

Emotional Intelligence Assessment Report

Name: Person_19

Assessment Date: July 26, 2025

Vintage: 2021

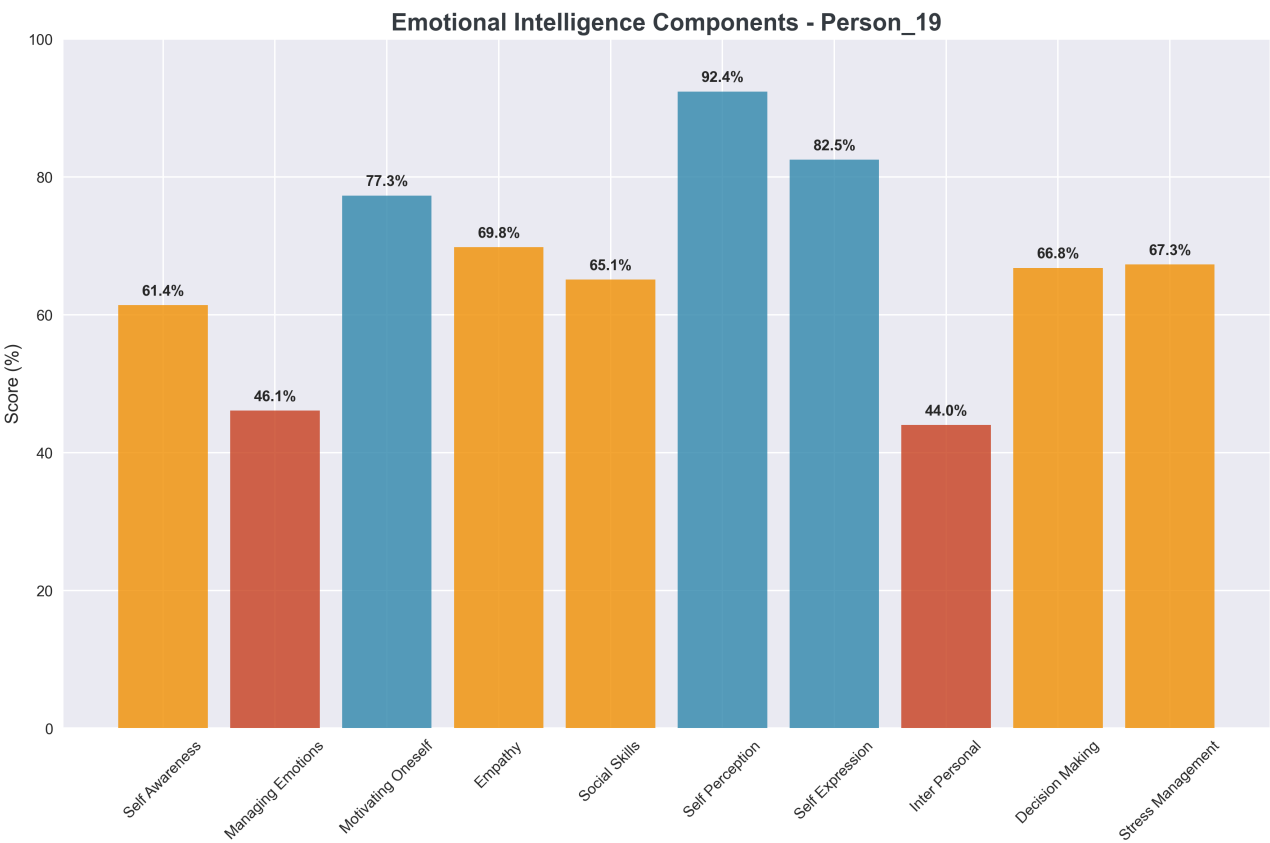
Overall Emotional Intelligence Score

75.8/100

75.8%

Good - Overall EI is well developed

Emotional Intelligence Components



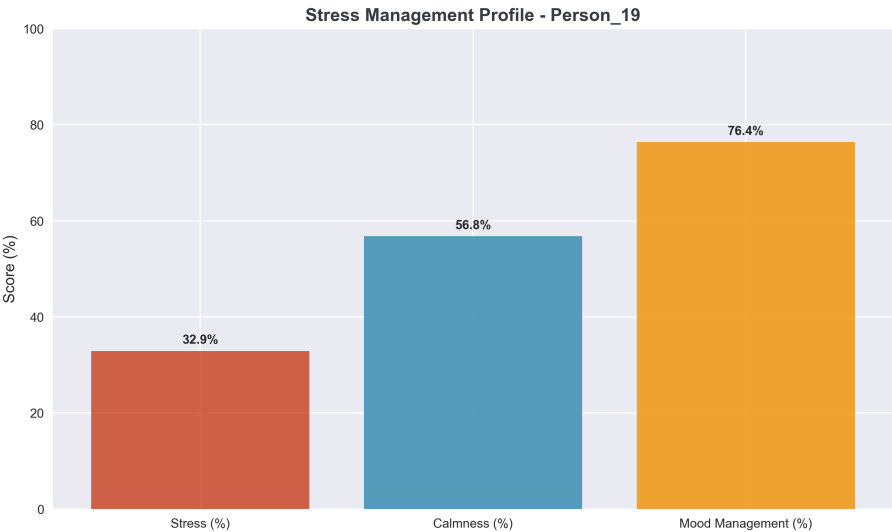
Key Performance Metrics

Metric	Score	Interpretation
Performance	75.8	Good - Performance is well developed
Emotional Regulation	84.2	Excellent - Emotional Regulation is a significant strength
Stress Level	32.9	Needs Improvement - Stress Level requires focused development
Calmness	56.8	Below Average - Calmness needs attention

