

Emotional Intelligence Assessment Report

Name: Person_3

Assessment Date: July 26, 2025

Vintage: 2021

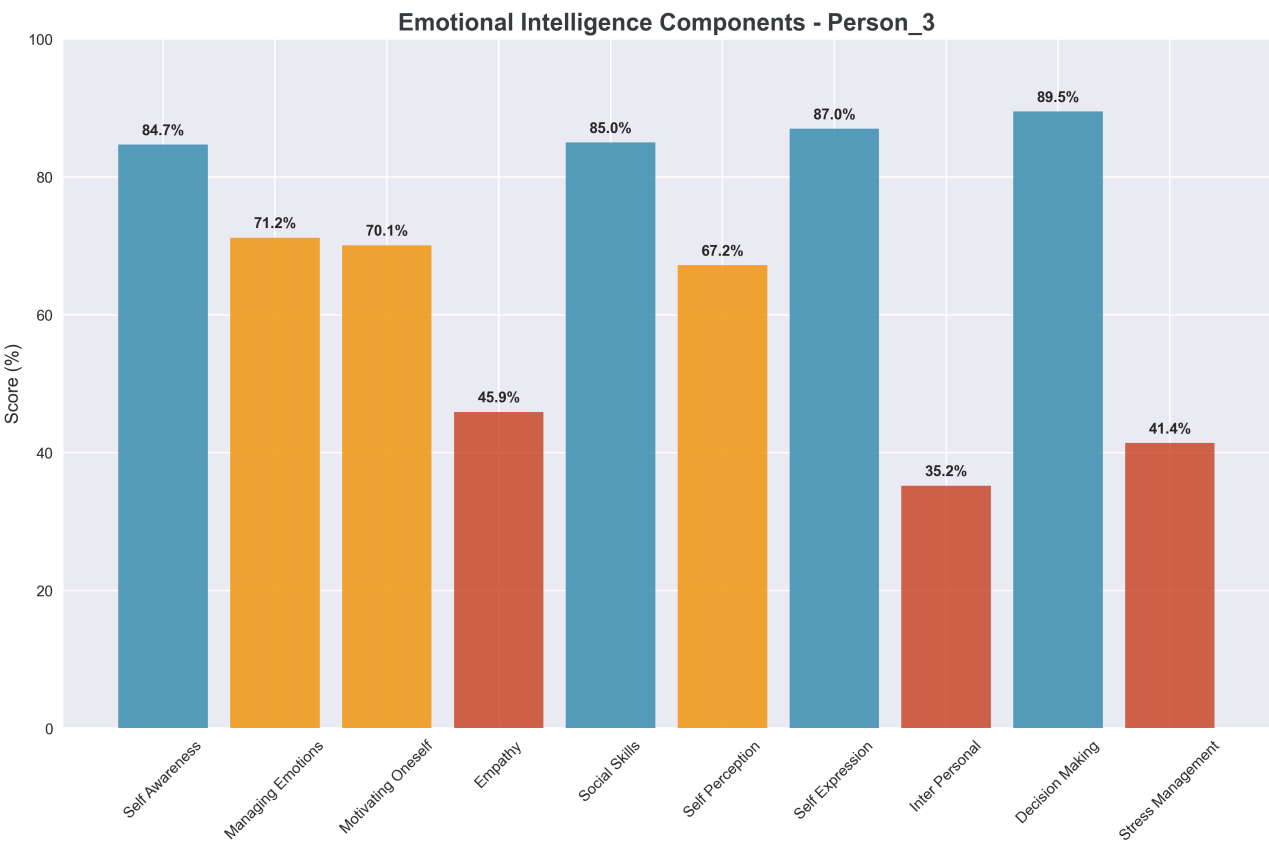
Overall Emotional Intelligence Score

83.5/100

83.5%

Excellent - Overall EI is a significant strength

Emotional Intelligence Components



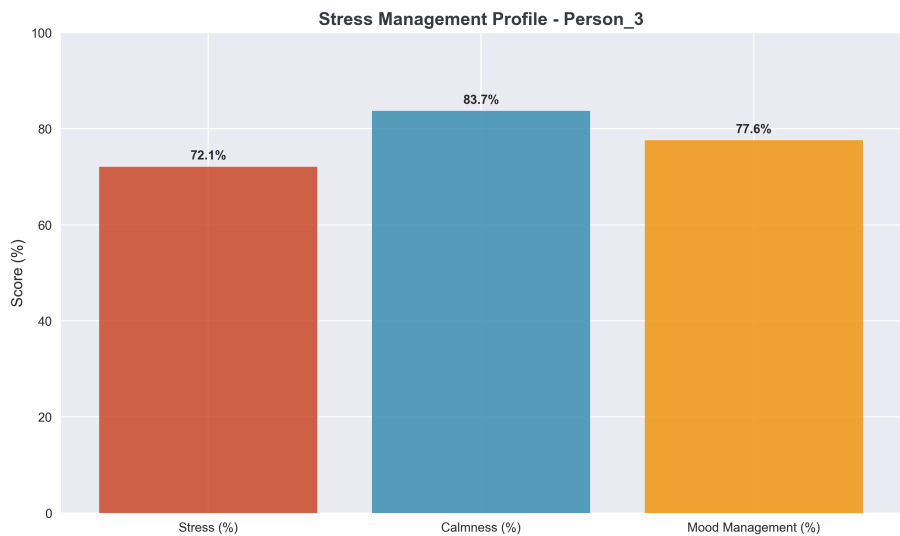
Key Performance Metrics

| Metric | Score | Interpretation |
|----------------------|-------|--|
| Performance | 50.0 | Below Average - Performance needs attention |
| Emotional Regulation | 92.0 | Excellent - Emotional Regulation is a significant strength |
| Stress Level | 72.1 | Good - Stress Level is well developed |
| Calmness | 83.7 | Excellent - Calmness is a significant strength |

Visual Score Representation:



Stress Management Profile



Detailed Component Analysis

Self Awareness: 84.7%



You demonstrate exceptional self-awareness with a score of 84.7%. 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: 71.2%

71.2%

With a score of 71.2% in managing emotions, you demonstrate good emotional regulation skills. You generally handle stress well and can control emotional responses, though some situations may still trigger strong reactions that could be managed more effectively.

Motivating Oneself: 70.1%

70.1%

With a motivation score of 70.1%, 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: 45.9%

45.9%

