

# Emotional Intelligence Assessment Report

Name: Person\_16

Assessment Date: July 26, 2025

Vintage: 2024

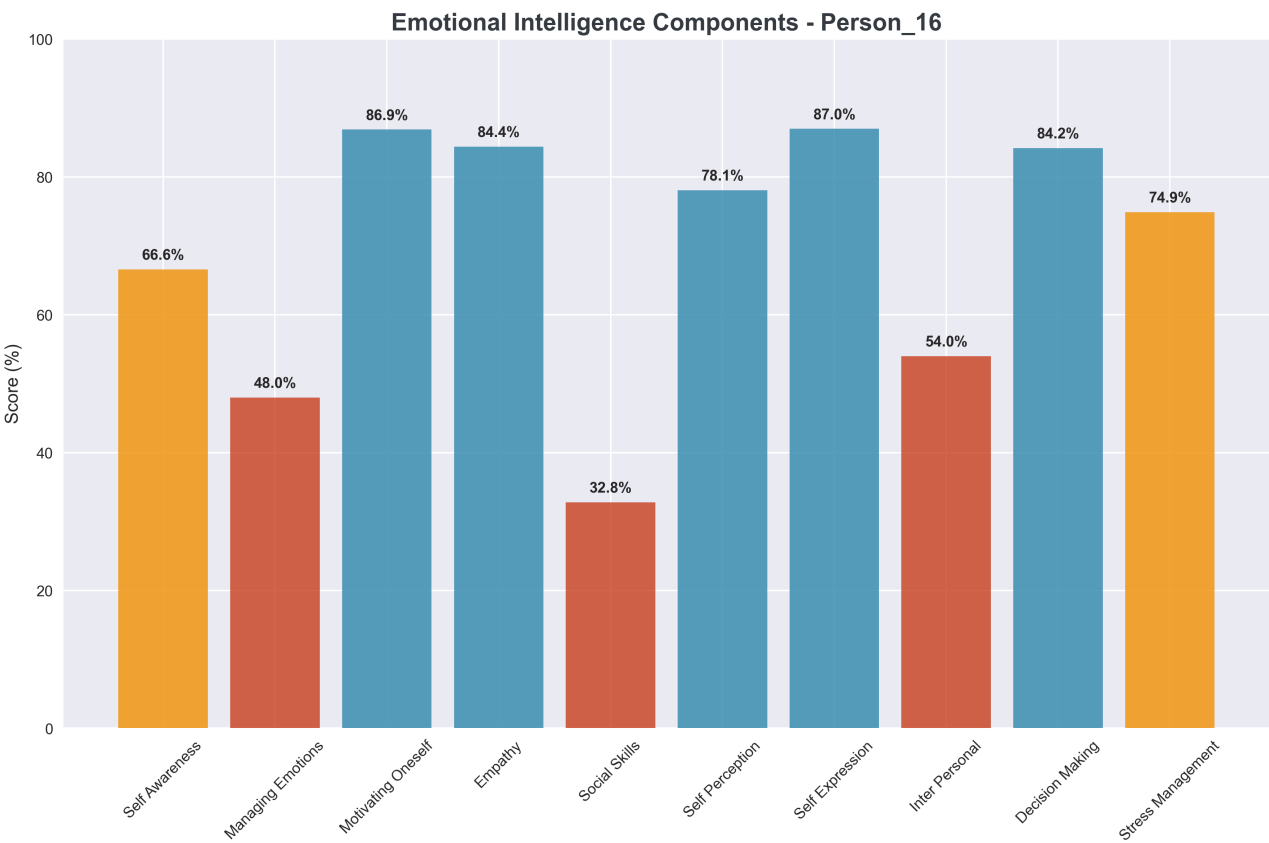
## Overall Emotional Intelligence Score

70.4/100

70.4%

Good - Overall EI is well developed

## Emotional Intelligence Components



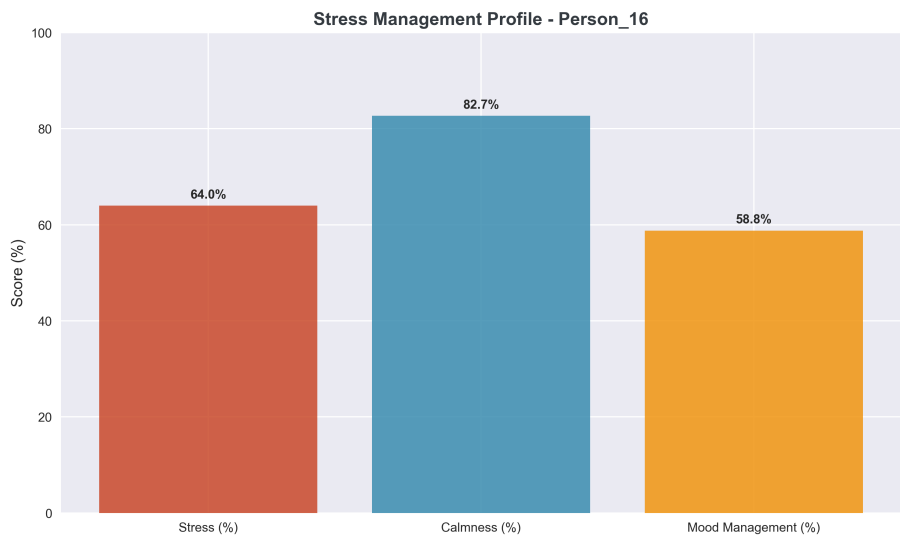
## Key Performance Metrics

Metric	Score	Interpretation
Performance	80.5	Excellent - Performance is a significant strength
Emotional Regulation	61.6	Average - Emotional Regulation has room for improvement
Stress Level	64.0	Average - Stress Level has room for improvement
Calmness	82.7	Excellent - Calmness is a significant strength

### Visual Score Representation:



## Stress Management Profile



## Detailed Component Analysis

### Self Awareness: 66.6%



With a self-awareness score of 66.6%, 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: 48.0%

48.0%

Your emotional management score of 48.0% 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: 86.9%

86.9%

Your self-motivation score of 86.9% 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: 84.4%

84.4%

Your empathy score of 84.4% 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: 32.8%

32.8%

Your social skills score of 32.8% 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: 78.1%

78.1%

