

# Emotional Intelligence Assessment Report

Name: Person\_2

Assessment Date: July 26, 2025

Vintage: 2022

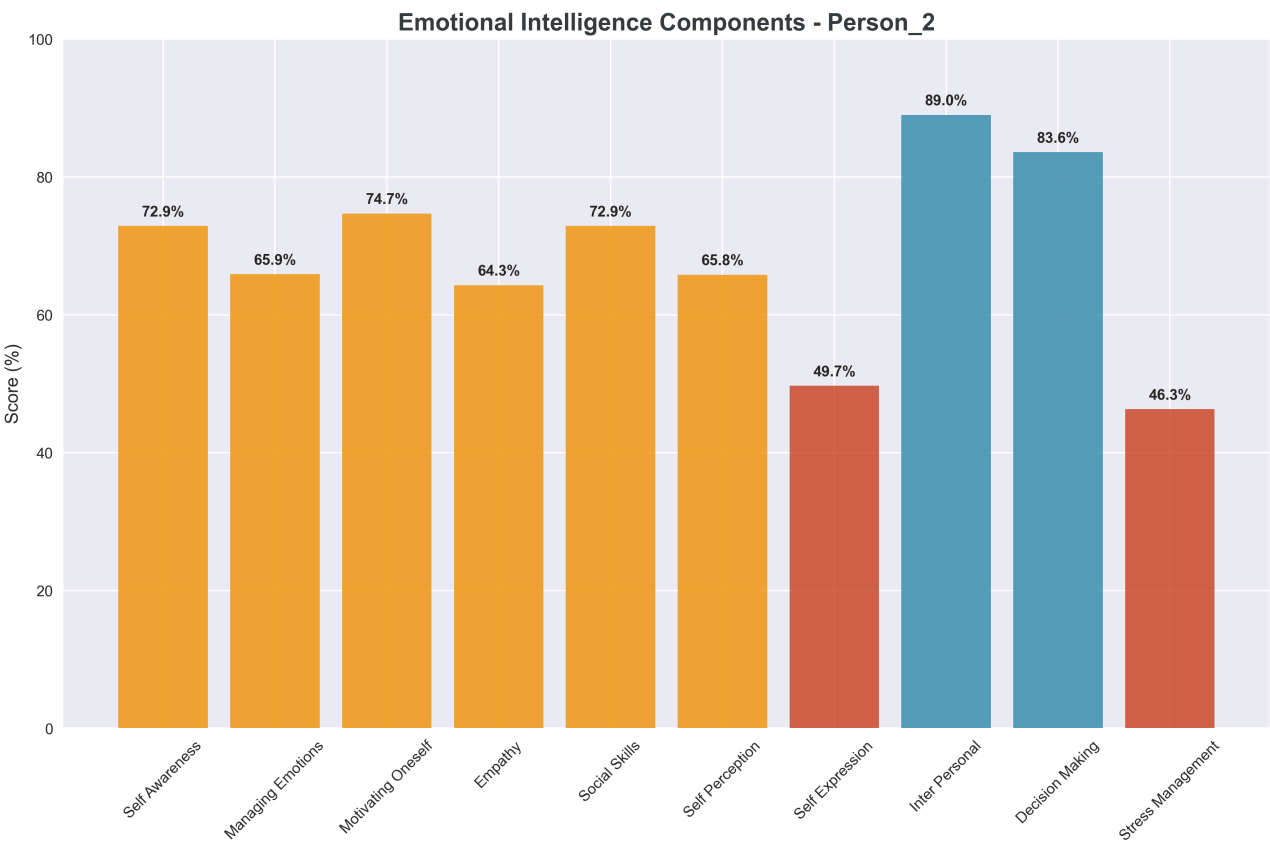
## Overall Emotional Intelligence Score

59.9/100

59.9%

Below Average - Overall EI needs attention

## Emotional Intelligence Components



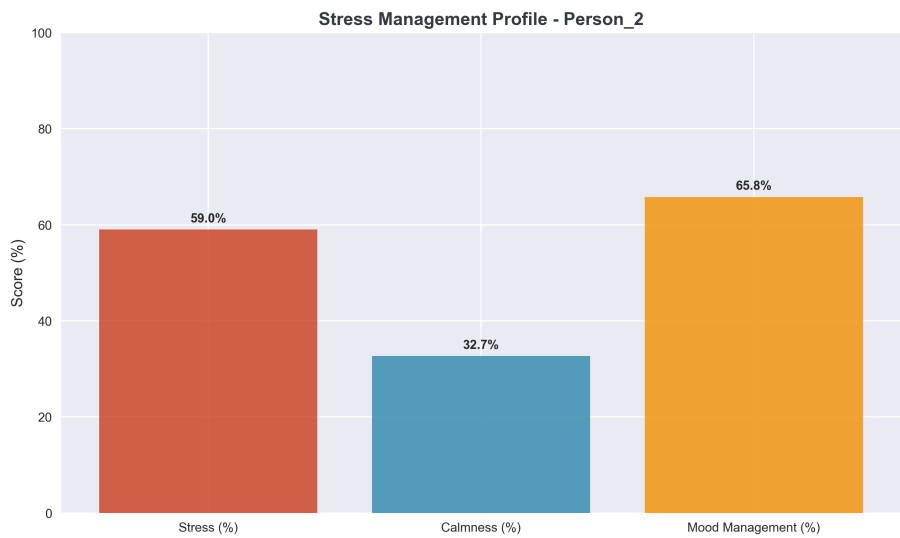
## Key Performance Metrics

Metric	Score	Interpretation
Performance	74.3	Good - Performance is well developed
Emotional Regulation	81.9	Excellent - Emotional Regulation is a significant strength
Stress Level	59.0	Below Average - Stress Level needs attention
Calmness	32.7	Needs Improvement - Calmness requires focused development

### Visual Score Representation:



## Stress Management Profile



## Detailed Component Analysis

### Self Awareness: 72.9%



Your self-awareness score of 72.9% indicates good development in this area. You generally understand your emotions and their impact, though there may be some blind spots. With continued reflection and mindfulness practice, you can further enhance this crucial EI component.

### Managing Emotions: 65.9%

65.9%

Your emotional management score of 65.9% shows moderate ability in this area. While you can regulate emotions in most situations, you may struggle with intense emotions or high-stress scenarios. Learning specific techniques like deep breathing and cognitive reframing can help.

### Motivating Oneself: 74.7%

74.7%

With a motivation score of 74.7%, 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: 64.3%

64.3%

Your empathy score of 64.3% 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: 72.9%

72.9%

