

# Emotional Intelligence Assessment Report

Name: Person\_14

Assessment Date: July 26, 2025

Vintage: 2020

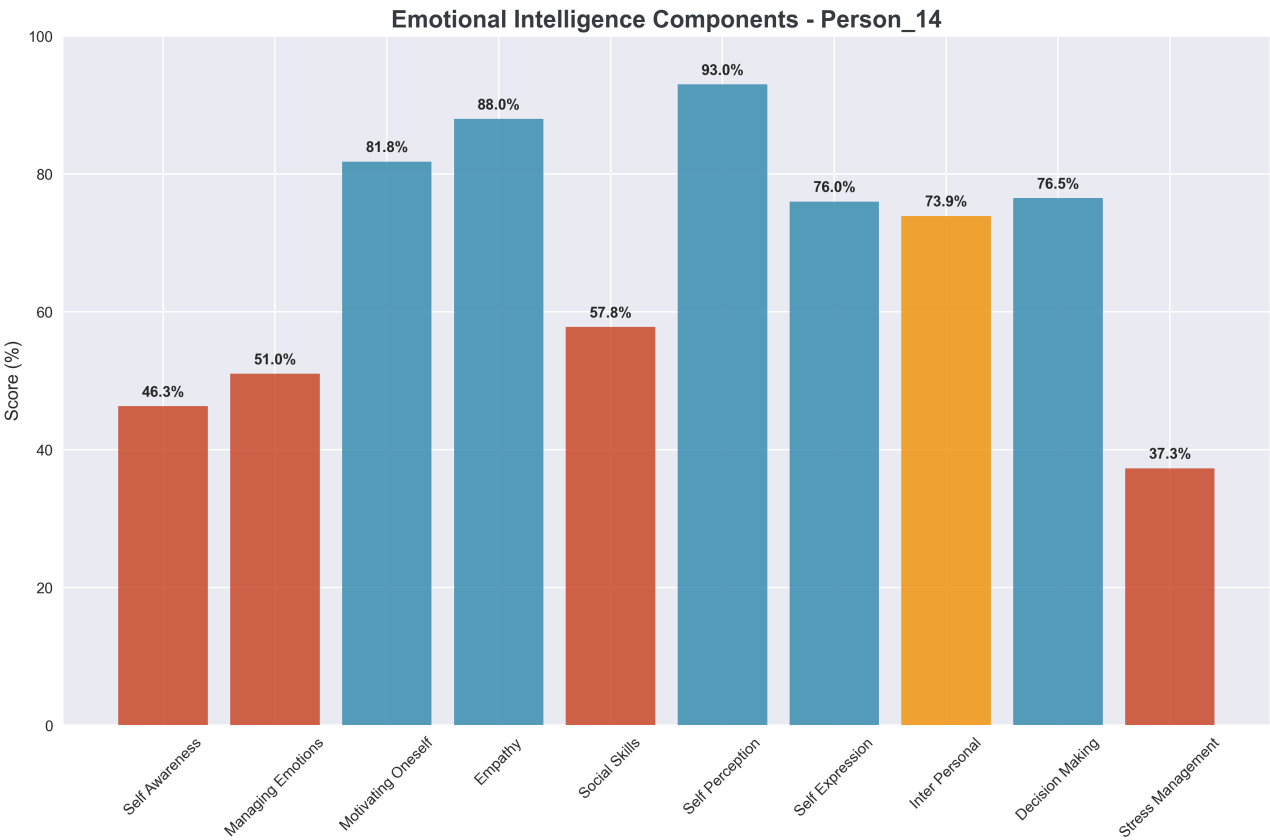
## Overall Emotional Intelligence Score

84.6/100

84.6%

Excellent - Overall EI is a significant strength

## Emotional Intelligence Components



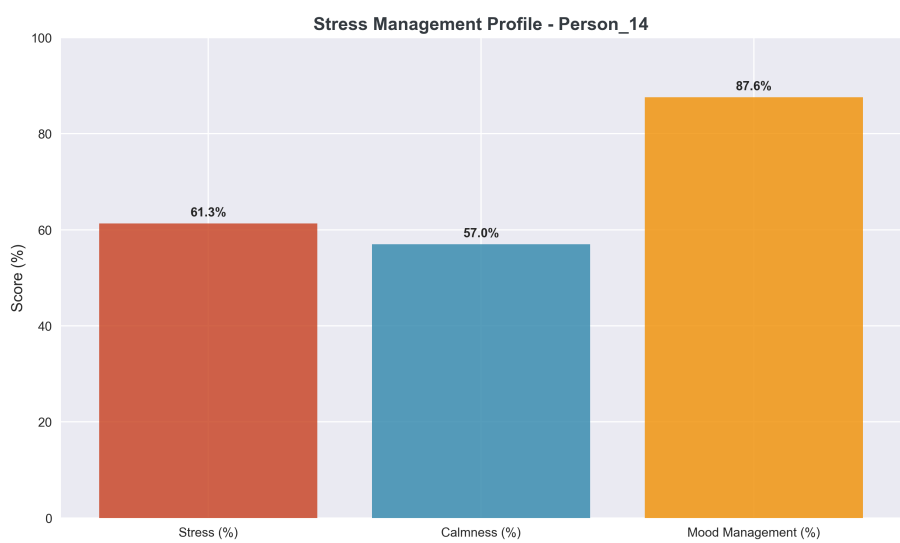
## Key Performance Metrics

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

### Visual Score Representation:

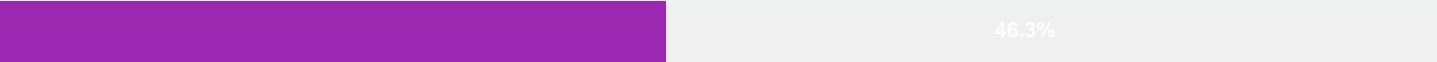


