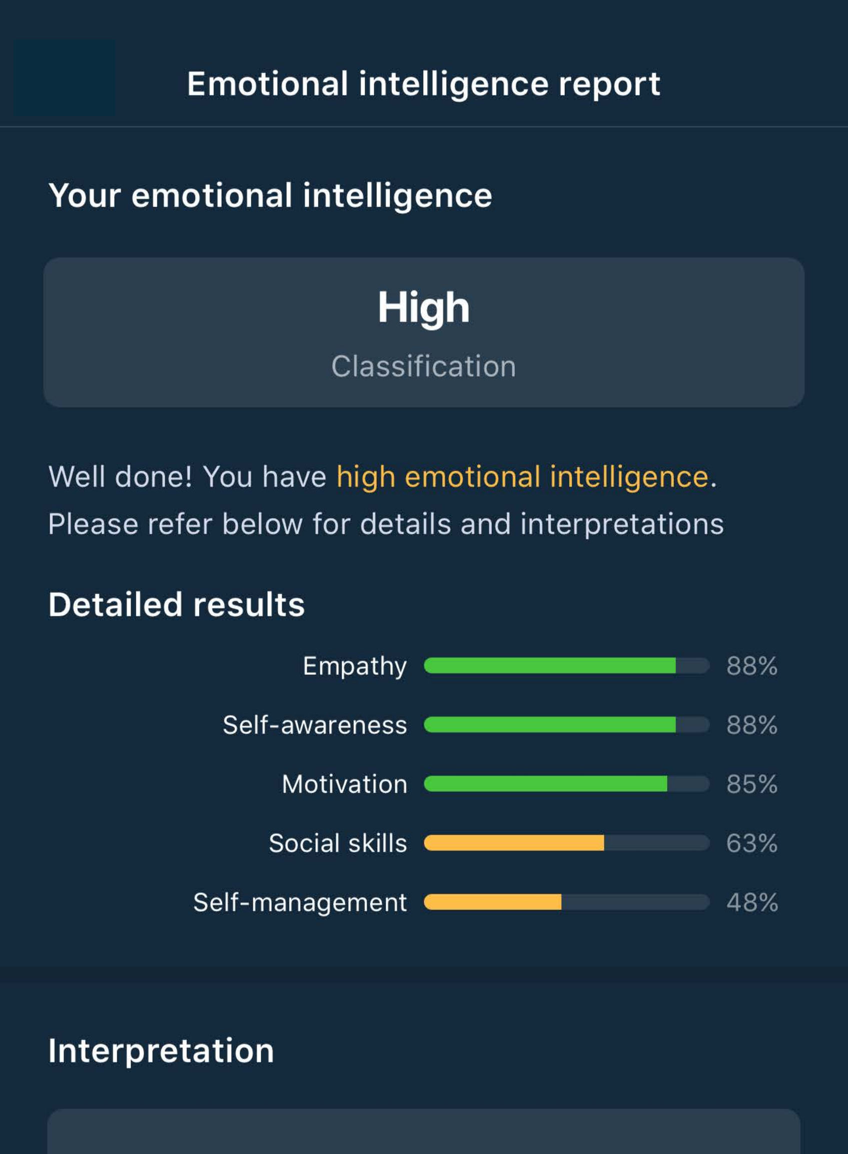


Emotional intelligence report

Your emotional intelligence

High

Classification

Well done! You have high emotional intelligence.
Please refer below for details and interpretations

Detailed results

Empathy	88%
Self-awareness	88%
Motivation	85%
Social skills	63%
Self-management	48%

