Emotional Intelligence Assessment Report

Name: Person_12

Assessment Date: July 26, 2025

Vintage: 2023

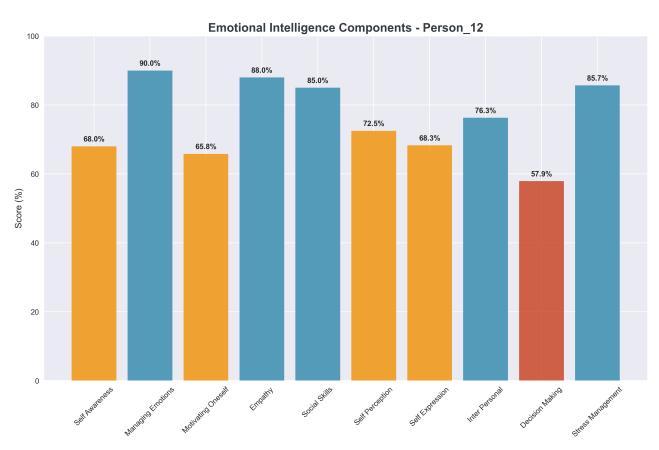
Overall Emotional Intelligence Score

89.8/100

89.8%

Excellent - Overall EI is a significant strength

Emotional Intelligence Components



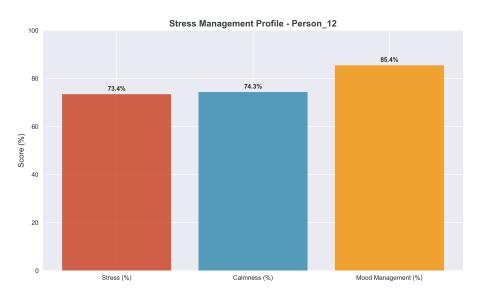
Key Performance Metrics

Metric	Score	Interpretation	
Performance	57.8	Below Average - Performance needs attention	
Emotional Regulation	64.6	Average - Emotional Regulation has room for improve	
Stress Level	73.4	Good - Stress Level is well developed	
Calmness	74.3	Good - Calmness is well developed	

Visual Score Representation:

Performance	
Emotional Regulation	
Stress Level	73. 4%
Calmness	74.3 %

Stress Management Profile



Detailed Component Analysis

Self Awareness: 68.0%

68.0%

With a self-awareness score of 68.0%, you have a moderate understanding of your emotional patterns. There's room for growth in recognizing how your emotions influence your thoughts and actions. Regular self-reflection and feedback from others can help strengthen this area.

Managing Emotions: 90.0%

90.0%

Your emotional management skills are outstanding at 90.0%. 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: 65.8%

65.8%

Your self-motivation score of 65.8% 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: 88.0%

88.0%

Your empathy score of 88.0% is outstanding. You have exceptional ability to understand and share the feelings of others, making you highly effective in building relationships and resolving conflicts. Your compassionate nature helps create supportive environments.

Social Skills: 85.0%

85.0%

Your social skills score of 85.0% is exceptional. You excel at building relationships, communicating effectively, and influencing others positively. Your ability to navigate social situations makes you a natural leader and team player.

Self Perception: 72.5%

72.5°

Your Self Perception score of 72.5% indicates good development in this area. This competency is well-established and serves as a solid foundation for your emotional intelligence.

Self Expression: 68.3%

68.3%

Your Self Expression score of 68.3% shows moderate development. There's room for improvement, and focusing on this area will enhance your overall emotional intelligence.

Inter Personal: 76.3%

76.3%

Your Inter Personal score of 76.3% 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: 85.7%

85.7%

Your stress management score of 85.7% is outstanding. You excel at handling pressure, maintaining calm under stress, and using effective coping strategies. This ability helps you perform well in challenging situations and maintain good health.

Emotional Intelligence Radar Chart

Emotional Intelligence Radar Chart - Person_12



Recommendations for Development

- Practice mindfulness and self-reflection exercises

Summary

Your overall Emotional Intelligence score of 89.8% 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.