

Emotional Intelligence Assessment Report

Name: Person_11

Assessment Date: July 26, 2025

Vintage: 2024

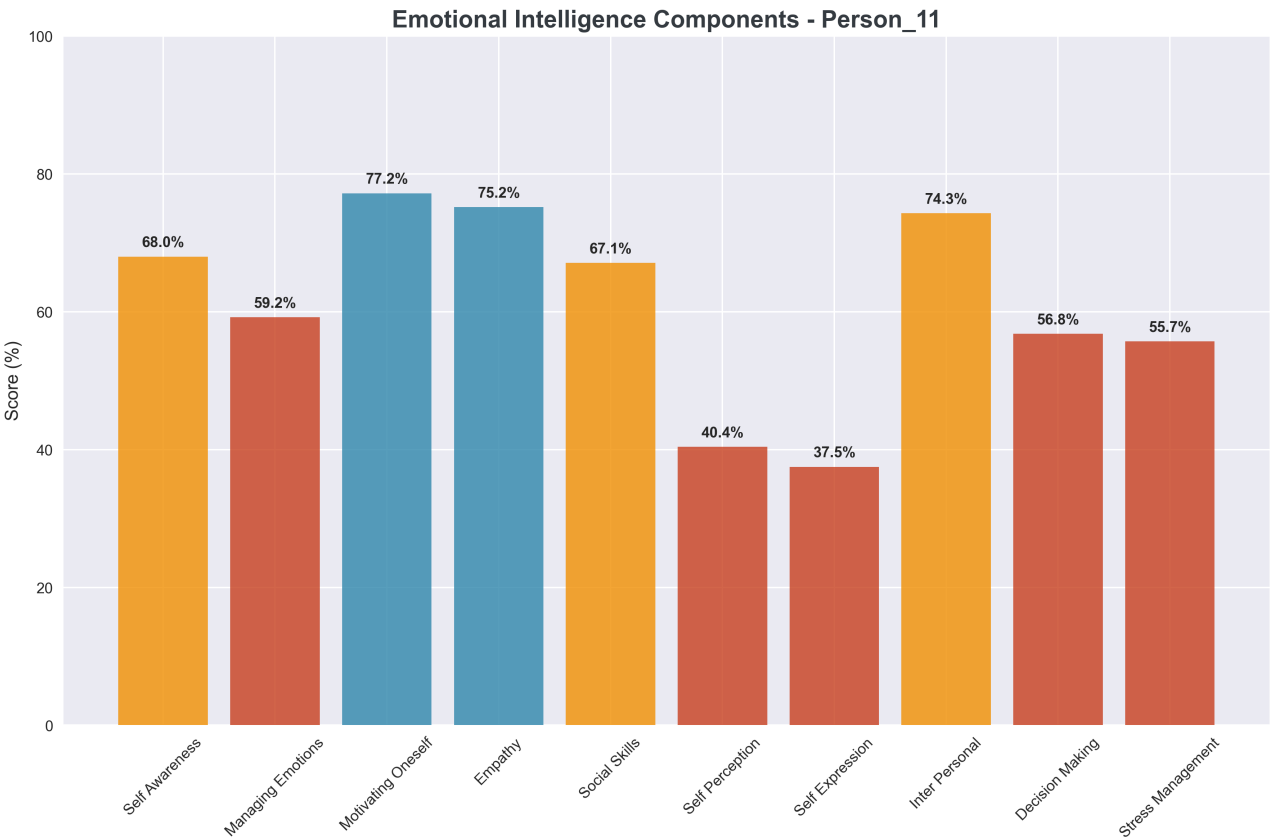
Overall Emotional Intelligence Score

66.1/100



Average - Overall EI has room for improvement

Emotional Intelligence Components



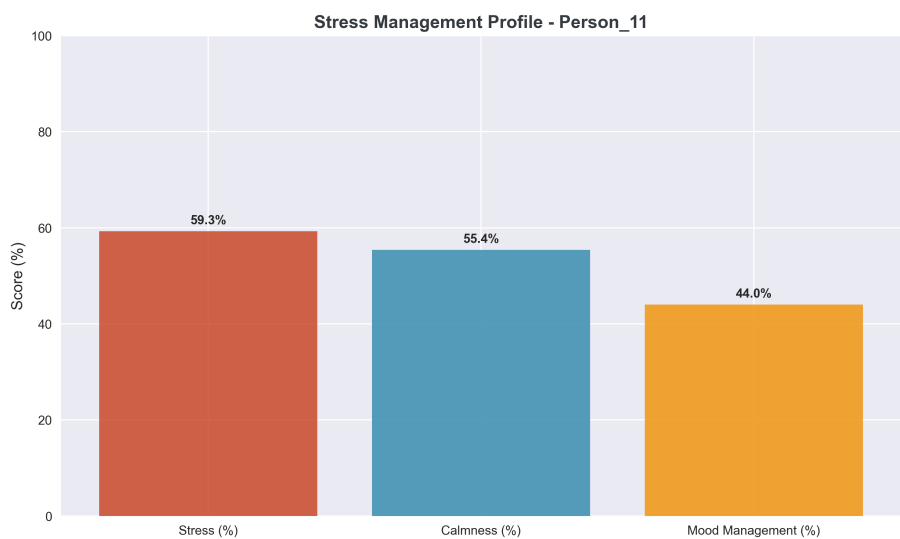
Key Performance Metrics

Metric	Score	Interpretation
Performance	92.3	Excellent - Performance is a significant strength
Emotional Regulation	68.9	Average - Emotional Regulation has room for improvement
Stress Level	59.3	Below Average - Stress Level needs attention
Calmness	55.4	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: 77.2%

77.2%

With a motivation score of 77.2%, 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: 67.1%

67.1%

Your social skills score of 67.1% shows moderate ability in this area. While you can handle basic social interactions, developing more advanced communication techniques and relationship-building strategies will enhance your effectiveness.