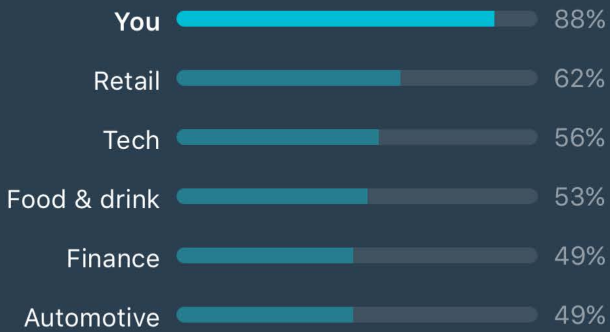
Interpretation

Empathy 88%

Very high

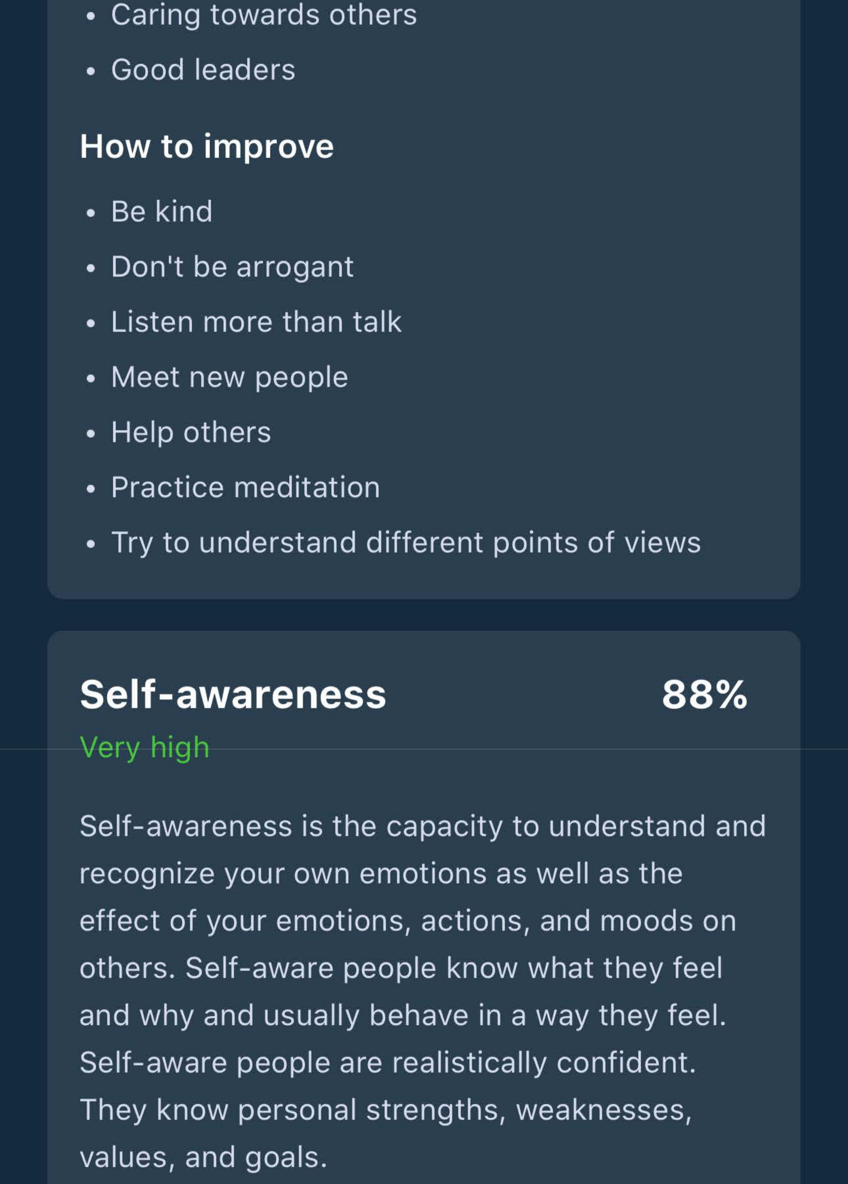
Empathy is the ability to put your opinion aside and try to see things from a different person’s perspective, understand emotional states and feelings of other people, and respond appropriately to those feelings. Being empathetic also means being supportive, solution-driven, and reliable.

