

# Emotional Intelligence Assessment Report

Name: Person\_20

Assessment Date: July 26, 2025

Vintage: 2024

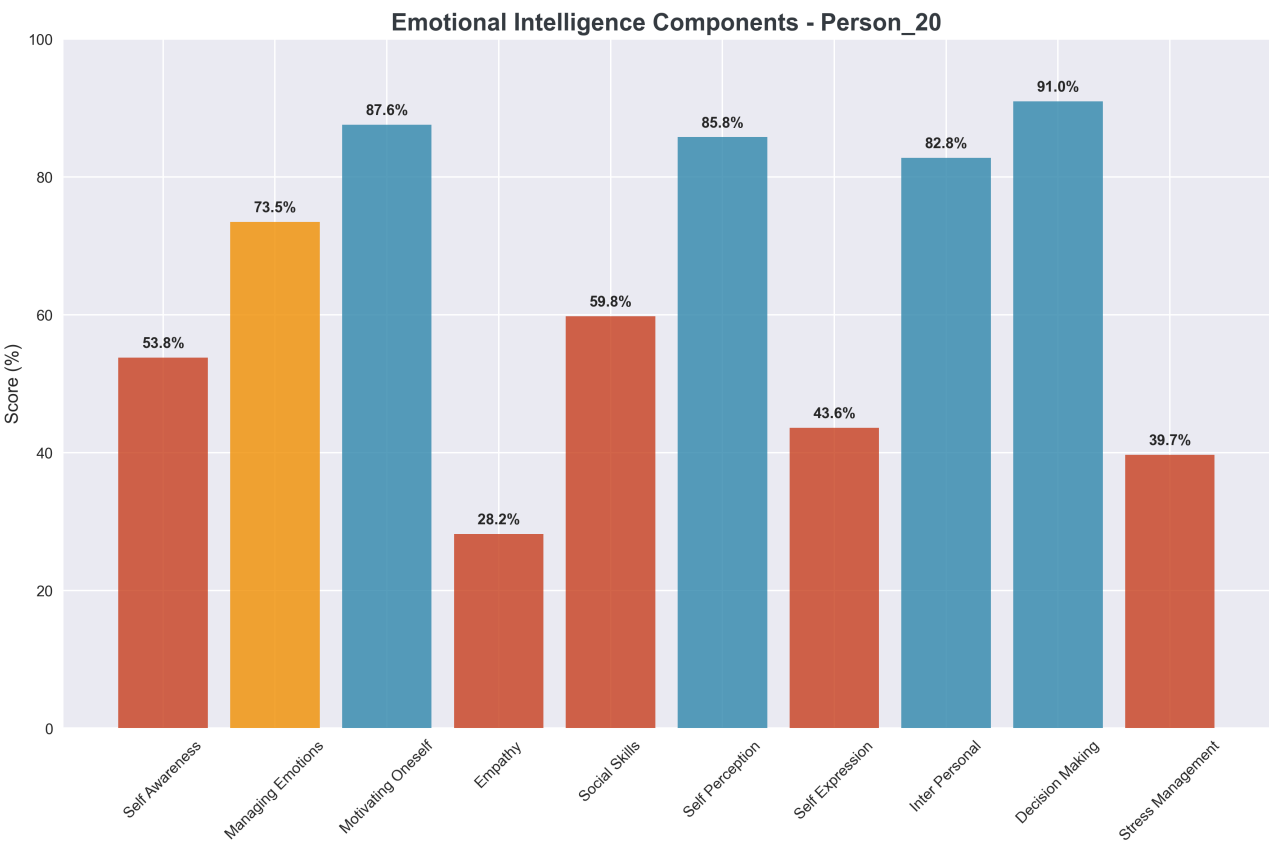
## Overall Emotional Intelligence Score

67.7/100

67.7%

Average - Overall EI has room for improvement

## Emotional Intelligence Components



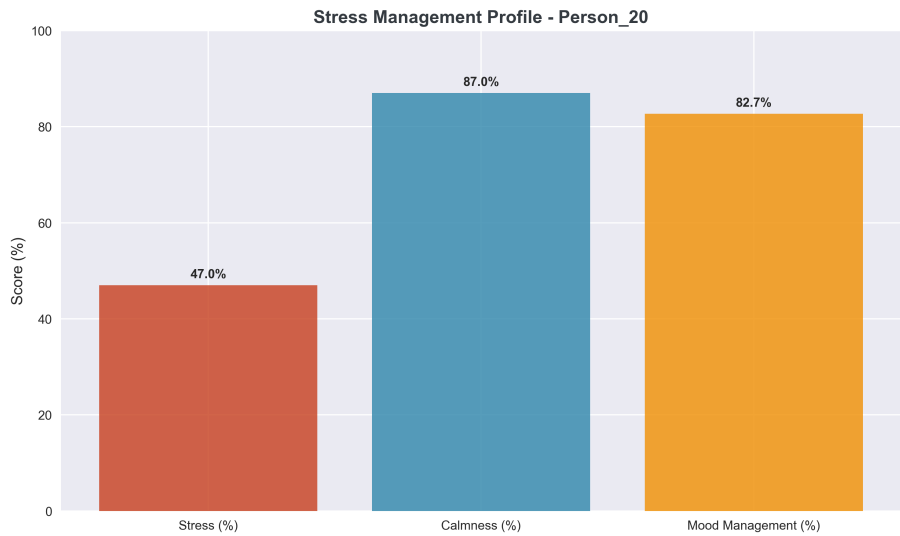
## Key Performance Metrics

Metric	Score	Interpretation
Performance	70.4	Good - Performance is well developed
Emotional Regulation	81.4	Excellent - Emotional Regulation is a significant strength
Stress Level	47.0	Needs Improvement - Stress Level requires focused development
Calmness	87.0	Excellent - Calmness is a significant strength

### Visual Score Representation:



## Stress Management Profile



## Detailed Component Analysis

### Self Awareness: 53.8%



Your self-awareness score of 53.8% 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: 73.5%

73.5%

With a score of 73.5% 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: 87.6%

87.6%

Your self-motivation score of 87.6% 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: 28.2%

28.2%

Your empathy score of 28.2% suggests this area requires development. Building empathy involves practicing active listening, perspective-taking, and developing genuine interest in others' experiences and emotions.

