

Emotional Intelligence Assessment Report

Name: Person_17

Assessment Date: July 26, 2025

Vintage: 2021

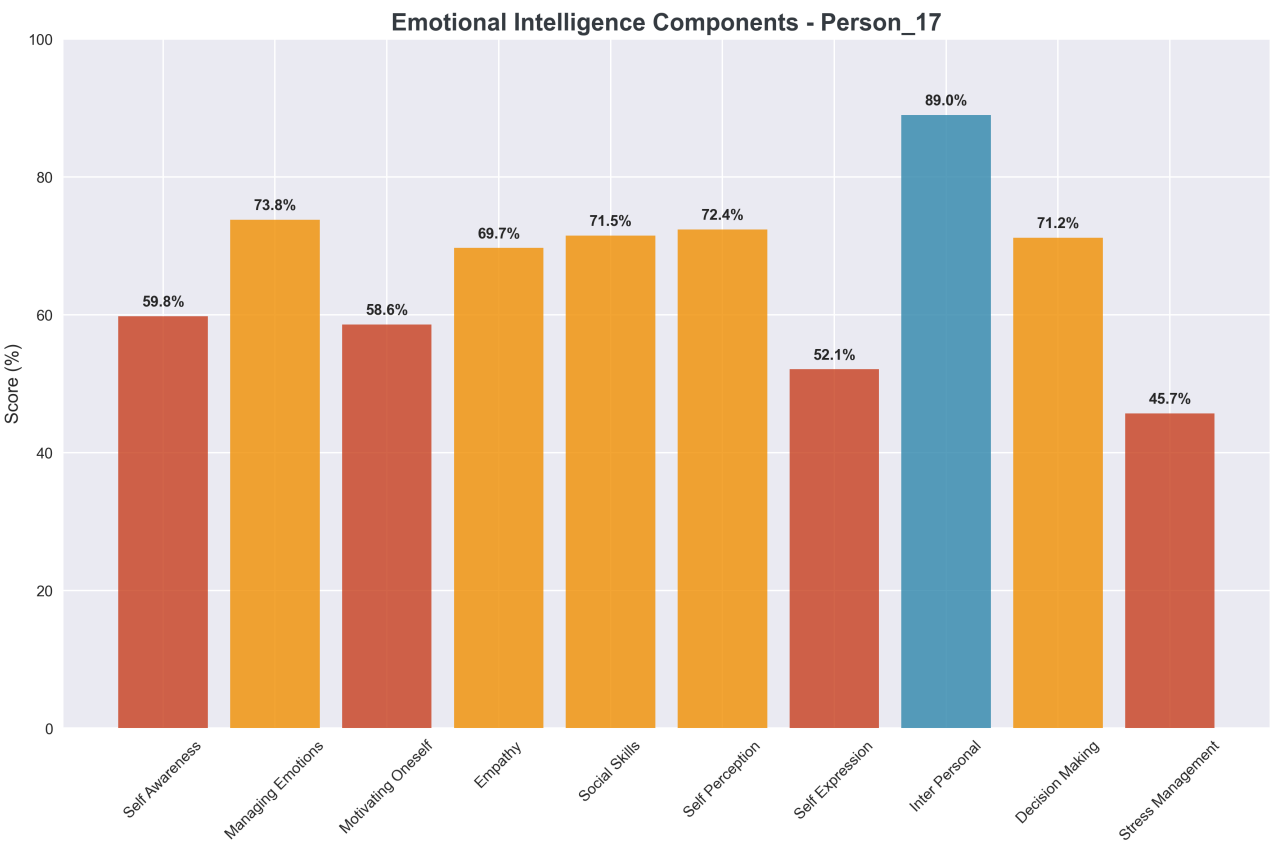
Overall Emotional Intelligence Score

82.3/100

82.3%

Excellent - Overall EI is a significant strength

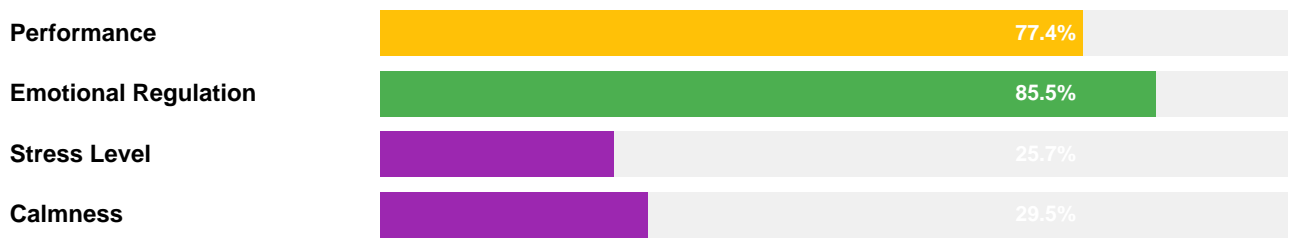
Emotional Intelligence Components



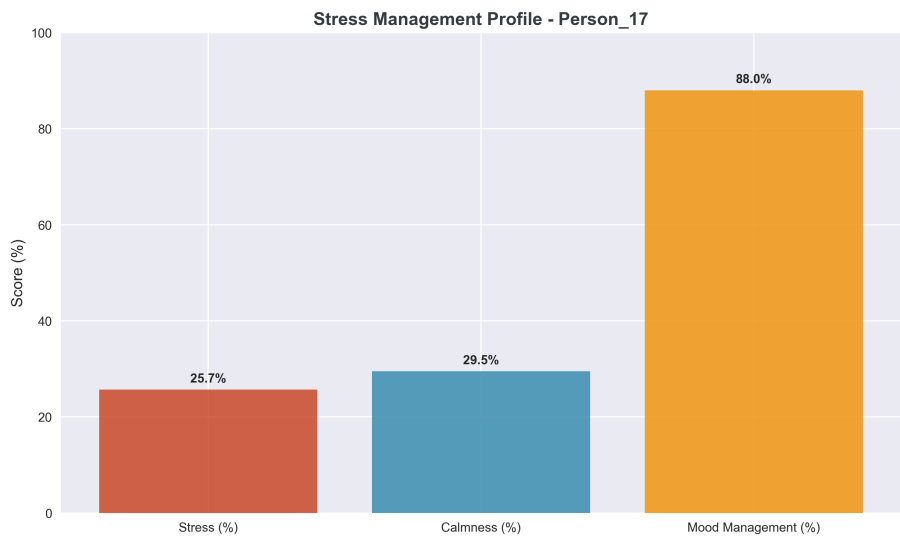
Key Performance Metrics

Metric	Score	Interpretation
Performance	77.4	Good - Performance is well developed
Emotional Regulation	85.5	Excellent - Emotional Regulation is a significant strength
Stress Level	25.7	Needs Improvement - Stress Level requires focused development
Calmness	29.5	Needs Improvement - Calmness requires focused development

Visual Score Representation:



Stress Management Profile



Detailed Component Analysis

Self Awareness: 59.8%



Your self-awareness score of 59.8% 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: 73.8%

73.8%

With a score of 73.8% in managing emotions, you demonstrate good emotional regulation skills. You generally handle stress well and can control emotional responses, though some situations may still trigger strong reactions that could be managed more effectively.

Motivating Oneself: 58.6%

58.6%

Your motivation score of 58.6% suggests this area needs focused development. Building intrinsic motivation, setting clear goals, and developing resilience will help you maintain drive and achieve your objectives more effectively.

Empathy: 69.7%

69.7%

Your empathy score of 69.7% 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: 71.5%

71.5%

