# **Emotional Intelligence Assessment Report**

Name: Person\_14

Assessment Date: July 26, 2025

Vintage: 2020

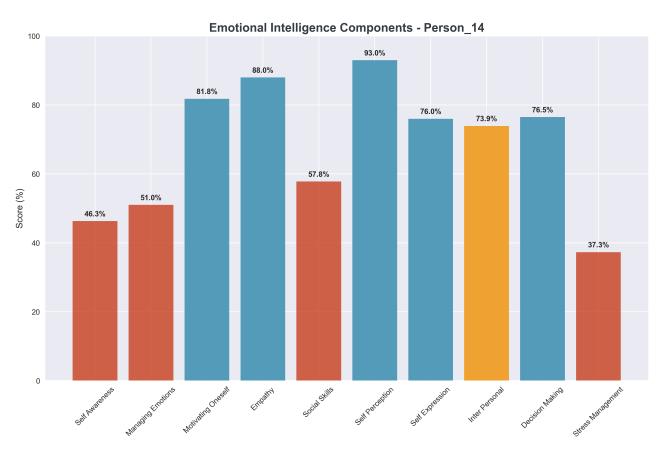
### **Overall Emotional Intelligence Score**

84.6/100

84.6%

Excellent - Overall EI is a significant strength

## **Emotional Intelligence Components**



## **Key Performance Metrics**

Metric	Score	Interpretation	
Performance	75.1	Good - Performance is well developed	
Emotional Regulation	84.7	Excellent - Emotional Regulation is a significant str	ength
Stress Level	61.3	Average - Stress Level has room for improvement	
Calmness	57.0	Below Average - Calmness needs attention	

### **Visual Score Representation:**



### **Stress Management Profile**



# **Detailed Component Analysis**

Self Awareness: 46.3%

46.3%

Your self-awareness score of 46.3% suggests this area needs focused attention. Developing greater awareness of your emotions, triggers, and behavioral patterns will significantly improve your emotional intelligence and interpersonal relationships.

**Managing Emotions: 51.0%** 

51.0%

Your emotional management score of 51.0% 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: 81.8%** 

81.8%

Your self-motivation score of 81.8% 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: 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: 57.8%

57.8%

Your social skills score of 57.8% 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: 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: 76.0%

76.0%

Your Self Expression 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.

Inter Personal: 73.9%

73.9%

Your Inter Personal score of 73.9% indicates good development in this area. This competency is well-established and serves as a solid foundation for your emotional intelligence.

### **Decision Making: 76.5%**

76.5%

Your Decision Making score of 76.5% indicates good development in this area. This competency is well-established and serves as a solid foundation for your emotional intelligence.

**Stress Management: 37.3%** 

37.3%

Your stress management score of 37.3% 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**

Emotional Intelligence Radar Chart - Person\_14



# **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 84.6% 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.