## Stress Management Profile



## Detailed Component Analysis

### Self Awareness: 46.3%



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%

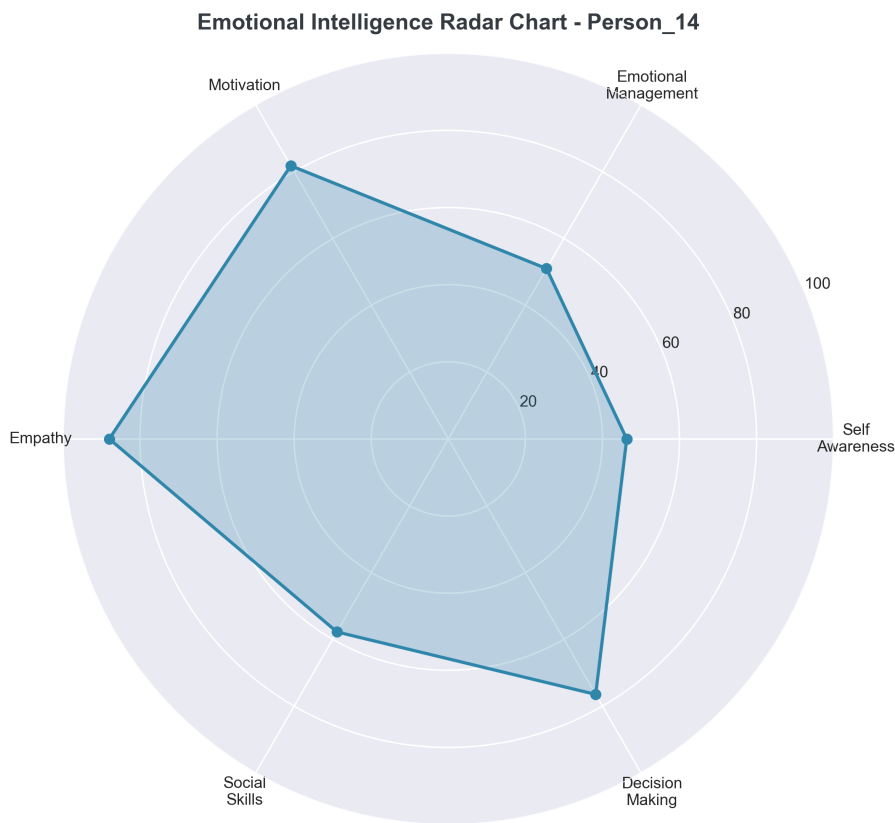
Your Decision Making score of 76.5% indicates good development in this area. This competency is well-established and serves as a solid foundation for your emotional intelligence.

### 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



## 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.