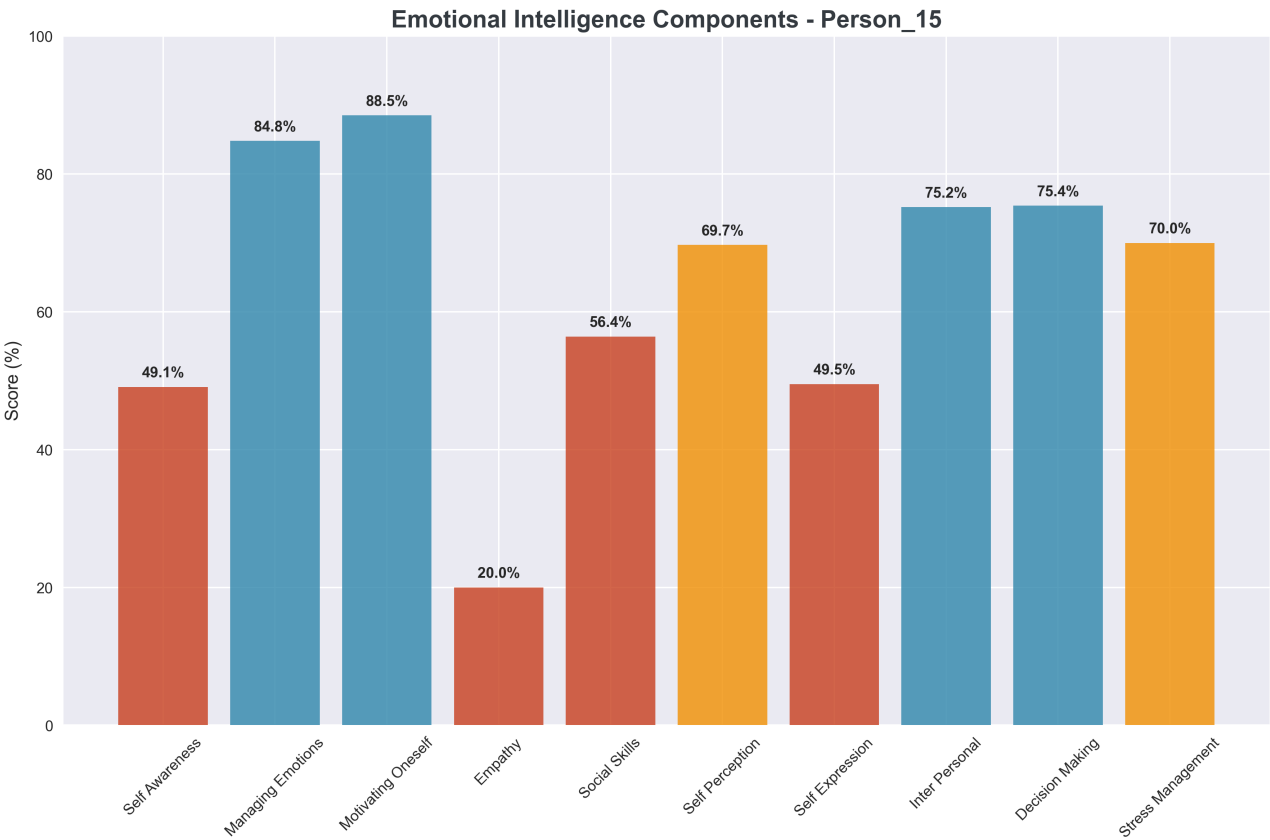
## Overall Emotional Intelligence Score

90.0/100

90.0%

Excellent - Overall EI is a significant strength

## Emotional Intelligence Components



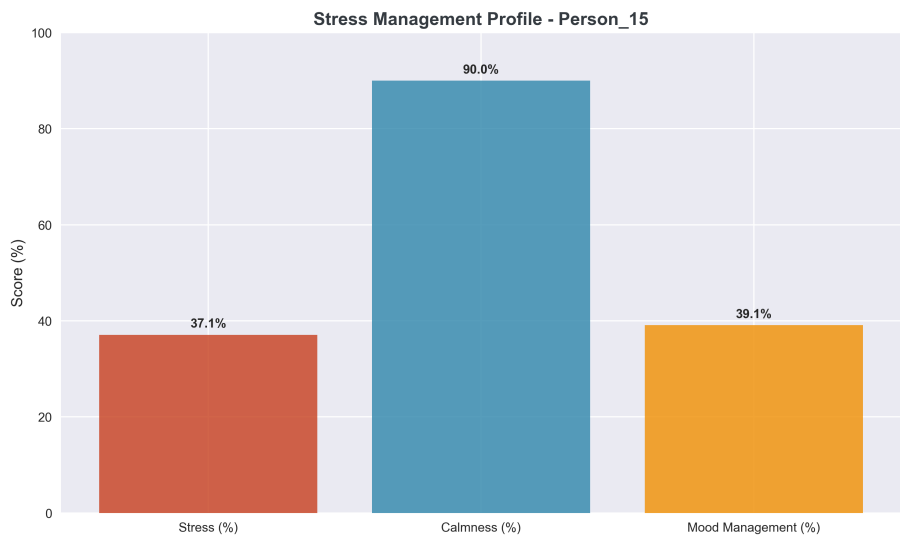
## Key Performance Metrics

Metric	Score	Interpretation
Performance	63.2	Average - Performance has room for improvement
Emotional Regulation	77.4	Good - Emotional Regulation is well developed
Stress Level	37.1	Needs Improvement - Stress Level requires focused development
Calmness	90.0	Excellent - Calmness is a significant strength

