

# Emotional Intelligence Assessment Report

Name: Person\_10

Assessment Date: July 26, 2025

Vintage: 2022

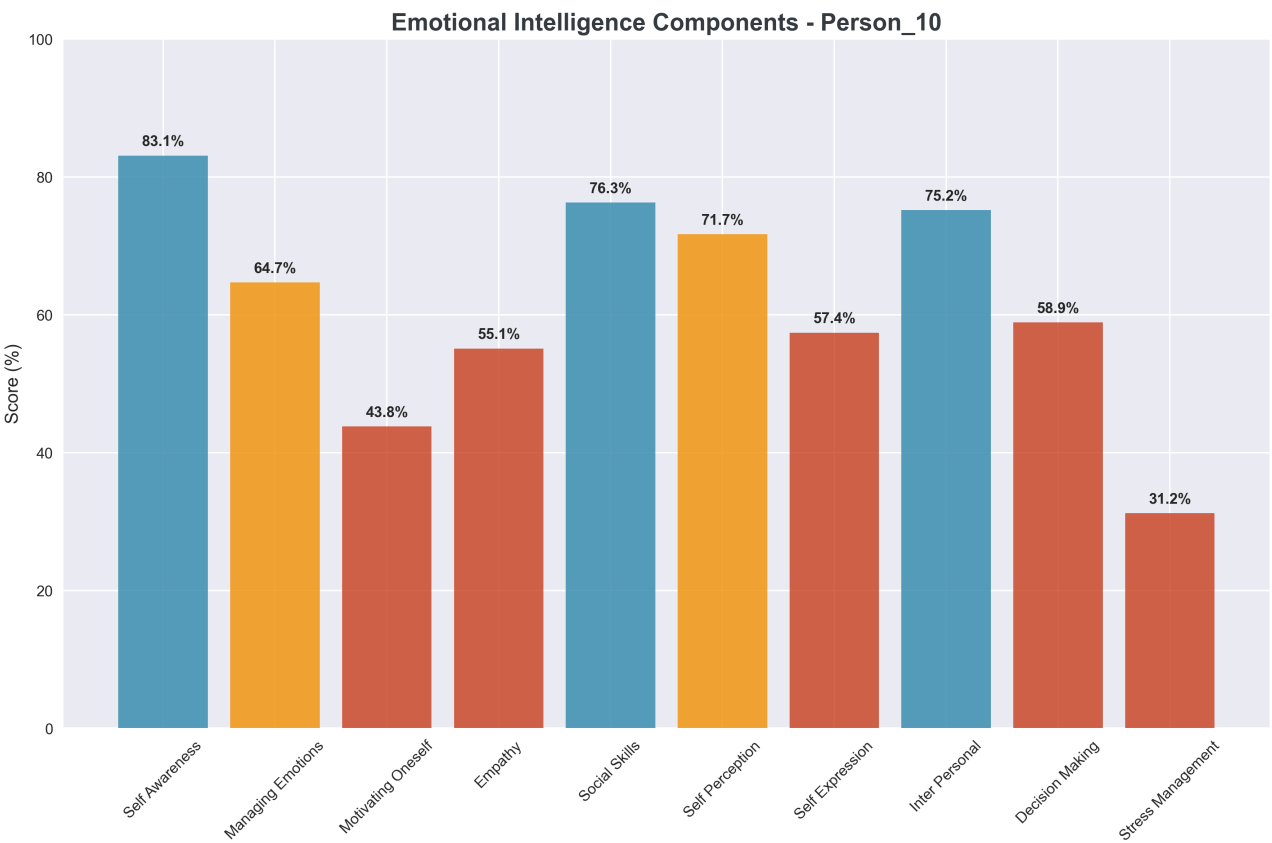
## Overall Emotional Intelligence Score

66.4/100



Average - Overall EI has room for improvement

## Emotional Intelligence Components



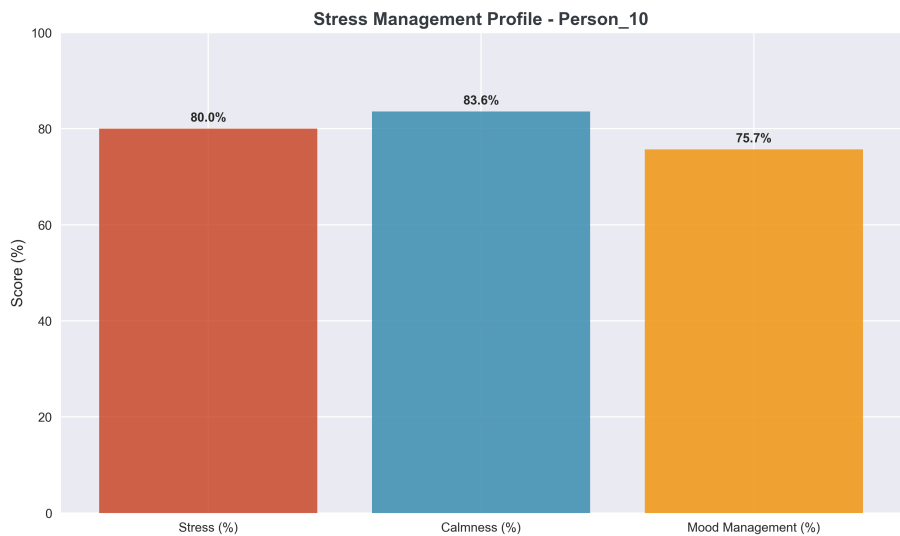
## Key Performance Metrics

Metric	Score	Interpretation
Performance	76.6	Good - Performance is well developed
Emotional Regulation	62.7	Average - Emotional Regulation has room for improvement
Stress Level	80.0	Excellent - Stress Level is a significant strength
Calmness	83.6	Excellent - Calmness is a significant strength

### Visual Score Representation:



## Stress Management Profile



## Detailed Component Analysis

### Self Awareness: 83.1%

83.1%

You demonstrate exceptional self-awareness with a score of 83.1%. You have a deep understanding of your emotions, strengths, weaknesses, and how they impact your behavior and relationships. This high level of self-awareness allows you to make conscious choices and respond thoughtfully rather than react impulsively.

### Managing Emotions: 64.7%

64.7%

Your emotional management score of 64.7% 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: 43.8%

43.8%

Your motivation score of 43.8% suggests this area needs focused development. Building intrinsic motivation, setting clear goals, and developing resilience will help you maintain drive and achieve your objectives more effectively.

