

Emotional Intelligence Assessment Report

Name: Person_16

Assessment Date: July 26, 2025

Vintage: 2024

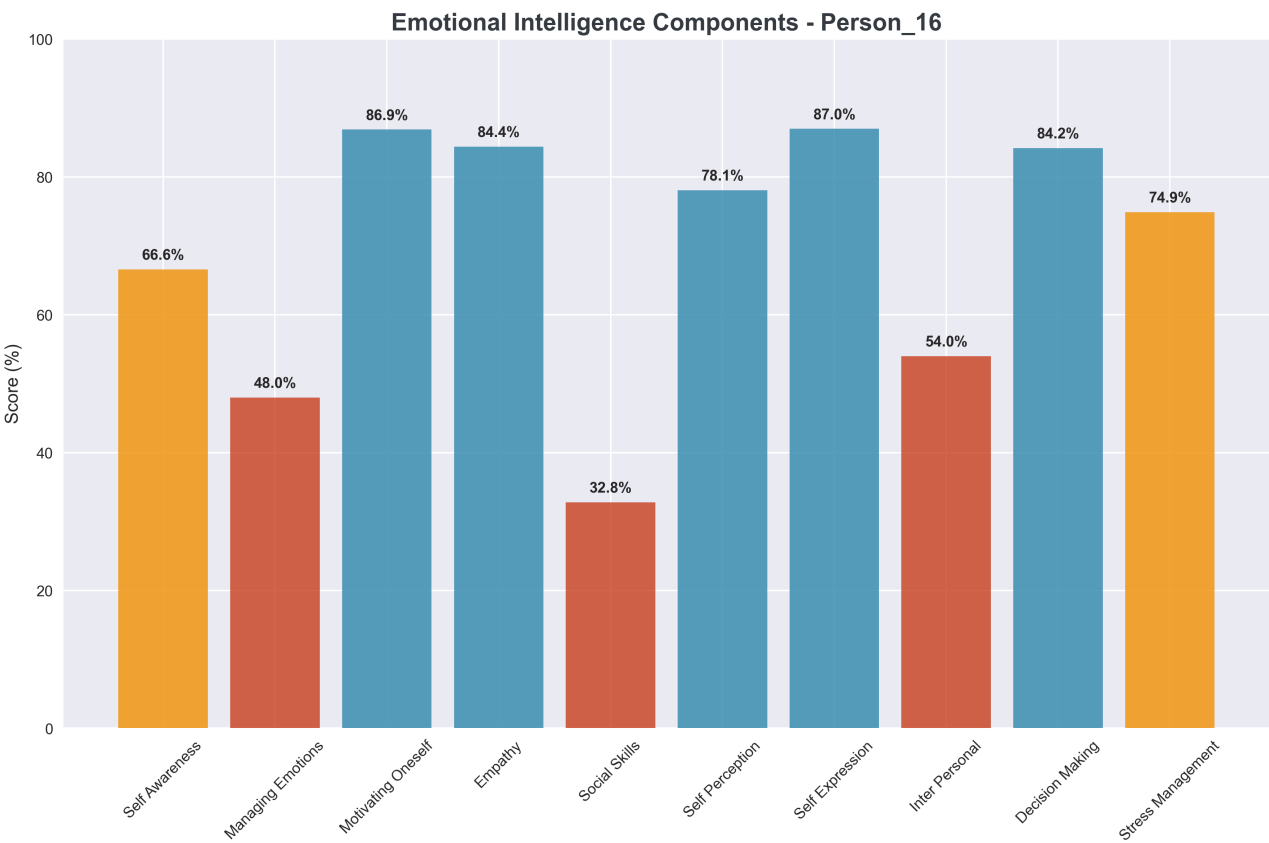
Overall Emotional Intelligence Score

70.4/100

70.4%

Good - Overall EI is well developed

Emotional Intelligence Components



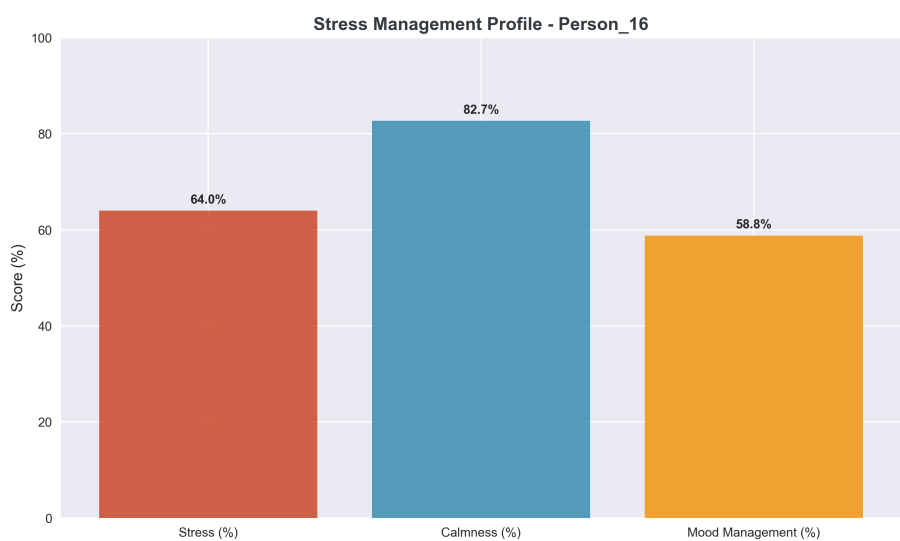
Key Performance Metrics