### Social Skills: 59.8%

59.8%

Your social skills score of 59.8% 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: 85.8%

85.8%

Your Self Perception score of 85.8% 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: 43.6%

43.6%

Your Self Expression score of 43.6% 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: 82.8%

82.8%

Your Inter Personal score of 82.8% is excellent. This represents a significant strength in your emotional intelligence profile and contributes positively to your overall effectiveness in personal and professional contexts.

### Decision Making: 91.0%

91.0%

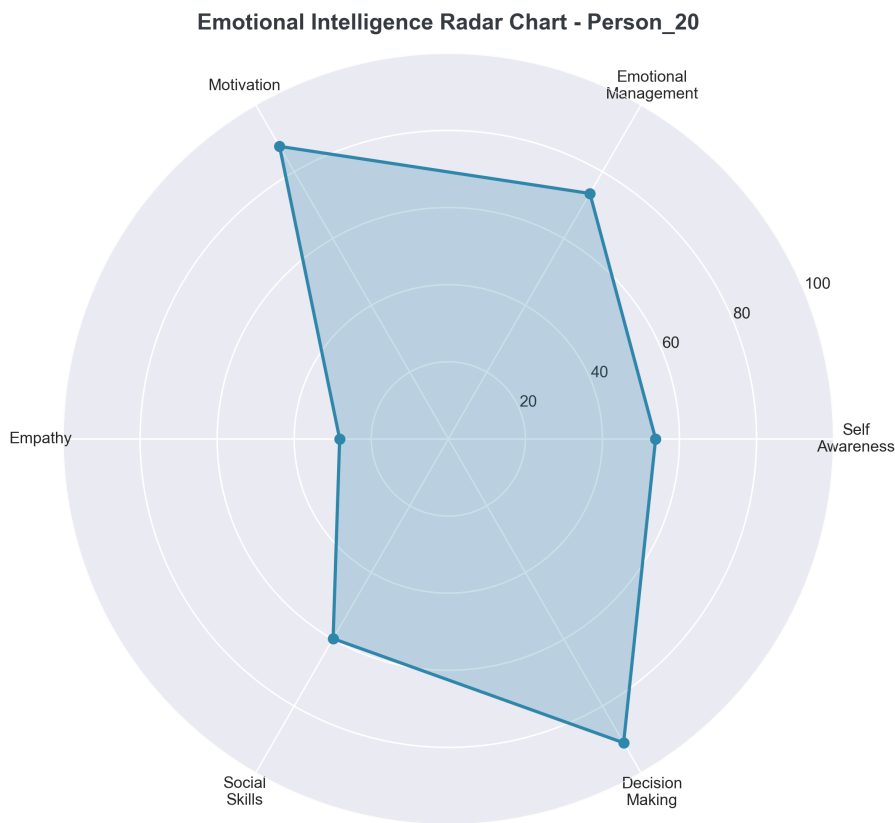
Your Decision Making score of 91.0% is excellent. This represents a significant strength in your emotional intelligence profile and contributes positively to your overall effectiveness in personal and professional contexts.

### Stress Management: 39.7%

39.7%

Your stress management score of 39.7% 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
- Engage in perspective-taking activities and active listening
- Participate in group activities and communication workshops
- Develop stress management strategies and relaxation techniques

## Summary

Your overall Emotional Intelligence score of 67.7% 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.