### Visual Score Representation:



## Stress Management Profile



## Detailed Component Analysis

### Self Awareness: 49.1%



Your self-awareness score of 49.1% suggests this area needs focused attention. Developing greater awareness of your emotions, triggers, and behavioral patterns will significantly improve your emotional intelligence and interpersonal relationships.

### Managing Emotions: 84.8%

84.8%

Your emotional management skills are outstanding at 84.8%. You excel at regulating your emotions, staying calm under pressure, and maintaining emotional balance. This ability helps you make rational decisions and maintain positive relationships even in challenging situations.

### Motivating Oneself: 88.5%

88.5%

Your self-motivation score of 88.5% is exceptional. You have strong internal drive, set meaningful goals, and maintain high energy and optimism even when facing obstacles. This intrinsic motivation helps you achieve long-term success and inspire others.

### Empathy: 20.0%

20.0%

Your empathy score of 20.0% suggests this area requires development. Building empathy involves practicing active listening, perspective-taking, and developing genuine interest in others' experiences and emotions.

### Social Skills: 56.4%

56.4%

Your social skills score of 56.4% 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: 69.7%

69.7%

Your Self Perception score of 69.7% shows moderate development. There's room for improvement, and focusing on this area will enhance your overall emotional intelligence.

### Self Expression: 49.5%

49.5%

Your Self Expression score of 49.5% 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: 75.2%

75.2%

Your Inter Personal score of 75.2% indicates good development in this area. This competency is well-established and serves as a solid foundation for your emotional intelligence.

### Decision Making: 75.4%

75.4%

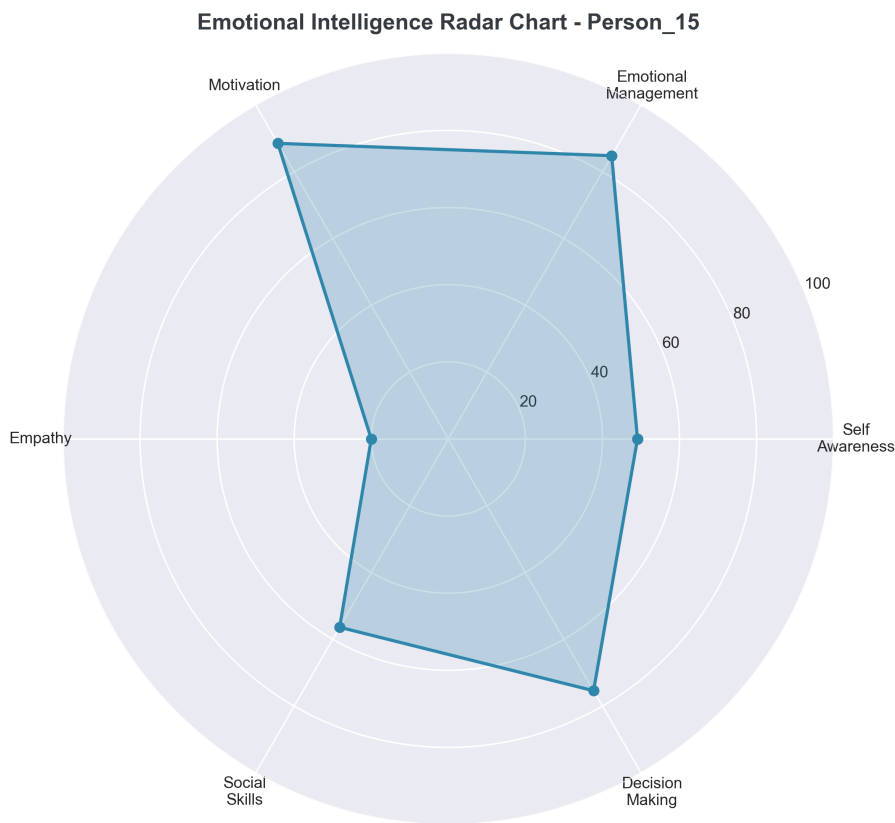
Your Decision Making score of 75.4% indicates good development in this area. This competency is well-established and serves as a solid foundation for your emotional intelligence.

### Stress Management: 70.0%

70.0%

With a stress management score of 70.0%, 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

- Practice mindfulness and self-reflection exercises
- Engage in perspective-taking activities and active listening
- Participate in group activities and communication workshops

## Summary

Your overall Emotional Intelligence score of 90.0% 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.