With a social skills score of 71.5%, you demonstrate good interpersonal abilities. You can generally communicate well and build relationships, though some complex social dynamics may require additional attention and skill development.

Self Perception: 72.4%

72.4%

Your Self Perception score of 72.4% indicates good development in this area. This competency is well-established and serves as a solid foundation for your emotional intelligence.

Self Expression: 52.1%

52.1%

Your Self Expression score of 52.1% 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: 89.0%

89.0%

Your Inter Personal score of 89.0% is excellent. This represents a significant strength in your emotional intelligence profile and contributes positively to your overall effectiveness in personal and professional contexts.

Decision Making: 71.2%

71.2%

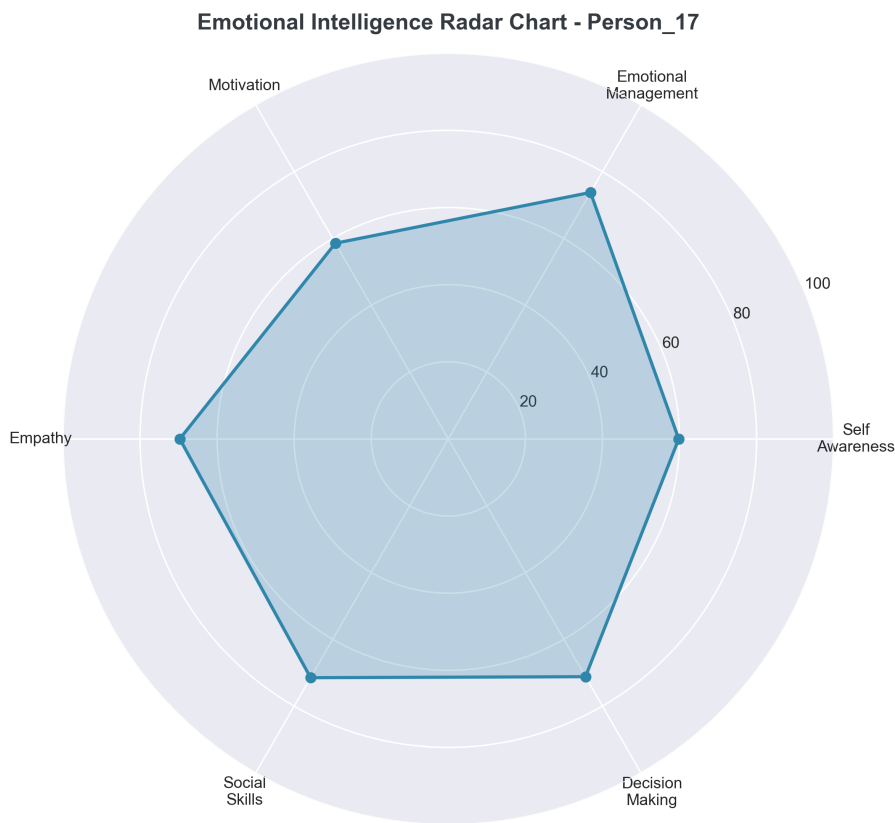
Your Decision Making score of 71.2% indicates good development in this area. This competency is well-established and serves as a solid foundation for your emotional intelligence.

Stress Management: 45.7%

45.7%

Your stress management score of 45.7% suggests this area requires significant attention. Learning stress reduction techniques, time management skills, and healthy coping mechanisms will be crucial for your well-being and performance.

Emotional Intelligence Radar Chart



Recommendations for Development

- Practice mindfulness and self-reflection exercises
- Engage in perspective-taking activities and active listening
- Develop stress management strategies and relaxation techniques

Summary

Your overall Emotional Intelligence score of 82.3% 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.