

Emotional Intelligence Assessment Report

Name: Person_18

Assessment Date: July 26, 2025

Vintage: 2021

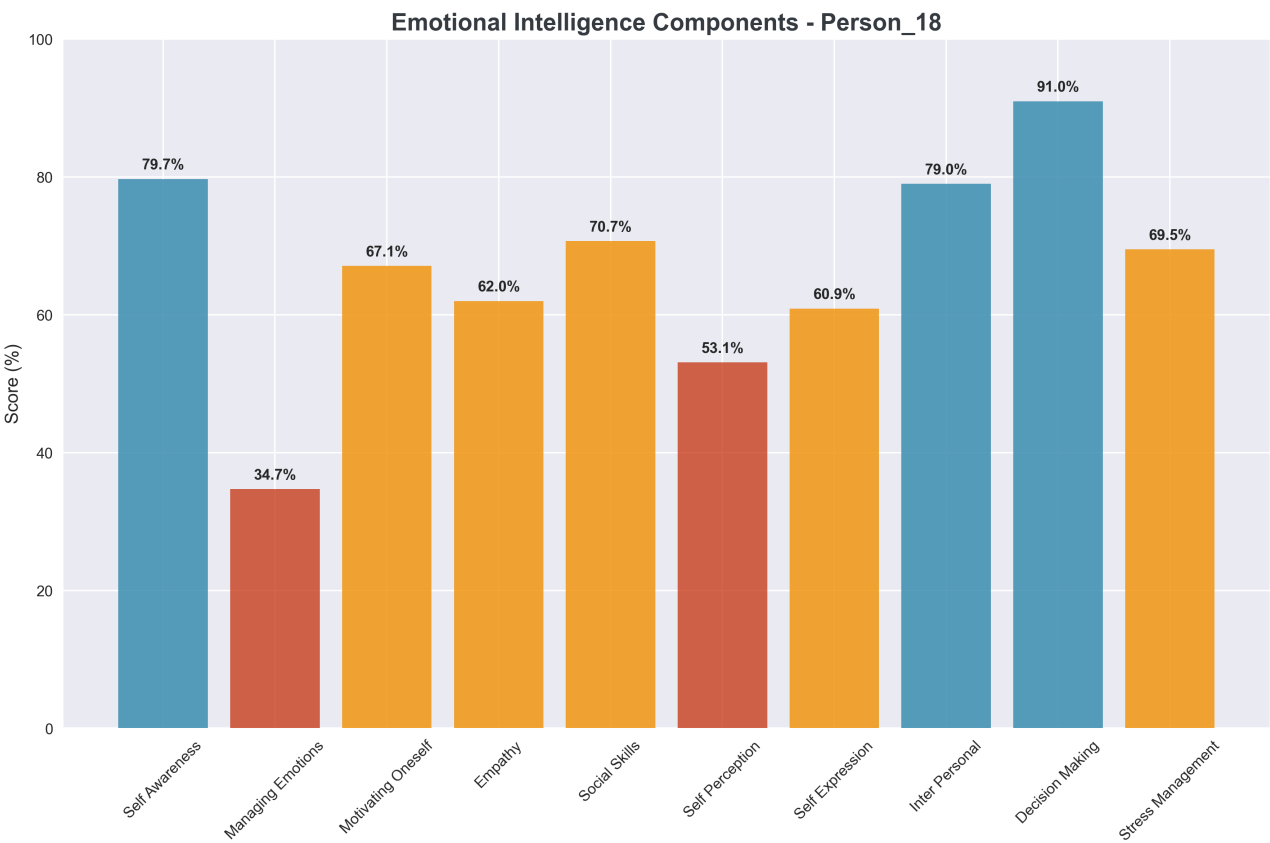
Overall Emotional Intelligence Score

64.4/100

64.4%

Average - Overall EI has room for improvement

Emotional Intelligence Components



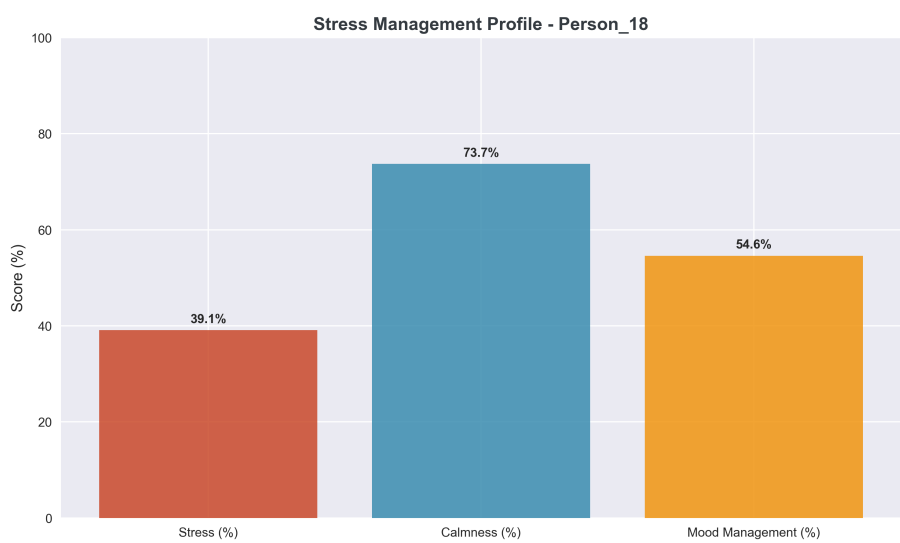
Key Performance Metrics

Metric	Score	Interpretation
Performance	67.8	Average - Performance has room for improvement
Emotional Regulation	76.6	Good - Emotional Regulation is well developed
Stress Level	39.1	Needs Improvement - Stress Level requires focused development
Calmness	73.7	Good - Calmness is well developed

Visual Score Representation:



Stress Management Profile



Detailed Component Analysis

Self Awareness: 79.7%



Your self-awareness score of 79.7% 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: 34.7%

34.7%

Your emotional management score of 34.7% 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: 67.1%

67.1%

Your self-motivation score of 67.1% 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: 62.0%

62.0%

Your empathy score of 62.0% 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: 70.7%

70.7%

With a social skills score of 70.7%, 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: 53.1%

53.1%

Your Self Perception score of 53.1% 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: 60.9%

