

# Emotional Intelligence Assessment Report

Name: Person\_12

Assessment Date: July 26, 2025

Vintage: 2023

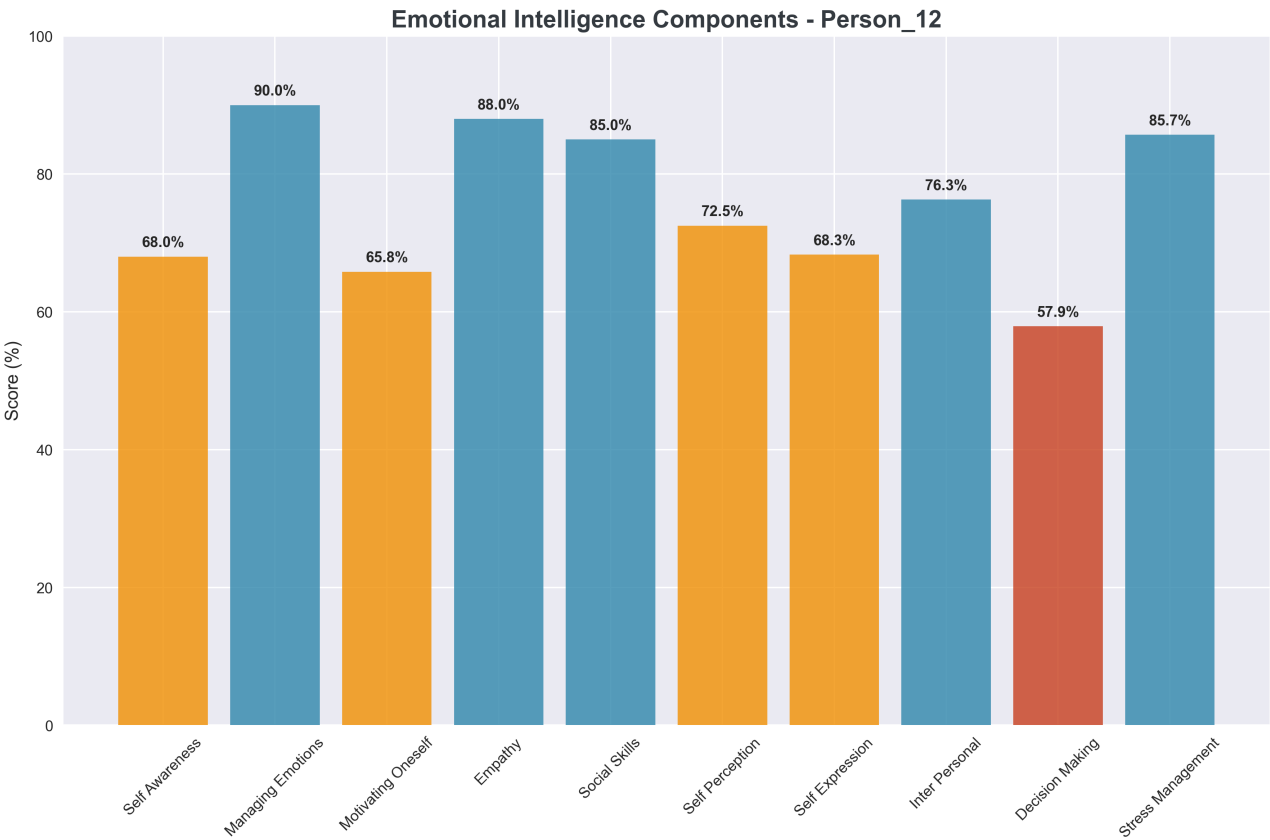
## Overall Emotional Intelligence Score

89.8/100

89.8%

Excellent - Overall EI is a significant strength

## Emotional Intelligence Components



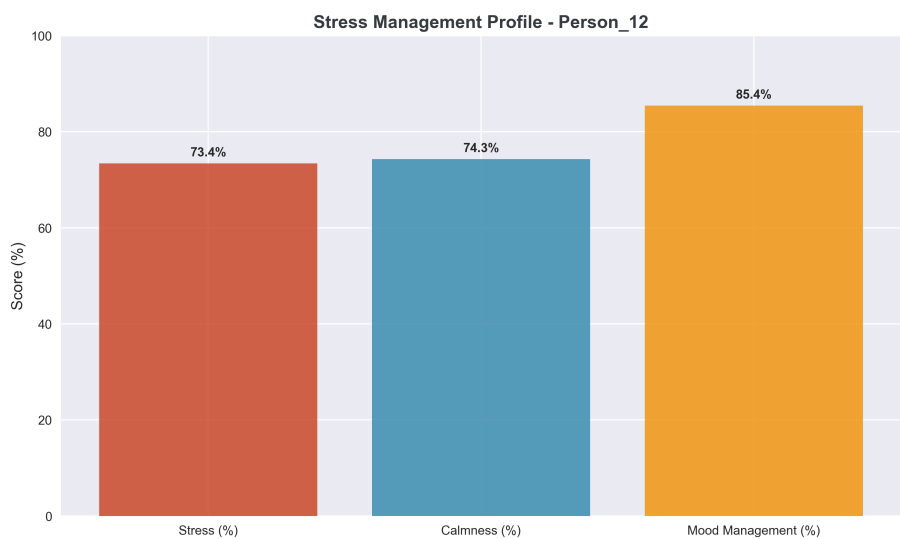
## Key Performance Metrics

Metric	Score	Interpretation
Performance	57.8	Below Average - Performance needs attention
Emotional Regulation	64.6	Average - Emotional Regulation has room for improvement
Stress Level	73.4	Good - Stress Level is well developed
Calmness	74.3	Good - Calmness is well developed

### Visual Score Representation:



## Stress Management Profile



## Detailed Component Analysis

### Self Awareness: 68.0%



With a self-awareness score of 68.0%, you have a moderate understanding of your emotional patterns. There's room for growth in recognizing how your emotions influence your thoughts and actions. Regular self-reflection and feedback from others can help strengthen this area.

### 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: 65.8%

65.8%

Your self-motivation score of 65.8% 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: 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: 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: 72.5%

