

Emotional Intelligence Assessment Report

Name: Person_1

Assessment Date: July 26, 2025

Vintage: 2023

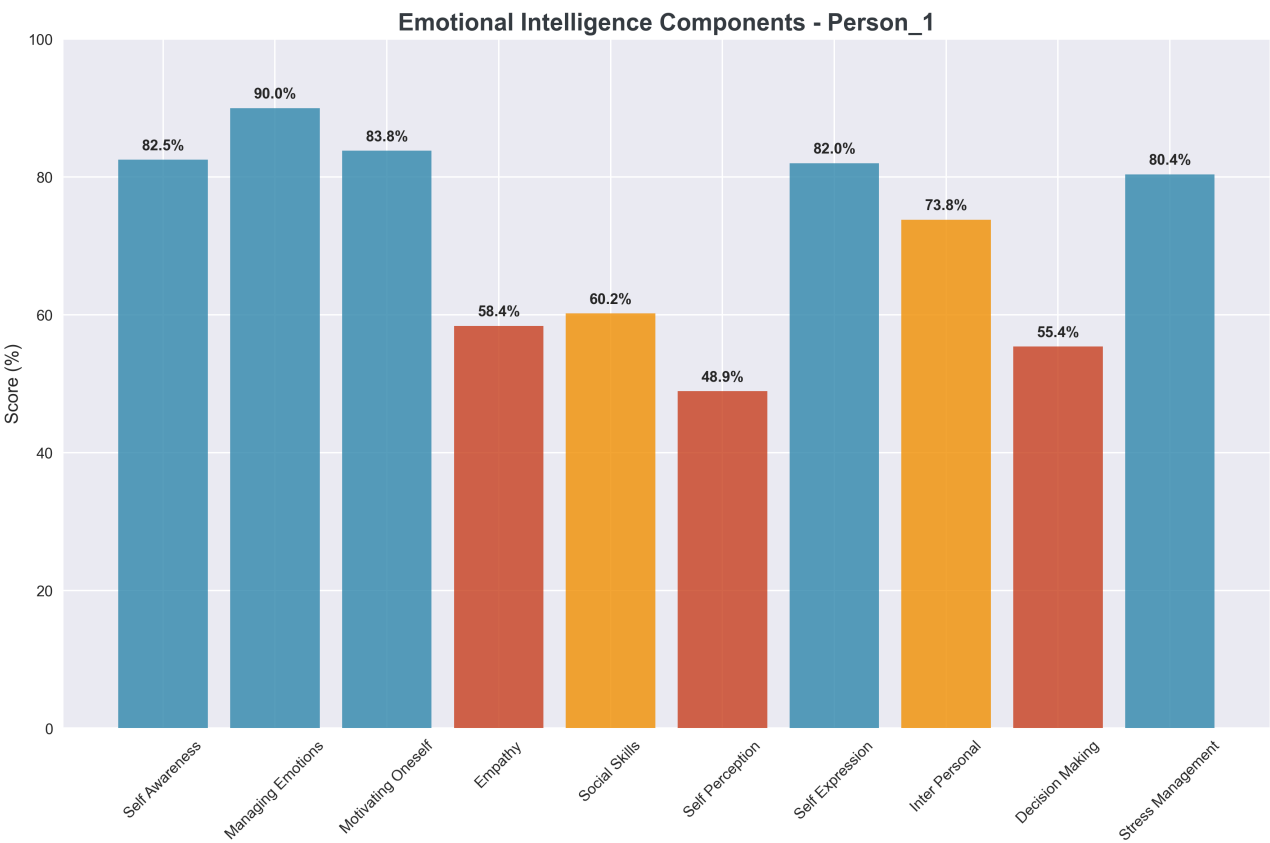
Overall Emotional Intelligence Score

55.1/100

55.1%

Below Average - Overall EI needs attention

Emotional Intelligence Components



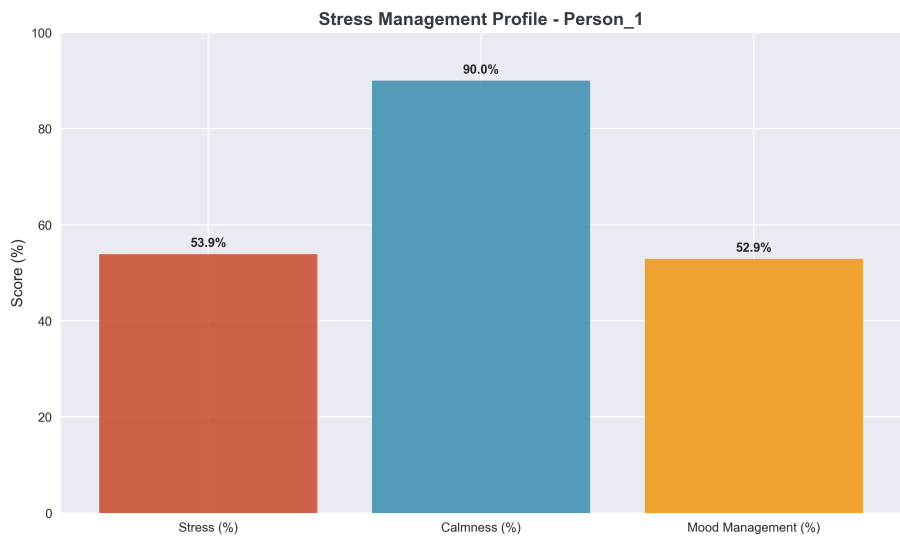
Key Performance Metrics

Metric	Score	Interpretation
Performance	63.9	Average - Performance has room for improvement
Emotional Regulation	73.7	Good - Emotional Regulation is well developed
Stress Level	53.9	Below Average - Stress Level needs attention
Calmness	90.0	Excellent - Calmness is a significant strength

Visual Score Representation:



Stress Management Profile



Detailed Component Analysis

Self Awareness: 82.5%

82.5%

You demonstrate exceptional self-awareness with a score of 82.5%. 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: 90.0%

90.0%

Your emotional management skills are outstanding at 90.0%. You excel at regulating your emotions, staying calm under pressure, and maintaining emotional balance. This ability helps you make rational decisions and maintain positive relationships even in challenging situations.

Motivating Oneself: 83.8%

83.8%

Your self-motivation score of 83.8% 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: 58.4%

58.4%

