

Emotional Intelligence Assessment Report

Name: Person_5

Assessment Date: July 26, 2025

Vintage: 2024

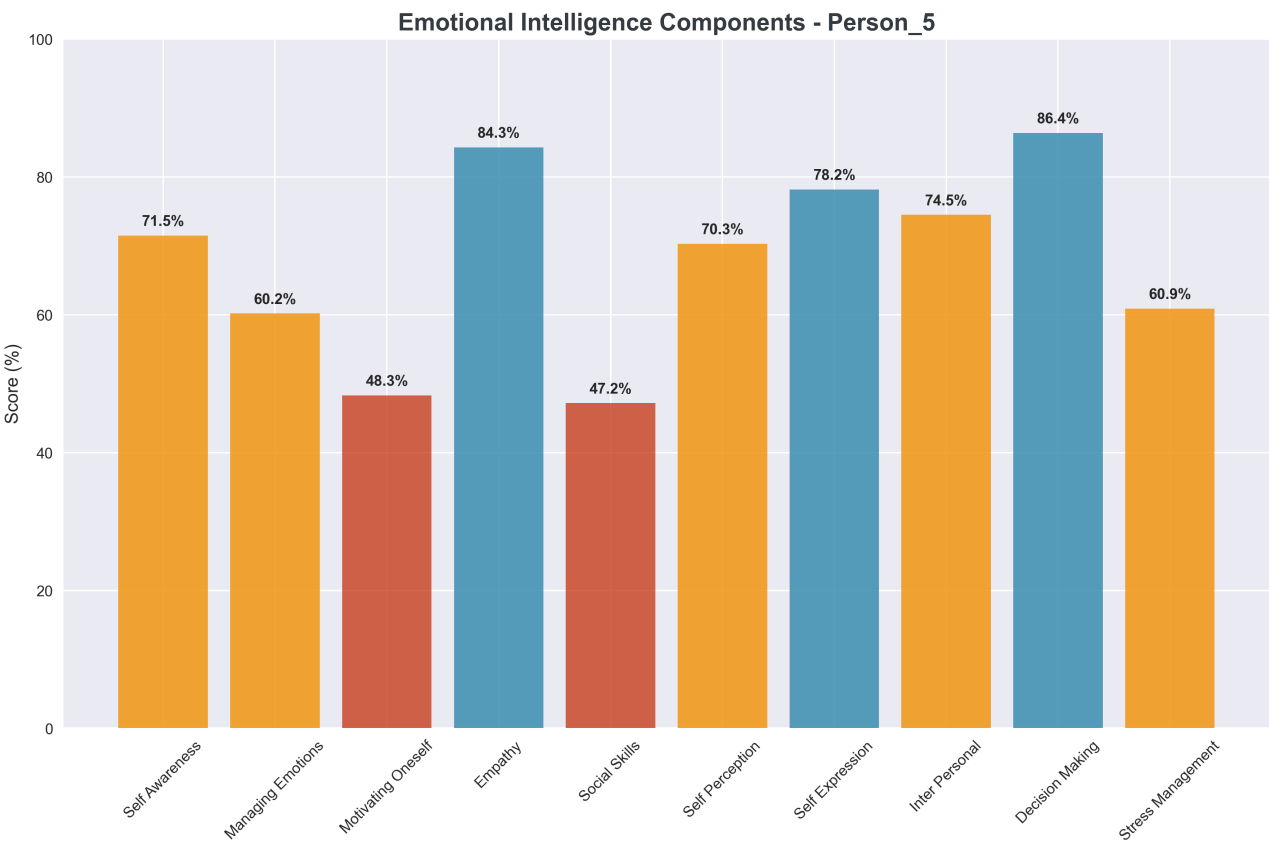
Overall Emotional Intelligence Score

69.6/100

69.6%

Average - Overall EI has room for improvement

Emotional Intelligence Components



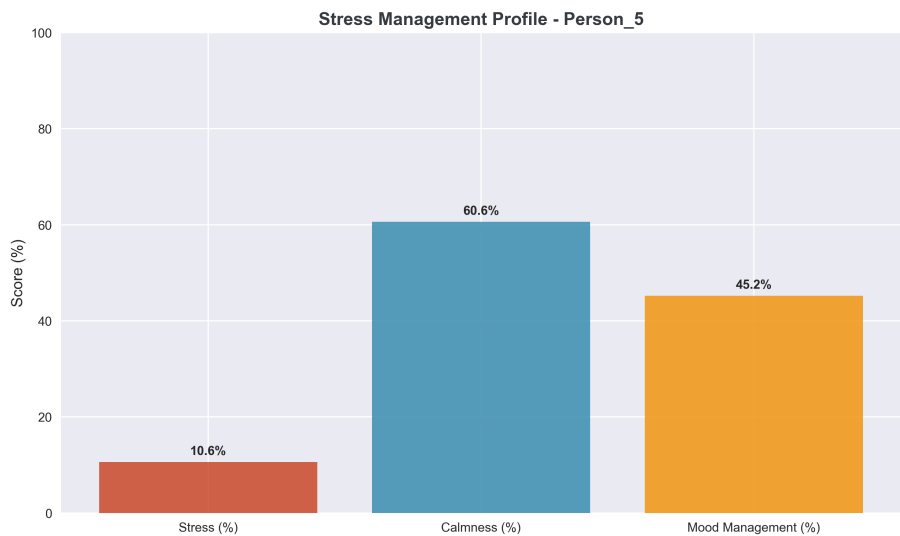
Key Performance Metrics

Metric	Score	Interpretation
Performance	72.0	Good - Performance is well developed
Emotional Regulation	92.0	Excellent - Emotional Regulation is a significant strength
Stress Level	10.6	Needs Improvement - Stress Level requires focused development
Calmness	60.6	Average - Calmness has room for improvement

Visual Score Representation:



Stress Management Profile



Detailed Component Analysis

Self Awareness: 71.5%



Your self-awareness score of 71.5% indicates good development in this area. You generally understand your emotions and their impact, though there may be some blind spots. With continued reflection and mindfulness practice, you can further enhance this crucial EI component.

Managing Emotions: 60.2%

60.2%

Your emotional management score of 60.2% 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: 48.3%

48.3%

Your motivation score of 48.3% 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: 84.3%

84.3%

