

Emotional Intelligence Assessment Report

Name: Person_9

Assessment Date: July 26, 2025

Vintage: 2023

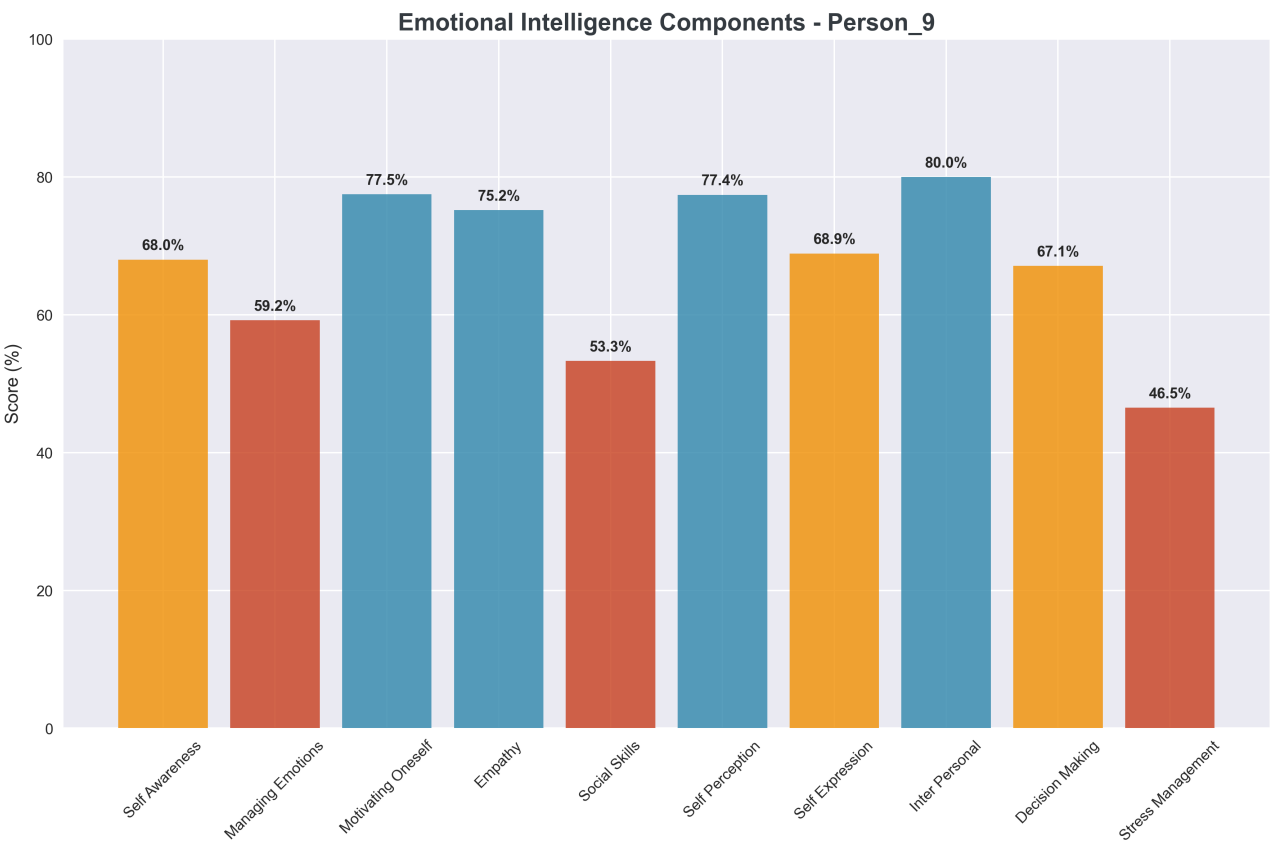
Overall Emotional Intelligence Score

79.8/100

79.8%

Good - Overall EI is well developed

Emotional Intelligence Components



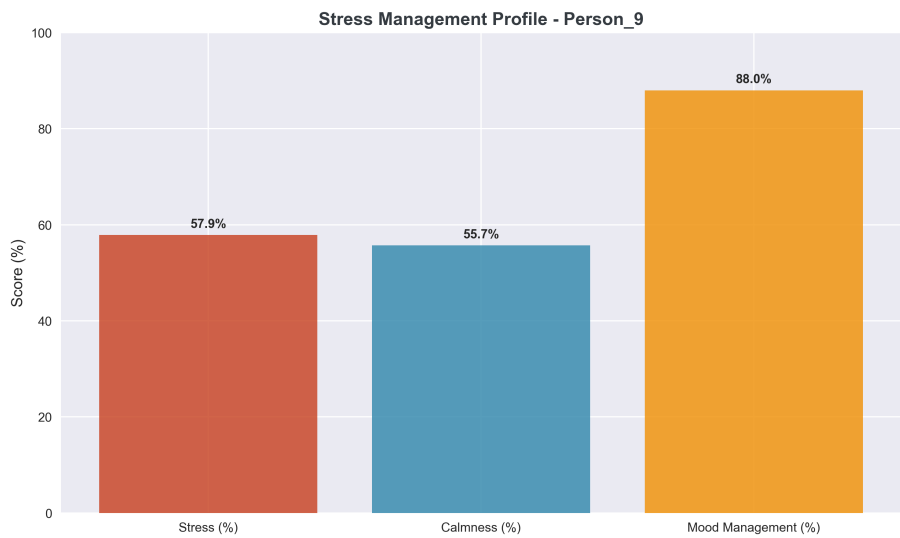
Key Performance Metrics

Metric	Score	Interpretation
Performance	69.7	Average - Performance has room for improvement
Emotional Regulation	76.2	Good - Emotional Regulation is well developed
Stress Level	57.9	Below Average - Stress Level needs attention
Calmness	55.7	Below Average - Calmness needs attention

Visual Score Representation:



Stress Management Profile



Detailed Component Analysis

Self Awareness: 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: 59.2%

59.2%

Your emotional management score of 59.2% 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: 77.5%

77.5%

With a motivation score of 77.5%, you demonstrate good self-motivation skills. You generally maintain focus on goals and can push through challenges, though you may occasionally need external encouragement or clearer goal-setting strategies.

Empathy: 75.2%

75.2%

With an empathy score of 75.2%, you demonstrate good understanding of others' emotions and perspectives. You can generally connect with people and show appropriate concern, though there may be room for deeper emotional attunement in complex situations.

