

# Emotional Intelligence Assessment Report

Name: Person\_6

Assessment Date: July 26, 2025

Vintage: 2022

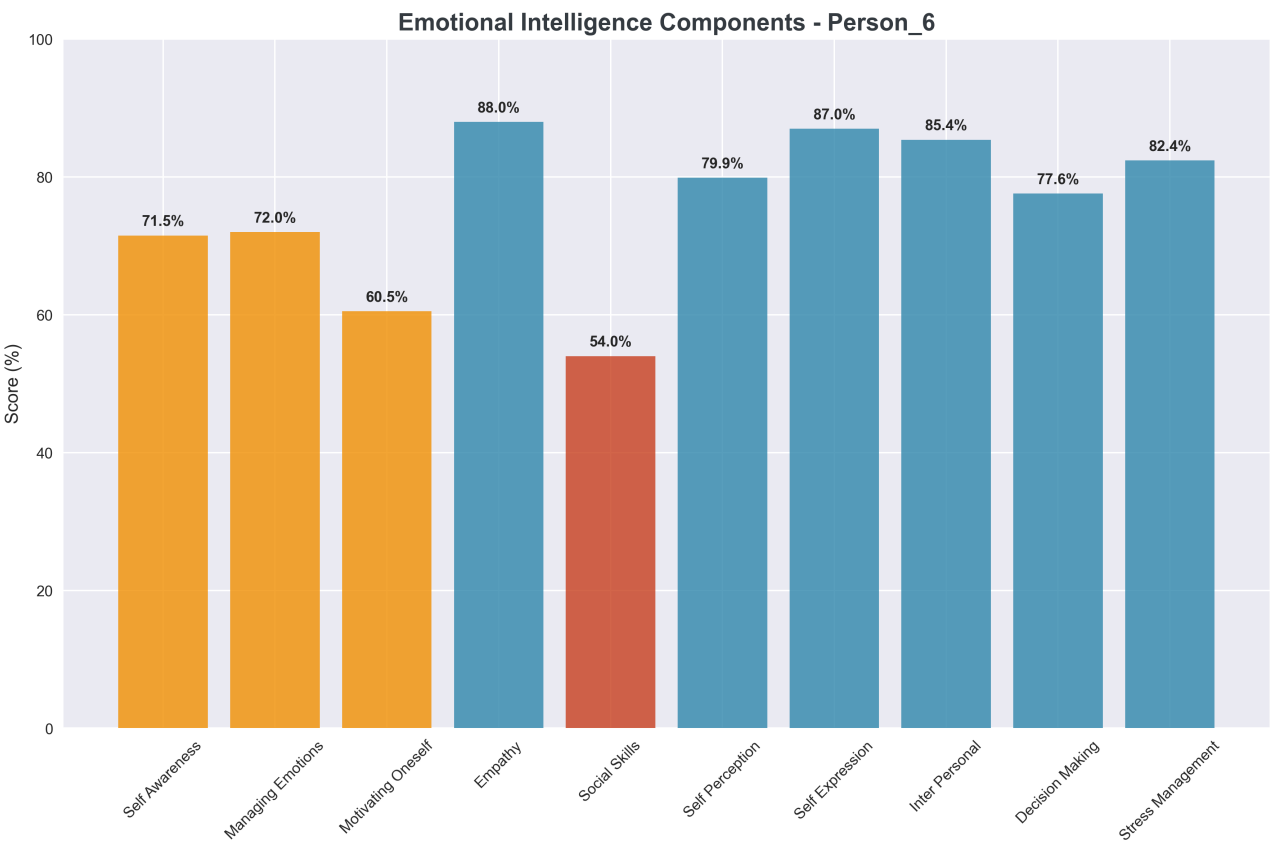
## Overall Emotional Intelligence Score

72.1/100

72.1%

Good - Overall EI is well developed

## Emotional Intelligence Components



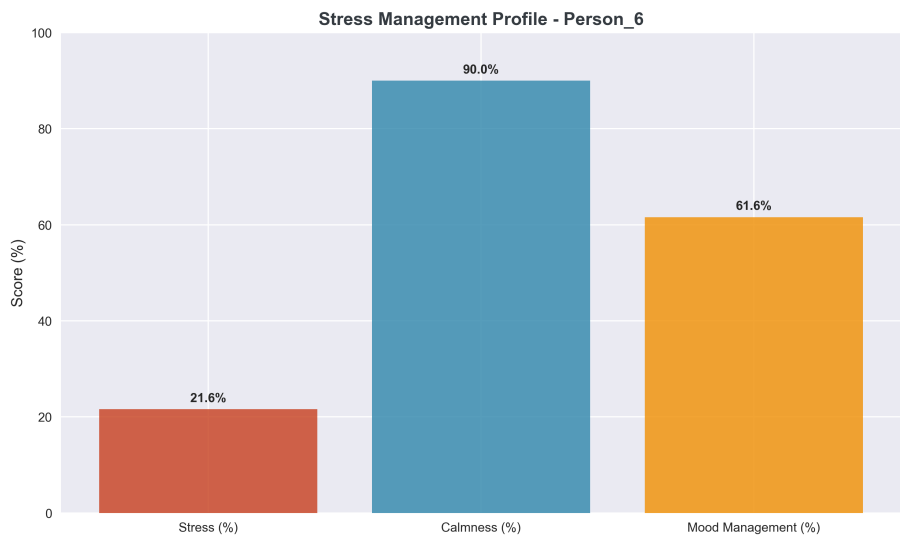
## Key Performance Metrics

Metric	Score	Interpretation
Performance	60.0	Average - Performance has room for improvement
Emotional Regulation	42.7	Needs Improvement - Emotional Regulation requires focused development
Stress Level	21.6	Needs Improvement - Stress Level requires focused development
Calmness	90.0	Excellent - Calmness is a significant strength

### Visual Score Representation:



## Stress Management Profile



## Detailed Component Analysis

### Self Awareness: 71.5%



Your self-awareness score of 71.5% 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: 72.0%

72.0%

With a score of 72.0% 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: 60.5%

60.5%

Your self-motivation score of 60.5% 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: 54.0%

54.0%

Your social skills score of 54.0% 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: 79.9%