Your empathy score of 84.3% 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: 47.2%

47.2%

Your social skills score of 47.2% 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: 70.3%

70.3%

Your Self Perception score of 70.3% indicates good development in this area. This competency is well-established and serves as a solid foundation for your emotional intelligence.

Self Expression: 78.2%

78.2%

Your Self Expression score of 78.2% indicates good development in this area. This competency is well-established and serves as a solid foundation for your emotional intelligence.

Inter Personal: 74.5%

74.5%

Your Inter Personal score of 74.5% indicates good development in this area. This competency is well-established and serves as a solid foundation for your emotional intelligence.

Decision Making: 86.4%

86.4%

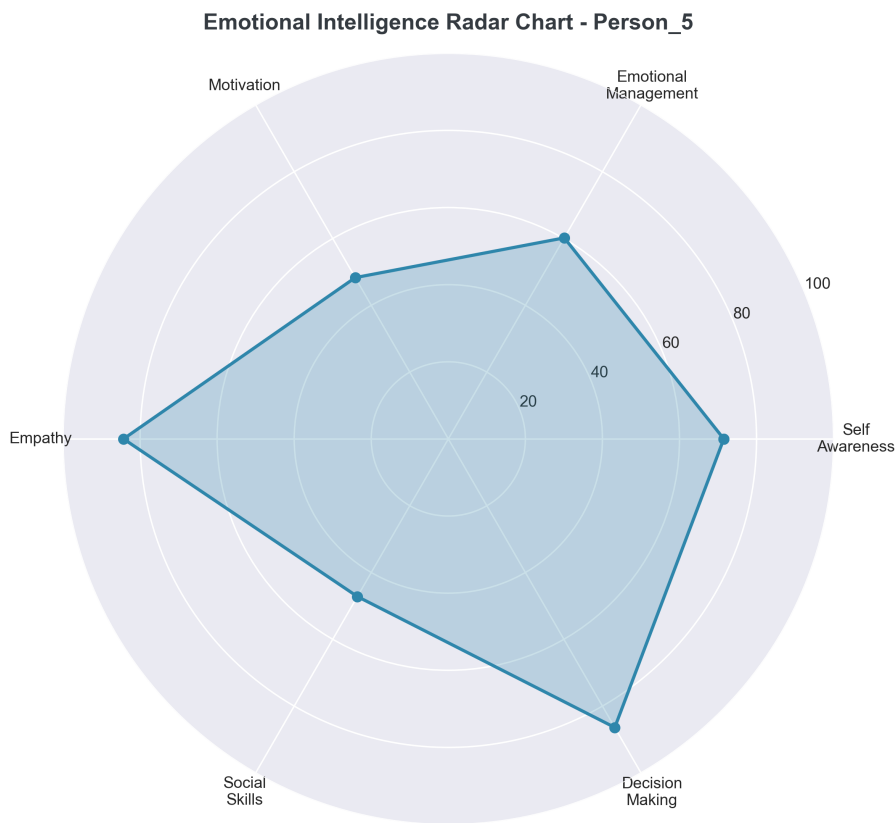
Your Decision Making score of 86.4% is excellent. This represents a significant strength in your emotional intelligence profile and contributes positively to your overall effectiveness in personal and professional contexts.

Stress Management: 60.9%

60.9%

Your stress management score of 60.9% 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

- 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 69.6% 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.