

Emotional Intelligence Assessment Report

Name: Person_8

Assessment Date: July 26, 2025

Vintage: 2020

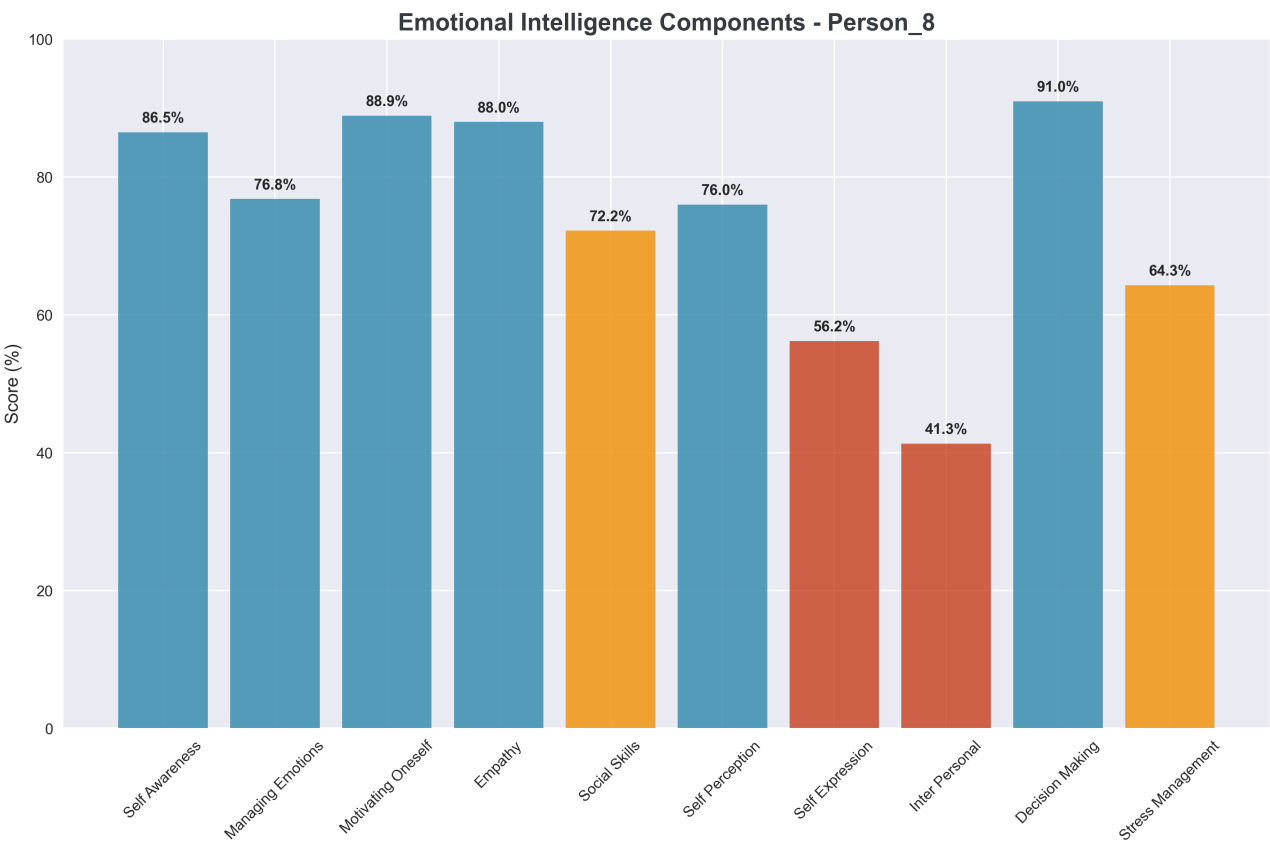
Overall Emotional Intelligence Score

59.4/100

59.4%

Below Average - Overall EI needs attention

Emotional Intelligence Components



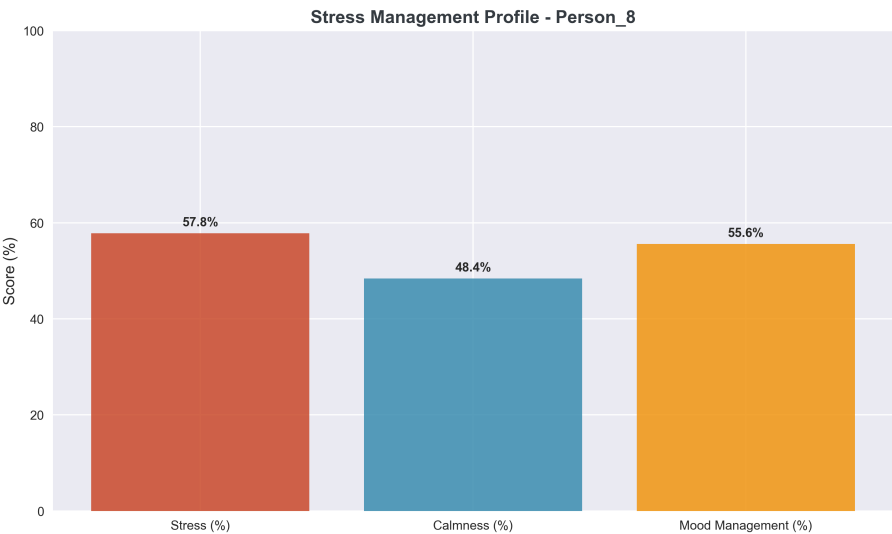
Key Performance Metrics

Metric	Score	Interpretation
Performance	57.8	Below Average - Performance needs attention
Emotional Regulation	80.8	Excellent - Emotional Regulation is a significant strength
Stress Level	57.8	Below Average - Stress Level needs attention
Calmness	48.4	Needs Improvement - Calmness requires focused development

Visual Score Representation:



Stress Management Profile



Detailed Component Analysis

Self Awareness: 86.5%

86.5%

You demonstrate exceptional self-awareness with a score of 86.5%. You have a deep understanding of your emotions, strengths, weaknesses, and how they impact your behavior and relationships. This high level of self-awareness allows you to make conscious choices and respond thoughtfully rather than react impulsively.

Managing Emotions: 76.8%

76.8%

With a score of 76.8% 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: 88.9%

88.9%

Your self-motivation score of 88.9% is exceptional. You have strong internal drive, set meaningful goals, and maintain high energy and optimism even when facing obstacles. This intrinsic motivation helps you achieve long-term success and inspire others.