72.5%

Your Self Perception score of 72.5% indicates good development in this area. This competency is well-established and serves as a solid foundation for your emotional intelligence.

### Self Expression: 68.3%

68.3%

Your Self Expression score of 68.3% shows moderate development. There's room for improvement, and focusing on this area will enhance your overall emotional intelligence.

### Inter Personal: 76.3%

76.3%

Your Inter Personal score of 76.3% indicates good development in this area. This competency is well-established and serves as a solid foundation for your emotional intelligence.

### Decision Making: 57.9%

57.9%

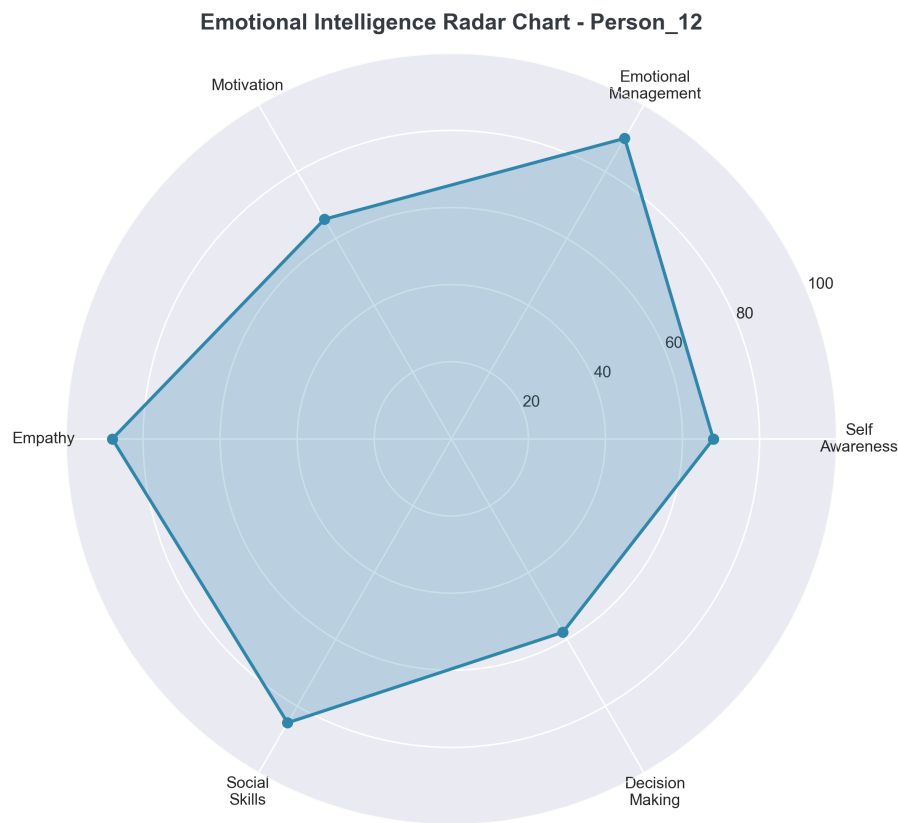
Your Decision Making score of 57.9% suggests this area needs focused development. Investing time and effort in improving this competency will significantly benefit your emotional intelligence and interpersonal effectiveness.

### Stress Management: 85.7%

85.7%

Your stress management score of 85.7% 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

- Practice mindfulness and self-reflection exercises

## Summary

Your overall Emotional Intelligence score of 89.8% 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.