Social Skills: 53.3%

53.3%

Your social skills score of 53.3% 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: 77.4%

77.4%

Your Self Perception score of 77.4% indicates good development in this area. This competency is well-established and serves as a solid foundation for your emotional intelligence.

Self Expression: 68.9%

68.9%

Your Self Expression score of 68.9% shows moderate development. There's room for improvement, and focusing on this area will enhance your overall emotional intelligence.

Inter Personal: 80.0%

80.0%

Your Inter Personal score of 80.0% 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: 67.1%

67.1%

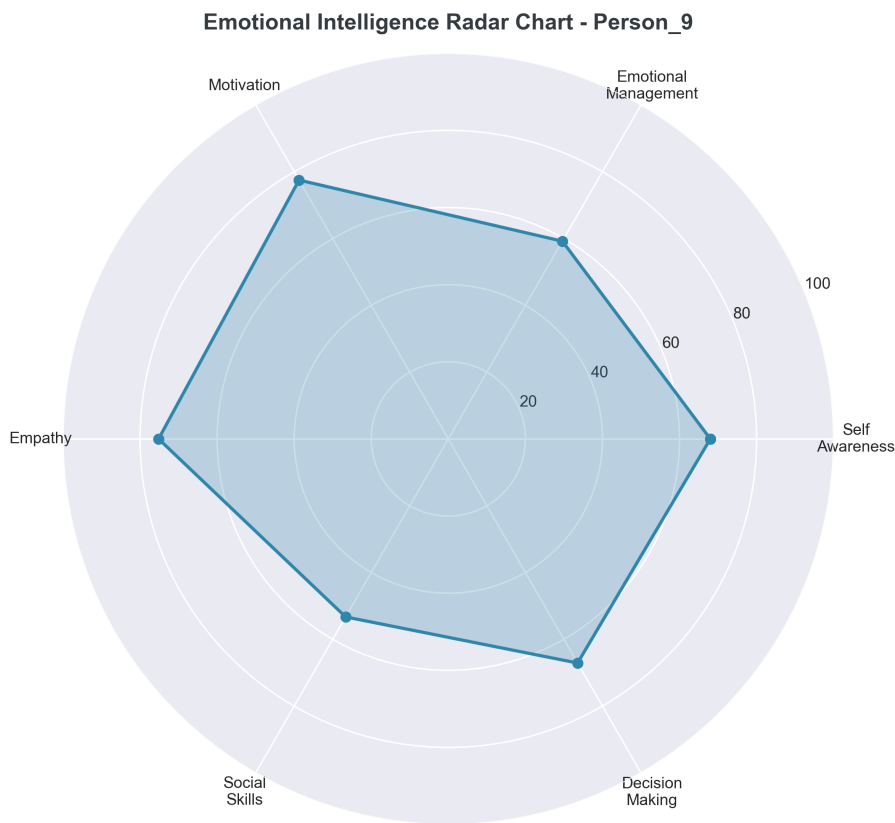
Your Decision Making score of 67.1% shows moderate development. There's room for improvement, and focusing on this area will enhance your overall emotional intelligence.

Stress Management: 46.5%

46.5%

Your stress management score of 46.5% 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
- Learn emotion regulation techniques and breathing exercises
- Participate in group activities and communication workshops
- Develop stress management strategies and relaxation techniques

Summary

Your overall Emotional Intelligence score of 79.8% 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.