### Empathy: 55.1%

55.1%

Your empathy score of 55.1% suggests this area requires development. Building empathy involves practicing active listening, perspective-taking, and developing genuine interest in others' experiences and emotions.

### Social Skills: 76.3%

76.3%

With a social skills score of 76.3%, 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: 71.7%

71.7%

Your Self Perception score of 71.7% indicates good development in this area. This competency is well-established and serves as a solid foundation for your emotional intelligence.

### Self Expression: 57.4%

57.4%

Your Self Expression score of 57.4% 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: 75.2%

75.2%

Your Inter Personal score of 75.2% indicates good development in this area. This competency is well-established and serves as a solid foundation for your emotional intelligence.

### Decision Making: 58.9%

58.9%

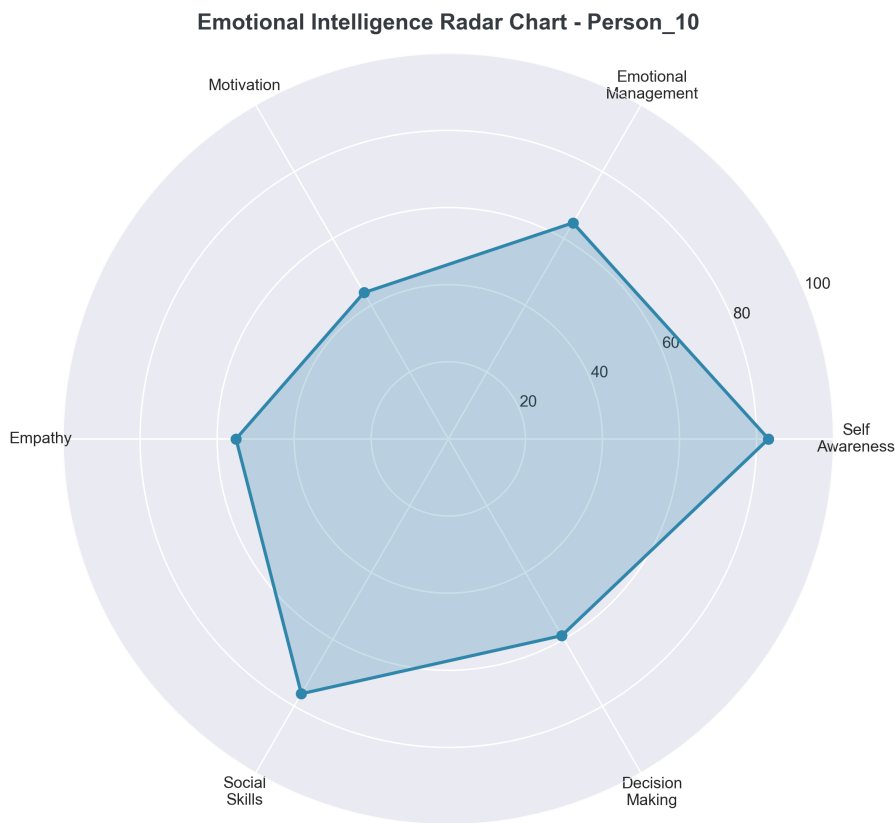
Your Decision Making score of 58.9% suggests this area needs focused development. Investing time and effort in improving this competency will significantly benefit your emotional intelligence and interpersonal effectiveness.

### Stress Management: 31.2%

31.2%

Your stress management score of 31.2% 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 66.4% 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.