Your empathy score of 58.4% suggests this area requires development. Building empathy involves practicing active listening, perspective-taking, and developing genuine interest in others' experiences and emotions.

Social Skills: 60.2%

60.2%

Your social skills score of 60.2% 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: 48.9%

48.9%

Your Self Perception score of 48.9% 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: 82.0%

82.0%

Your Self Expression score of 82.0% 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: 73.8%

73.8%

Your Inter Personal score of 73.8% indicates good development in this area. This competency is well-established and serves as a solid foundation for your emotional intelligence.

Decision Making: 55.4%

55.4%

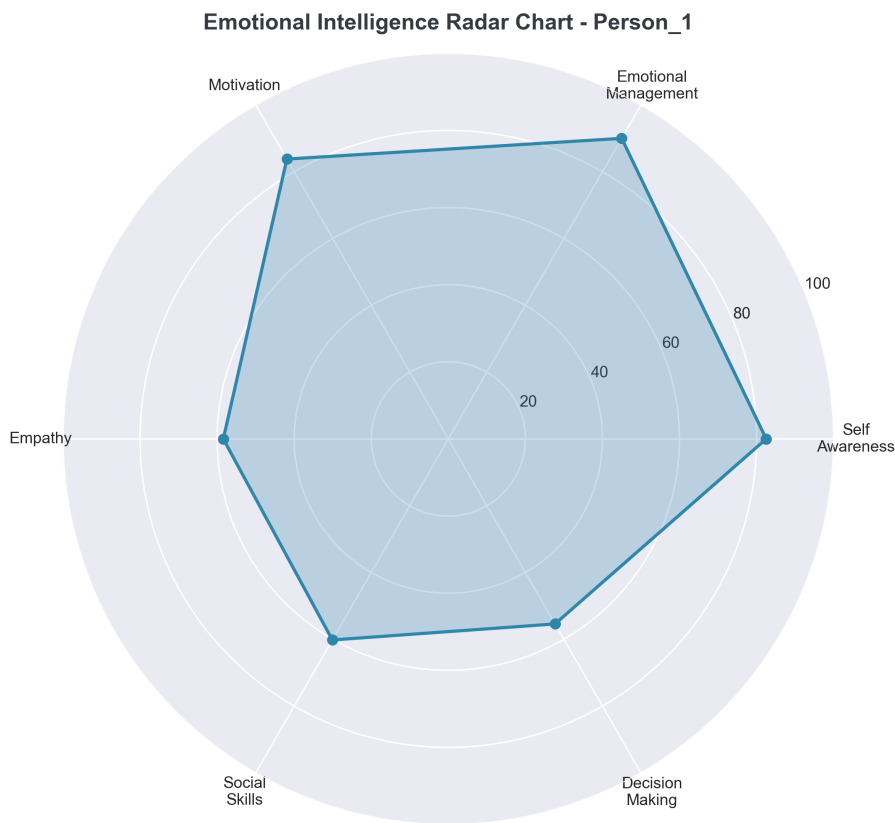
Your Decision Making score of 55.4% suggests this area needs focused development. Investing time and effort in improving this competency will significantly benefit your emotional intelligence and interpersonal effectiveness.

Stress Management: 80.4%

80.4%

Your stress management score of 80.4% 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

- Engage in perspective-taking activities and active listening
- Participate in group activities and communication workshops

Summary

Your overall Emotional Intelligence score of 55.1% 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.