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: 72.2%

72.2%

With a social skills score of 72.2%, 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: 76.0%

76.0%

Your Self Perception score of 76.0% indicates good development in this area. This competency is well-established and serves as a solid foundation for your emotional intelligence.

Self Expression: 56.2%

56.2%

Your Self Expression score of 56.2% 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: 41.3%

41.3%

Your Inter Personal score of 41.3% suggests this area needs focused development. Investing time and effort in improving this competency will significantly benefit your emotional intelligence and interpersonal effectiveness.

Decision Making: 91.0%

91.0%

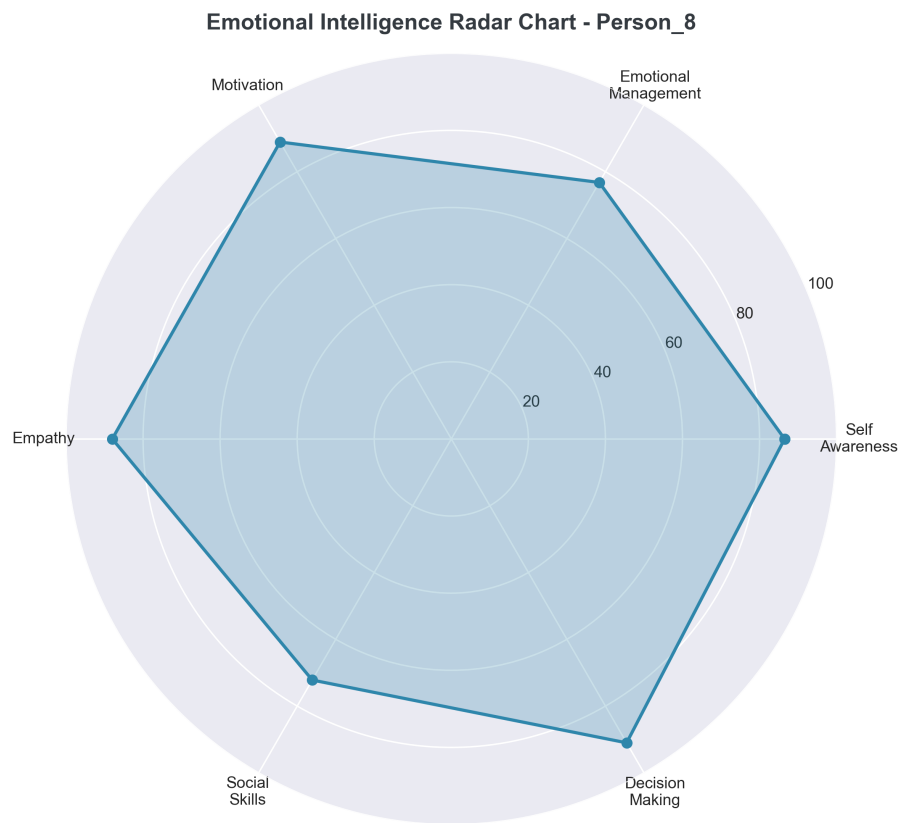
Your Decision Making score of 91.0% is excellent. This represents a significant strength in your emotional intelligence profile and contributes positively to your overall effectiveness in personal and professional contexts.

Stress Management: 64.3%

64.3%

Your stress management score of 64.3% 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

- Develop stress management strategies and relaxation techniques

Summary

Your overall Emotional Intelligence score of 59.4% 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.