60.9%

Your Self Expression score of 60.9% shows moderate development. There's room for improvement, and focusing on this area will enhance your overall emotional intelligence.

Inter Personal: 79.0%

79.0%

Your Inter Personal score of 79.0% indicates good development in this area. This competency is well-established and serves as a solid foundation for your emotional intelligence.

Decision Making: 91.0%

91.0%

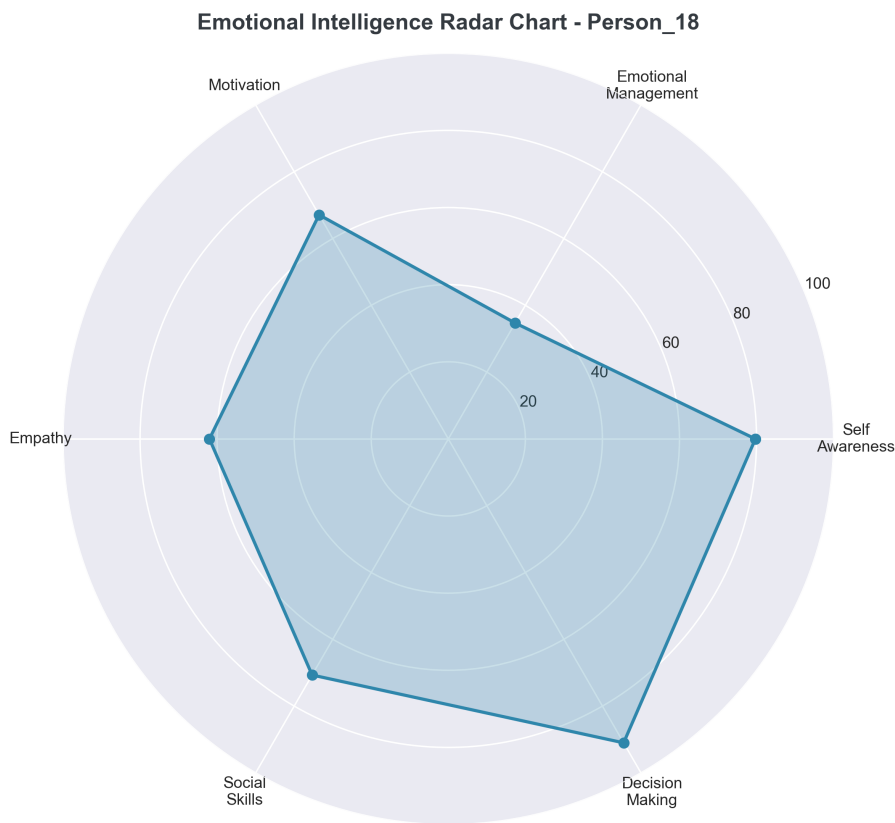
Your Decision Making score of 91.0% is excellent. This represents a significant strength in your emotional intelligence profile and contributes positively to your overall effectiveness in personal and professional contexts.

Stress Management: 69.5%

69.5%

Your stress management score of 69.5% shows moderate ability in this area. While you can handle some stress, developing more effective coping mechanisms and relaxation techniques will help you manage pressure more effectively.

Emotional Intelligence Radar Chart



Recommendations for Development

- Learn emotion regulation techniques and breathing exercises
- Engage in perspective-taking activities and active listening
- Develop stress management strategies and relaxation techniques

Summary

Your overall Emotional Intelligence score of 64.4% 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.