

# Emotional Intelligence Assessment Report

Name: Person\_13

Assessment Date: July 26, 2025

Vintage: 2024

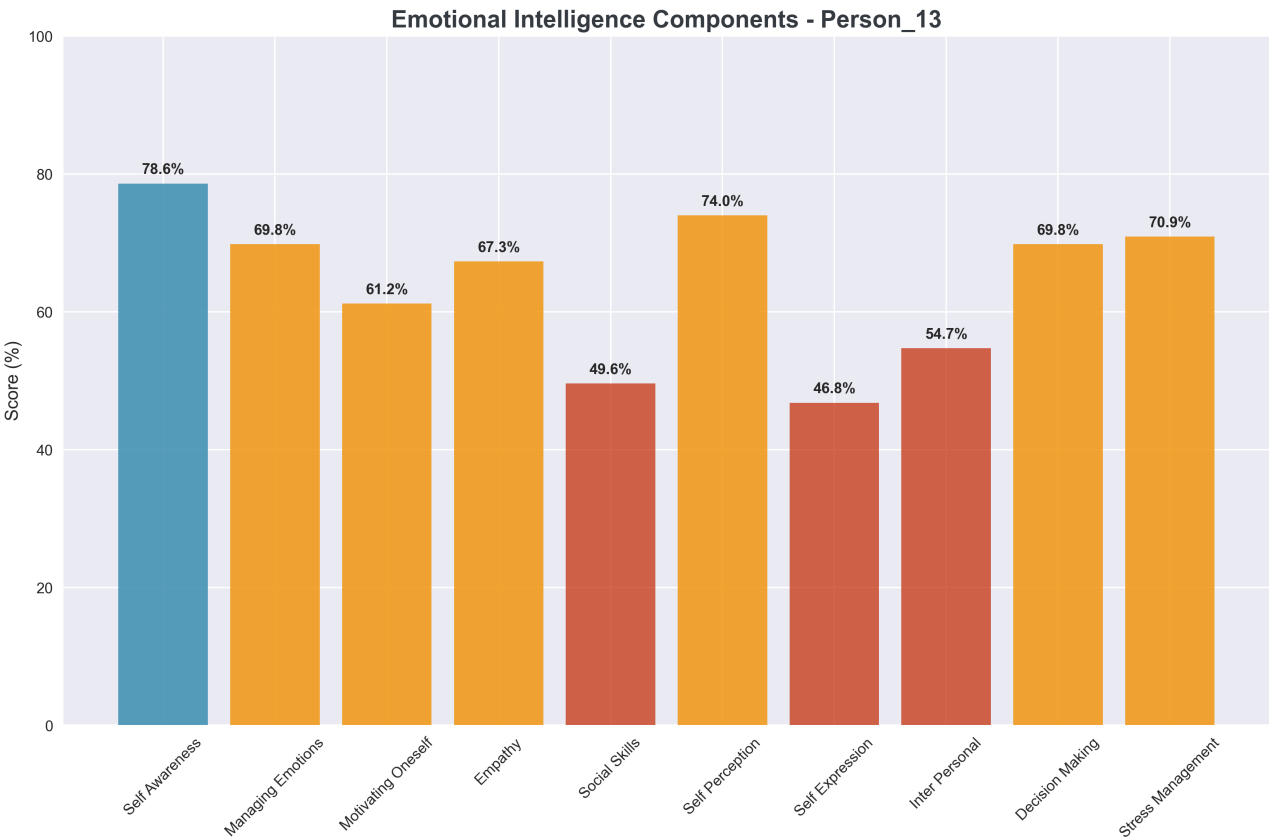
## Overall Emotional Intelligence Score

84.9/100

84.9%

Excellent - Overall EI is a significant strength

## Emotional Intelligence Components



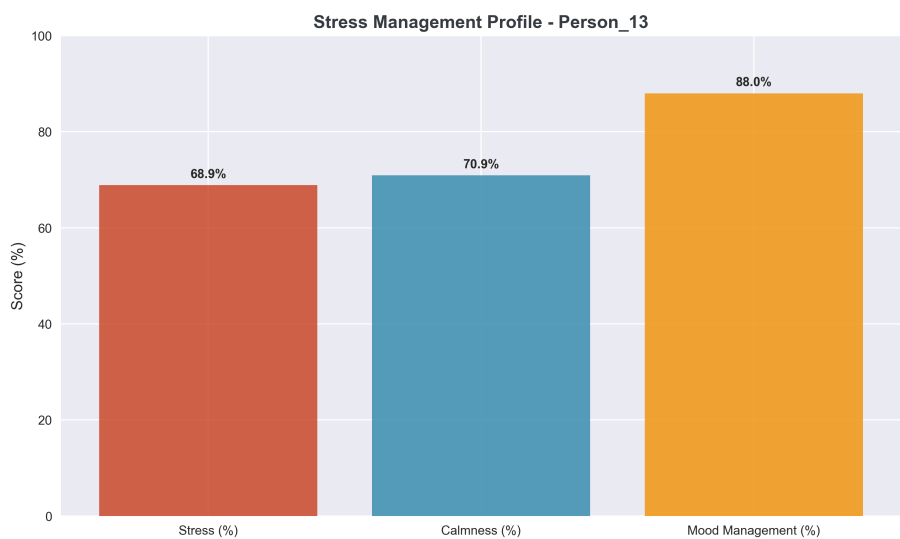
## Key Performance Metrics

Metric	Score	Interpretation
Performance	89.0	Excellent - Performance is a significant strength
Emotional Regulation	63.2	Average - Emotional Regulation has room for improvement
Stress Level	68.9	Average - Stress Level has room for improvement
Calmness	70.9	Good - Calmness is well developed

### Visual Score Representation:



## Stress Management Profile



## Detailed Component Analysis

### Self Awareness: 78.6%



Your self-awareness score of 78.6% indicates good development in this area. You generally understand your emotions and their impact, though there may be some blind spots. With continued reflection and mindfulness practice, you can further enhance this crucial EI component.

### Managing Emotions: 69.8%

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Your emotional management score of 69.8% shows moderate ability in this area. While you can regulate emotions in most situations, you may struggle with intense emotions or high-stress scenarios. Learning specific techniques like deep breathing and cognitive reframing can help.

### Motivating Oneself: 61.2%

61.2%