Visual Score Representation:



Stress Management Profile



Detailed Component Analysis

Self Awareness: 61.4%



With a self-awareness score of 61.4%, 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: 46.1%

46.1%

Your emotional management score of 46.1% 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: 77.3%

77.3%

With a motivation score of 77.3%, you demonstrate good self-motivation skills. You generally maintain focus on goals and can push through challenges, though you may occasionally need external encouragement or clearer goal-setting strategies.

Empathy: 69.8%

69.8%

Your empathy score of 69.8% indicates moderate ability in understanding others' emotions. While you can recognize basic emotional states, developing deeper perspective-taking skills and active listening will enhance your interpersonal effectiveness.

Social Skills: 65.1%

65.1%

Your social skills score of 65.1% shows moderate ability in this area. While you can handle basic social interactions, developing more advanced communication techniques and relationship-building strategies will enhance your effectiveness.

Self Perception: 92.4%

92.4%

Your Self Perception score of 92.4% 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: 82.5%

82.5%

Your Self Expression score of 82.5% 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: 44.0%

44.0%

Your Inter Personal score of 44.0% 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: 66.8%

66.8%

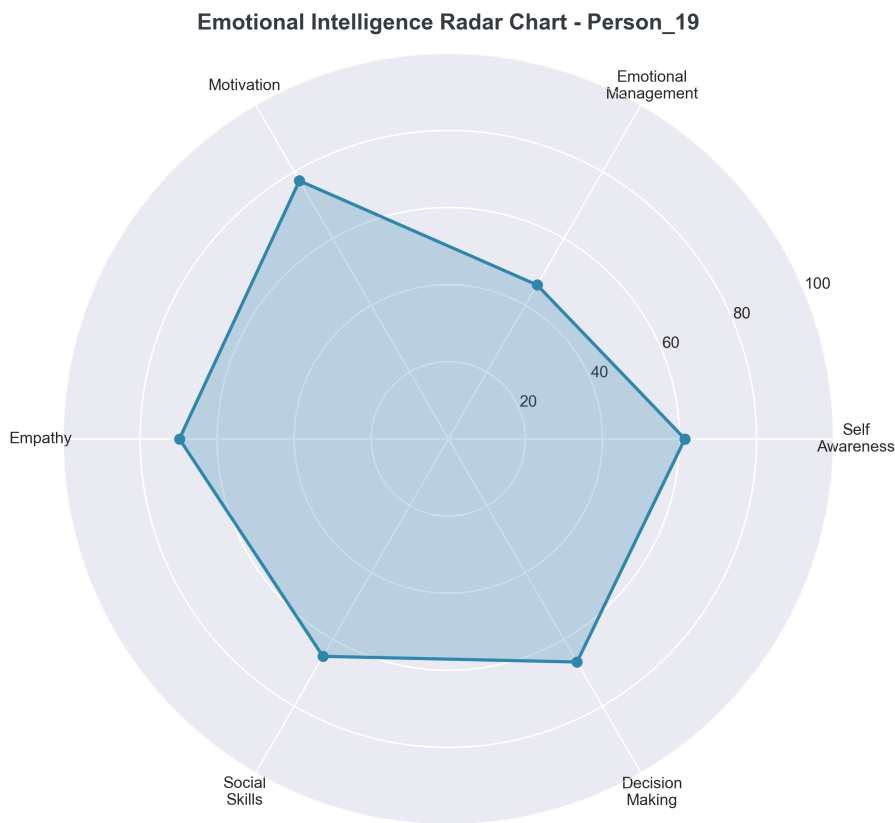
Your Decision Making score of 66.8% shows moderate development. There's room for improvement, and focusing on this area will enhance your overall emotional intelligence.

Stress Management: 67.3%

67.3%

Your stress management score of 67.3% shows moderate ability in this area. While you can handle some stress, developing more effective coping mechanisms and relaxation techniques will help you manage pressure more effectively.

Emotional Intelligence Radar Chart



Recommendations for Development

- Practice mindfulness and self-reflection exercises
- Learn emotion regulation techniques and breathing exercises
- Engage in perspective-taking activities and active listening
- Participate in group activities and communication workshops
- Develop stress management strategies and relaxation techniques

Summary

Your overall Emotional Intelligence score of 75.8% 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.