With a social skills score of 72.9%, you demonstrate good interpersonal abilities. You can generally communicate well and build relationships, though some complex social dynamics may require additional attention and skill development.

### Self Perception: 65.8%

65.8%

Your Self Perception score of 65.8% shows moderate development. There's room for improvement, and focusing on this area will enhance your overall emotional intelligence.

### Self Expression: 49.7%

49.7%

Your Self Expression score of 49.7% 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: 89.0%

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Your Inter Personal score of 89.0% is excellent. This represents a significant strength in your emotional intelligence profile and contributes positively to your overall effectiveness in personal and professional contexts.

### Decision Making: 83.6%

83.6%

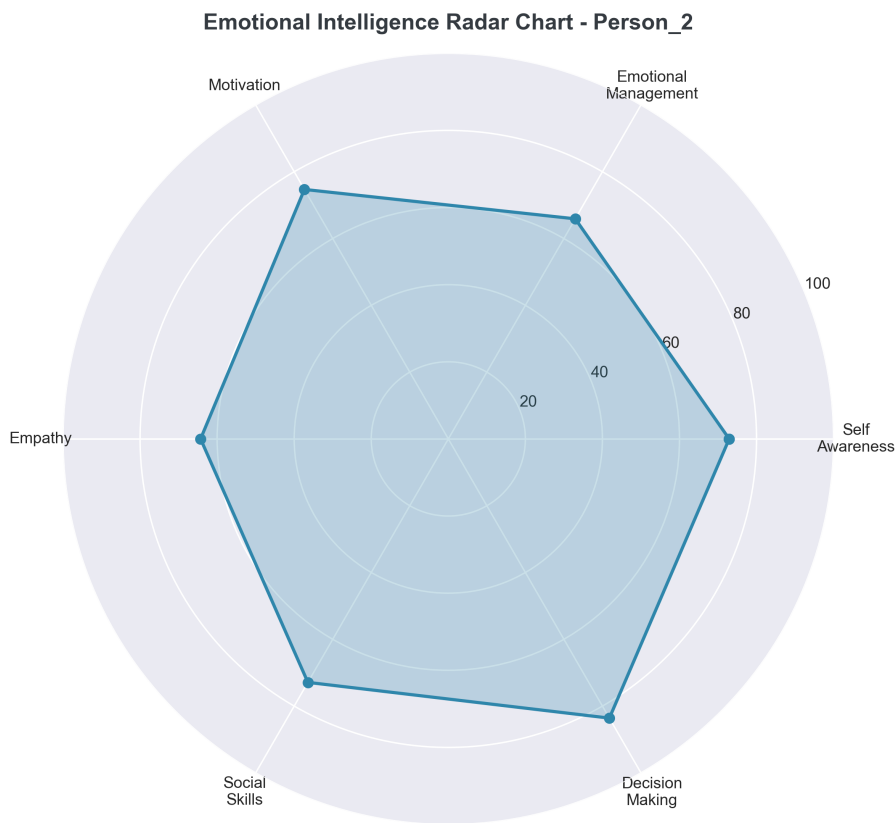
Your Decision Making score of 83.6% is excellent. This represents a significant strength in your emotional intelligence profile and contributes positively to your overall effectiveness in personal and professional contexts.

### Stress Management: 46.3%

46.3%

Your stress management score of 46.3% 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



## Recommendations for Development

- Learn emotion regulation techniques and breathing exercises
- Engage in perspective-taking activities and active listening
- Develop stress management strategies and relaxation techniques

## Summary

Your overall Emotional Intelligence score of 59.9% 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.