79.9%

Your Self Perception score of 79.9% indicates good development in this area. This competency is well-established and serves as a solid foundation for your emotional intelligence.

### Self Expression: 87.0%

87.0%

Your Self Expression score of 87.0% is excellent. This represents a significant strength in your emotional intelligence profile and contributes positively to your overall effectiveness in personal and professional contexts.

### Inter Personal: 85.4%

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Your Inter Personal score of 85.4% 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: 77.6%

77.6%

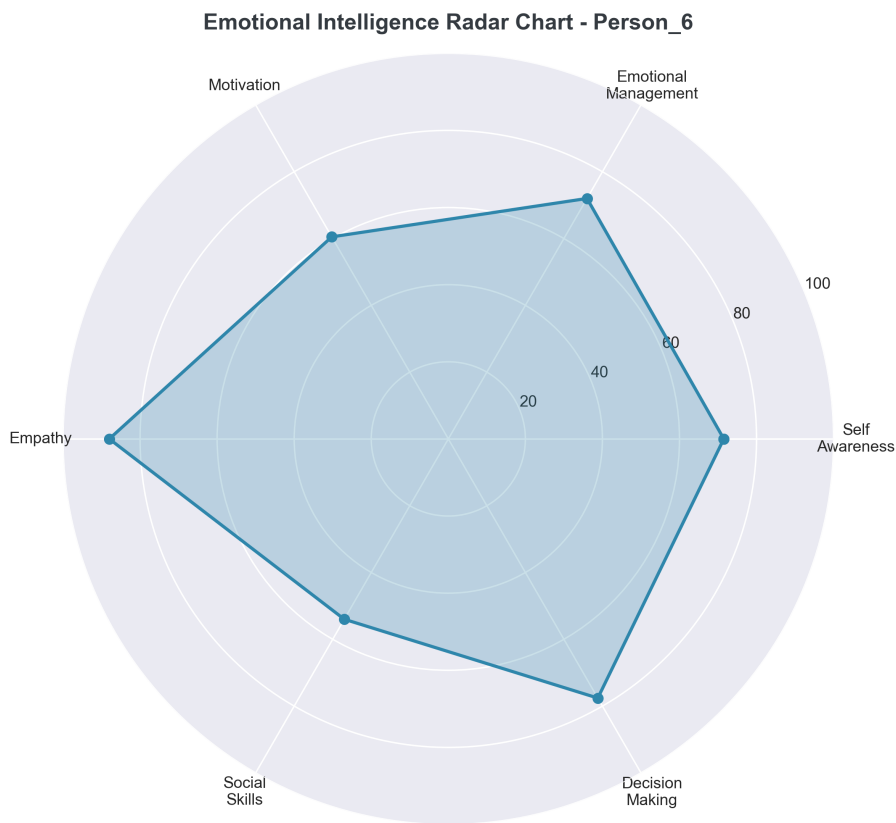
Your Decision Making score of 77.6% indicates good development in this area. This competency is well-established and serves as a solid foundation for your emotional intelligence.

### Stress Management: 82.4%

82.4%

Your stress management score of 82.4% 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



## Recommendations for Development

- Participate in group activities and communication workshops

## Summary

Your overall Emotional Intelligence score of 72.1% 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.