Your empathy score of 45.9% suggests this area requires development. Building empathy involves practicing active listening, perspective-taking, and developing genuine interest in others' experiences and emotions.

Social Skills: 85.0%

85.0%

Your social skills score of 85.0% is exceptional. You excel at building relationships, communicating effectively, and influencing others positively. Your ability to navigate social situations makes you a natural leader and team player.

Self Perception: 67.2%

67.2%

Your Self Perception score of 67.2% shows moderate development. There's room for improvement, and focusing on this area will enhance your overall 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: 35.2%

35.2%

Your Inter Personal score of 35.2% 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: 89.5%

89.5%

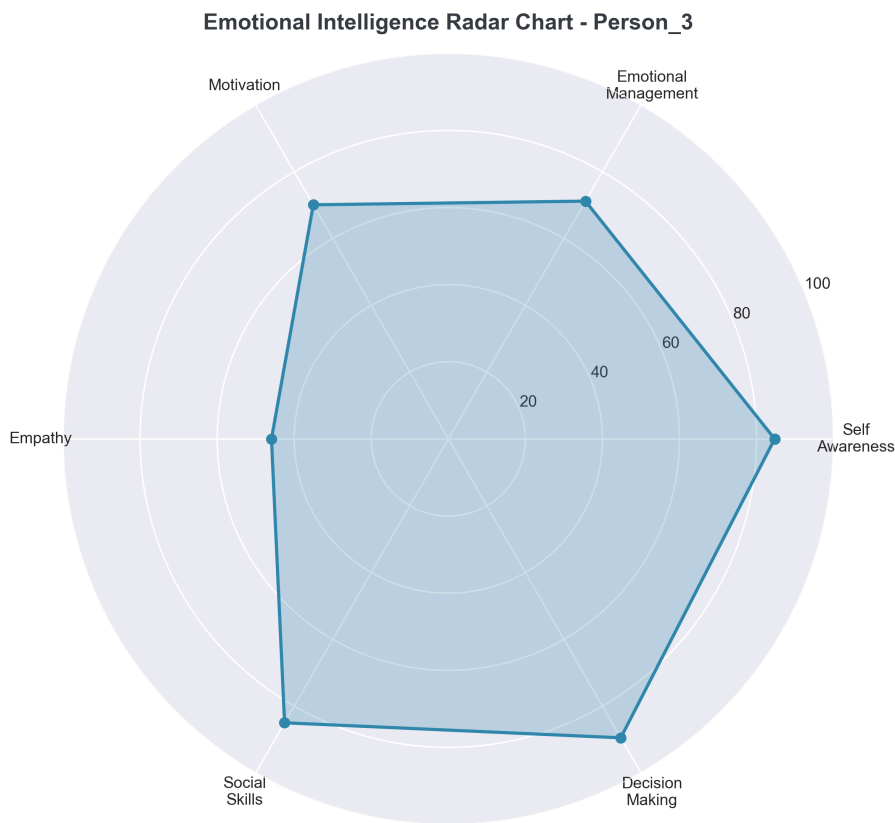
Your Decision Making score of 89.5% is excellent. This represents a significant strength in your emotional intelligence profile and contributes positively to your overall effectiveness in personal and professional contexts.

Stress Management: 41.4%

41.4%

Your stress management score of 41.4% 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

- Engage in perspective-taking activities and active listening
- Develop stress management strategies and relaxation techniques

Summary

Your overall Emotional Intelligence score of 83.5% 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.