Your self-motivation score of 61.2% 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: 67.3%

67.3%

Your empathy score of 67.3% indicates moderate ability in understanding others' emotions. While you can recognize basic emotional states, developing deeper perspective-taking skills and active listening will enhance your interpersonal effectiveness.

### Social Skills: 49.6%

49.6%

Your social skills score of 49.6% 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: 74.0%

74.0%

Your Self Perception score of 74.0% indicates good development in this area. This competency is well-established and serves as a solid foundation for your emotional intelligence.

### Self Expression: 46.8%

46.8%

Your Self Expression score of 46.8% 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: 54.7%

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Your Inter Personal score of 54.7% suggests this area needs focused development. Investing time and effort in improving this competency will significantly benefit your emotional intelligence and interpersonal effectiveness.

### Decision Making: 69.8%

69.8%

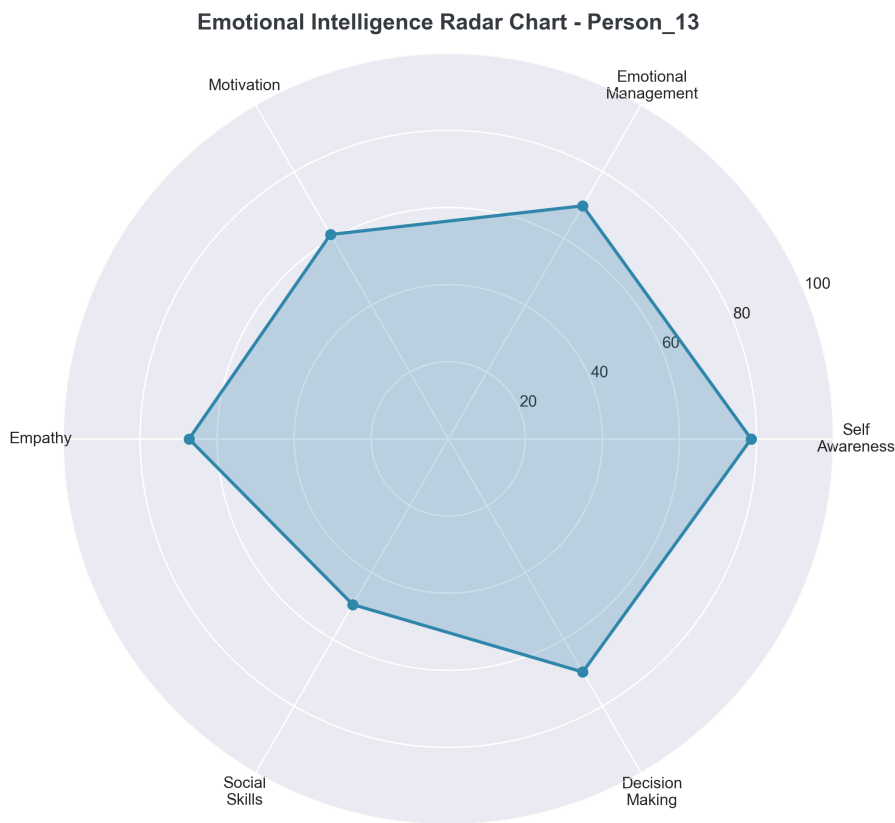
Your Decision Making score of 69.8% shows moderate development. There's room for improvement, and focusing on this area will enhance your overall emotional intelligence.

### Stress Management: 70.9%

70.9%

With a stress management score of 70.9%, 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 84.9% 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.