

# Emotional Intelligence Assessment Report

Name: Person\_7

Assessment Date: July 26, 2025

Vintage: 2023

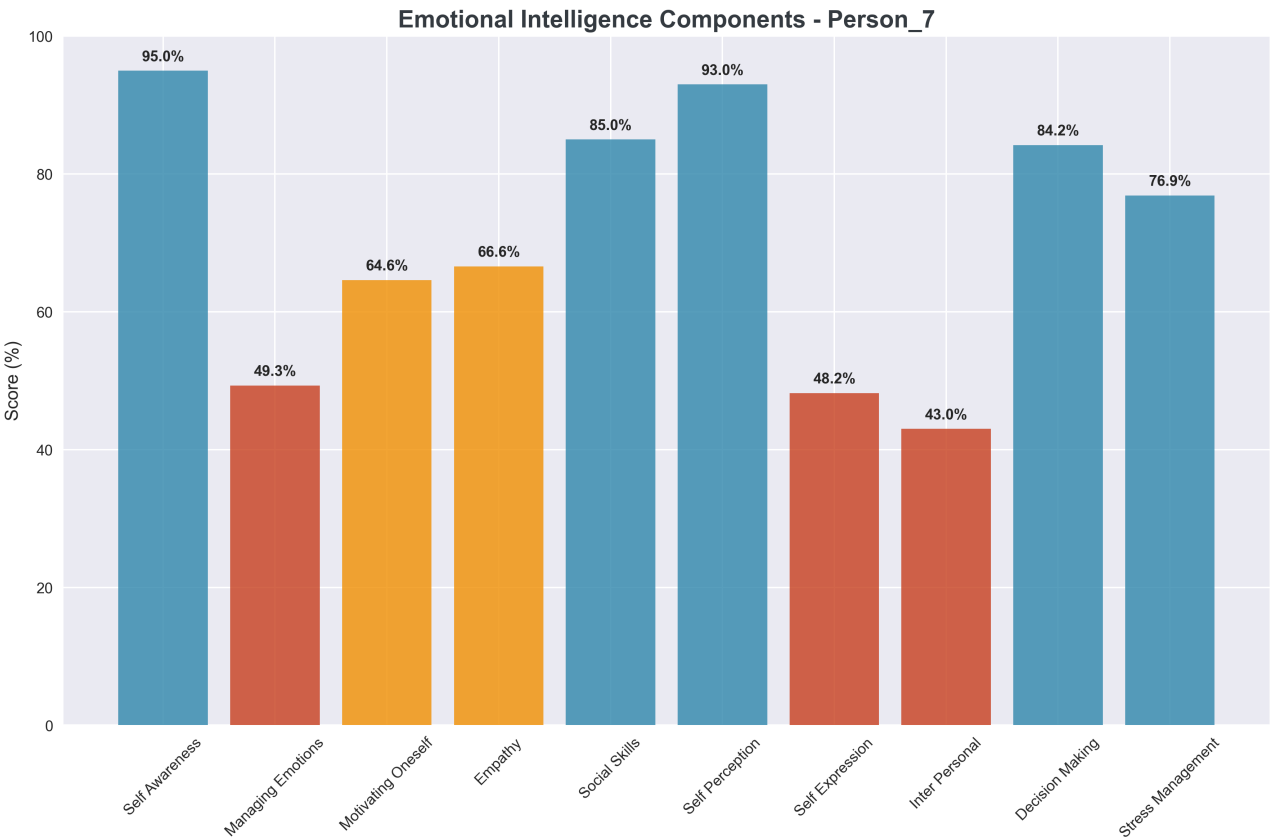
## Overall Emotional Intelligence Score

90.0/100

90.0%

Excellent - Overall EI is a significant strength

## Emotional Intelligence Components



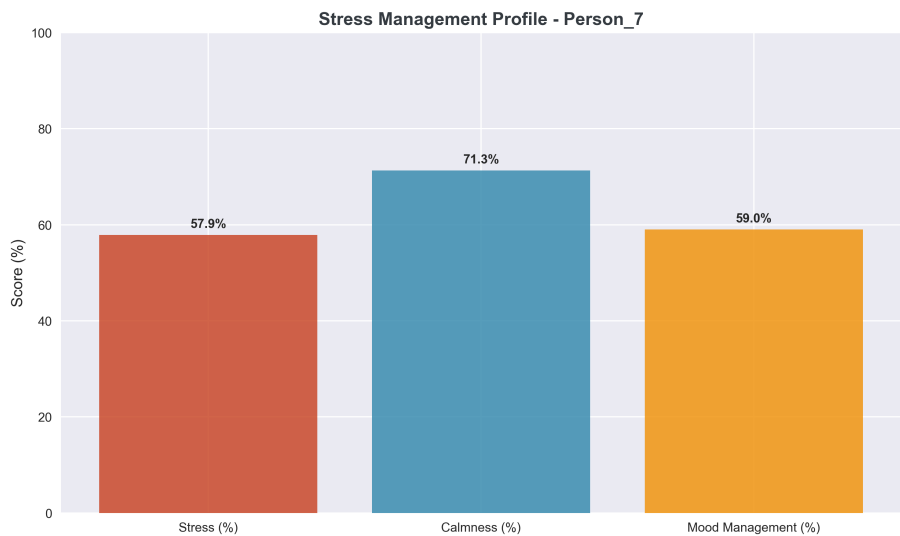
## Key Performance Metrics

Metric	Score	Interpretation
Performance	94.6	Excellent - Performance is a significant strength
Emotional Regulation	69.7	Average - Emotional Regulation has room for improvement
Stress Level	57.9	Below Average - Stress Level needs attention
Calmness	71.3	Good - Calmness is well developed

### Visual Score Representation:



## Stress Management Profile



## Detailed Component Analysis

### Self Awareness: 95.0%



You demonstrate exceptional self-awareness with a score of 95.0%. 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: 49.3%

49.3%

Your emotional management score of 49.3% 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: 64.6%

64.6%

Your self-motivation score of 64.6% 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: 66.6%

66.6%

Your empathy score of 66.6% indicates moderate ability in understanding others' emotions. While you can recognize basic emotional states, developing deeper perspective-taking skills and active listening will enhance your interpersonal effectiveness.

### Social Skills: 85.0%

85.0%