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%

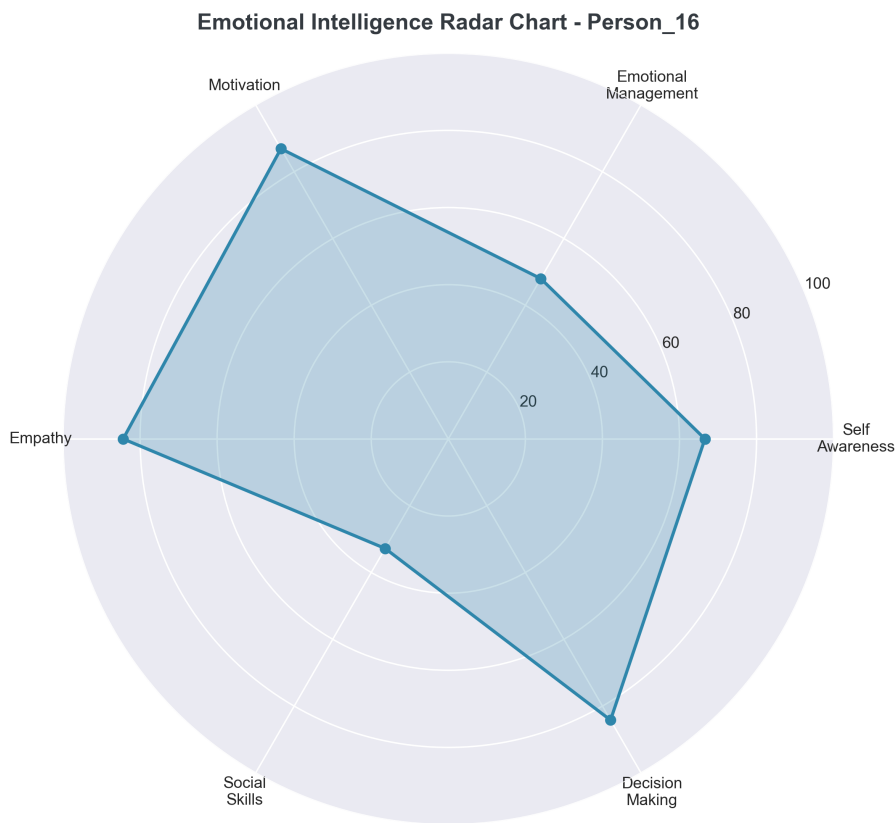
Your Decision Making score of 84.2% is excellent. This represents a significant strength in your emotional intelligence profile and contributes positively to your overall effectiveness in personal and professional contexts.

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.