Self Perception: 40.4%

40.4%

Your Self Perception score of 40.4% 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: 37.5%

37.5%

Your Self Expression score of 37.5% 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: 74.3%

74.3%

Your Inter Personal score of 74.3% indicates good development in this area. This competency is well-established and serves as a solid foundation for your emotional intelligence.

Decision Making: 56.8%

56.8%

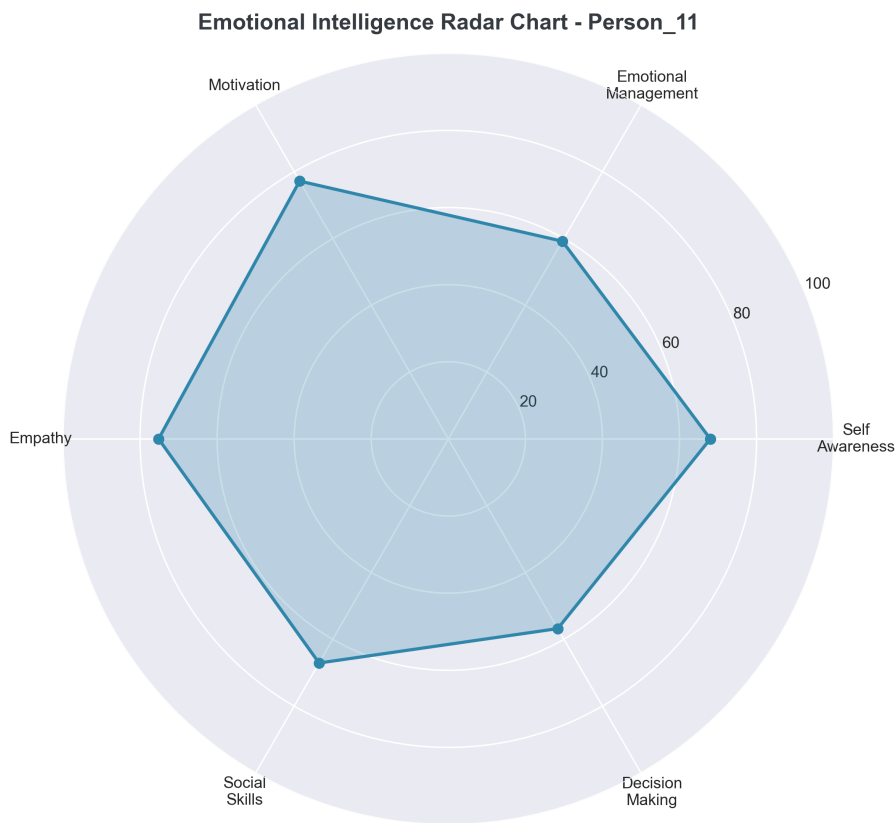
Your Decision Making score of 56.8% suggests this area needs focused development. Investing time and effort in improving this competency will significantly benefit your emotional intelligence and interpersonal effectiveness.

Stress Management: 55.7%

55.7%

Your stress management score of 55.7% 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
- 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 66.1% 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.