Your social skills score of 85.0% is exceptional. You excel at building relationships, communicating effectively, and influencing others positively. Your ability to navigate social situations makes you a natural leader and team player.

### Self Perception: 93.0%

93.0%

Your Self Perception score of 93.0% is excellent. This represents a significant strength in your emotional intelligence profile and contributes positively to your overall effectiveness in personal and professional contexts.

### Self Expression: 48.2%

48.2%

Your Self Expression score of 48.2% 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: 43.0%

43.0%

Your Inter Personal score of 43.0% 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: 84.2%

84.2%

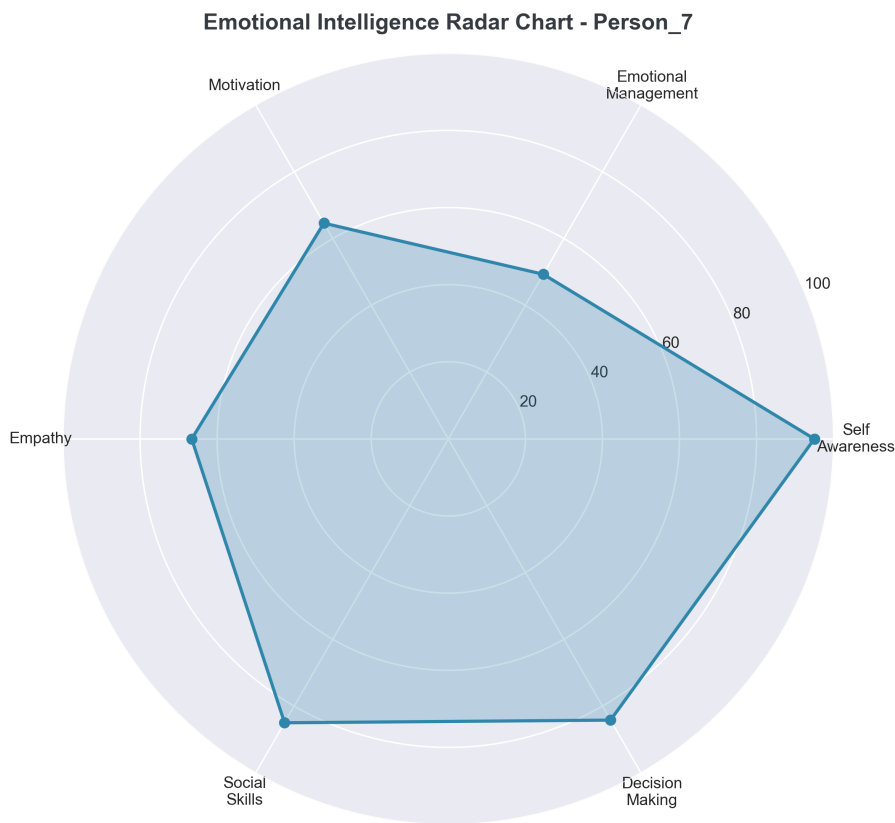
Your Decision Making score of 84.2% is excellent. This represents a significant strength in your emotional intelligence profile and contributes positively to your overall effectiveness in personal and professional contexts.

### Stress Management: 76.9%

76.9%

With a stress management score of 76.9%, you demonstrate good coping skills. You generally handle stress well and can maintain composure, though some high-pressure situations may still challenge your resilience.

## Emotional Intelligence Radar Chart



## Recommendations for Development

- Learn emotion regulation techniques and breathing exercises
- Engage in perspective-taking activities and active listening

## Summary

Your overall Emotional Intelligence score of 90.0% 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.