Your Self Perception score of 78.1% indicates good development in this area. This competency is well-established and serves as a solid foundation for your emotional intelligence.

### Self Expression: 87.0%

87.0%

Your Self Expression score of 87.0% is excellent. This represents a significant strength in your emotional intelligence profile and contributes positively to your overall effectiveness in personal and professional contexts.

### Inter Personal: 54.0%

54.0%

Your Inter Personal score of 54.0% suggests this area needs focused development. Investing time and effort in improving this competency will significantly benefit your emotional intelligence and interpersonal effectiveness.

### Decision Making: 84.2%

84.2%

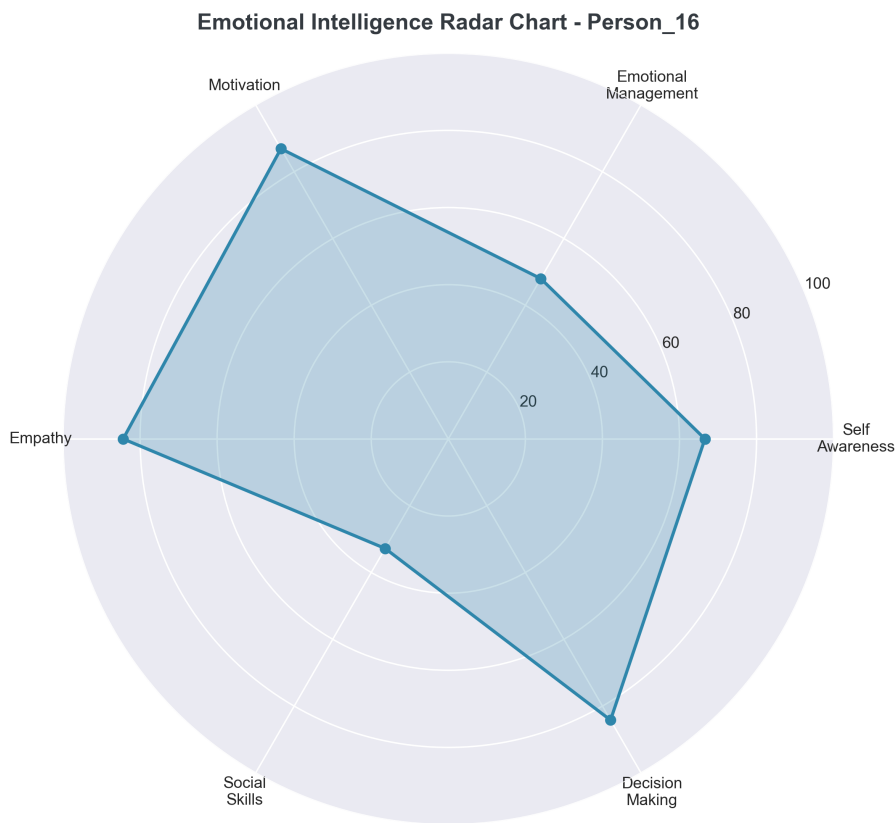
Your Decision Making score of 84.2% is excellent. This represents a significant strength in your emotional intelligence profile and contributes positively to your overall effectiveness in personal and professional contexts.

### Stress Management: 74.9%

74.9%

With a stress management score of 74.9%, you demonstrate good coping skills. You generally handle stress well and can maintain composure, though some high-pressure situations may still challenge your resilience.

## 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

## Summary

Your overall Emotional Intelligence score of 70.4% 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.