Distribution by industry



Strengths

- Good listeners
- Trustworthy
- Respects other's opinions



- Caring towards others
- Good leaders

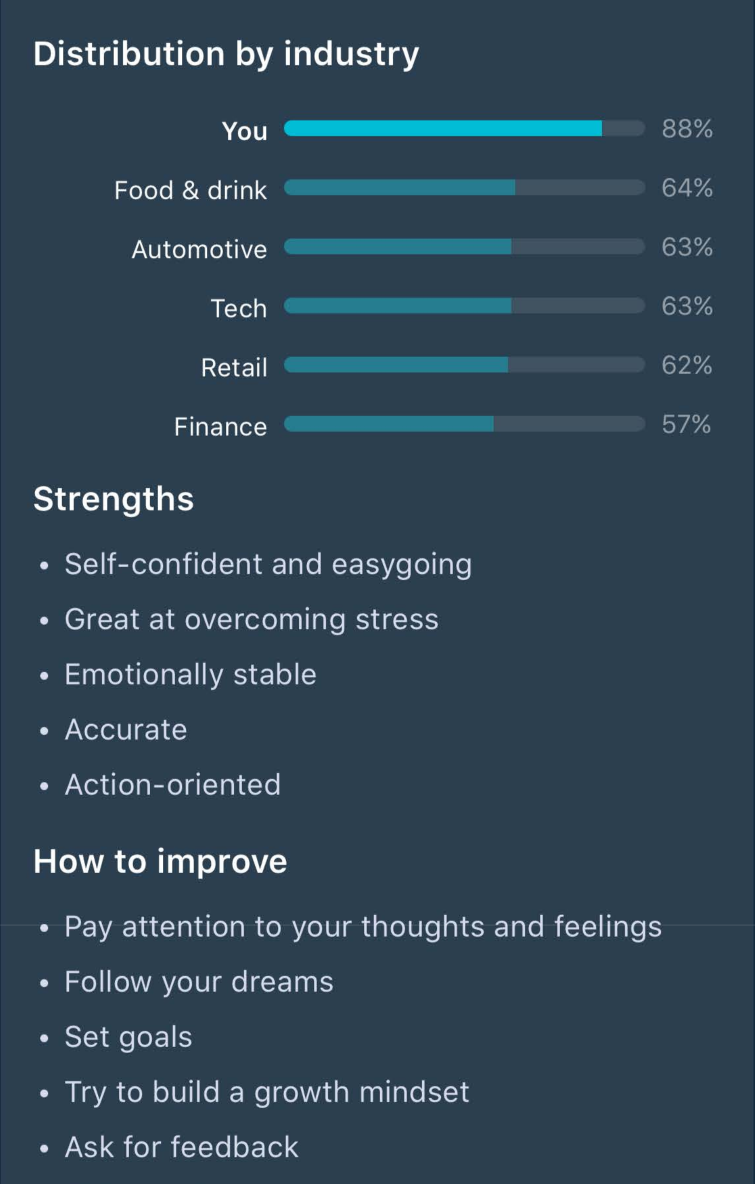
How to improve

- Be kind
- Don't be arrogant
- Listen more than talk
- Meet new people
- Help others
- Practice meditation
- Try to understand different points of views

Self-awareness 88%

Very high

Self-awareness is the capacity to understand and recognize your own emotions as well as the effect of your emotions, actions, and moods on others. Self-aware people know what they feel and why and usually behave in a way they feel. Self-aware people are realistically confident. They know personal strengths, weaknesses, values, and goals.



Distribution by industry

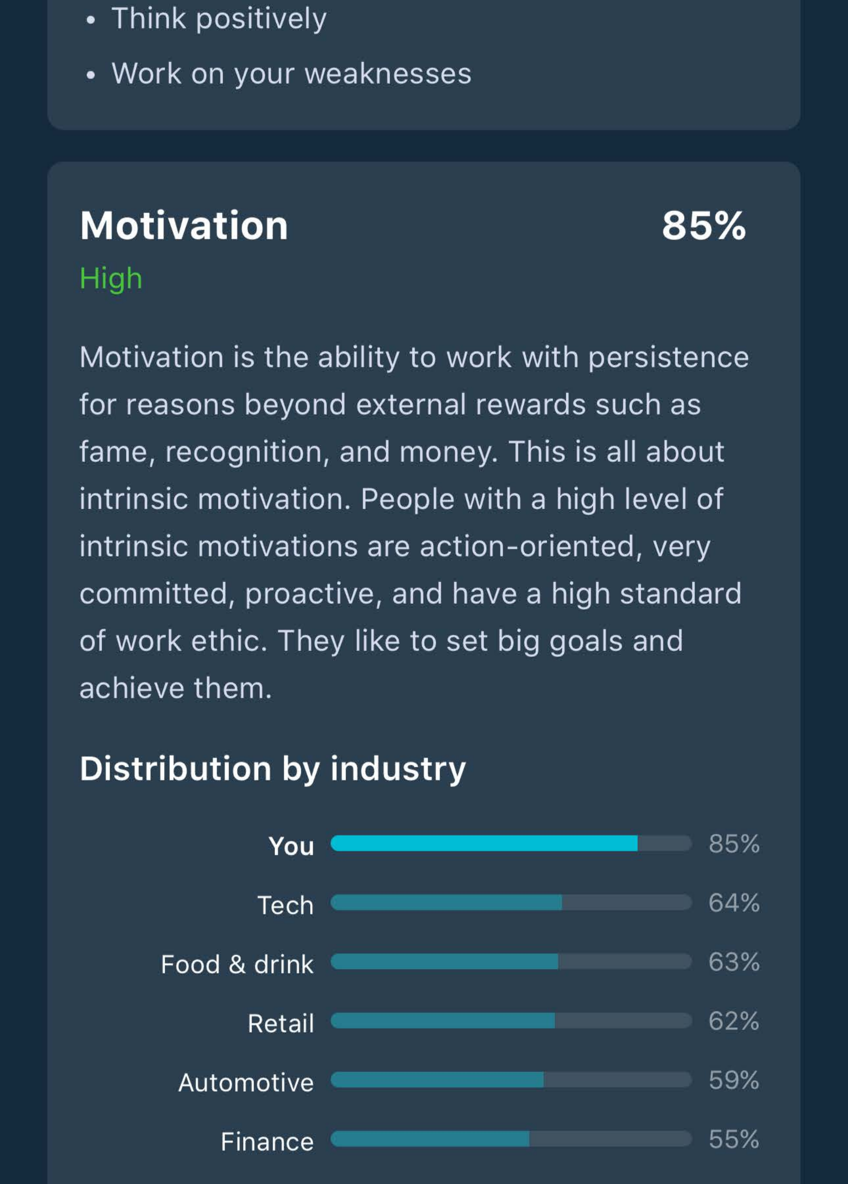
You	88%
Food & drink	64%
Automotive	63%
Tech	63%
Retail	62%
Finance	57%

Strengths

- Self-confident and easygoing
- Great at overcoming stress
- Emotionally stable
- Accurate
- Action-oriented

How to improve

- Pay attention to your thoughts and feelings
- Follow your dreams
- Set goals
- Try to build a growth mindset
- Ask for feedback



- Think positively
- Work on your weaknesses

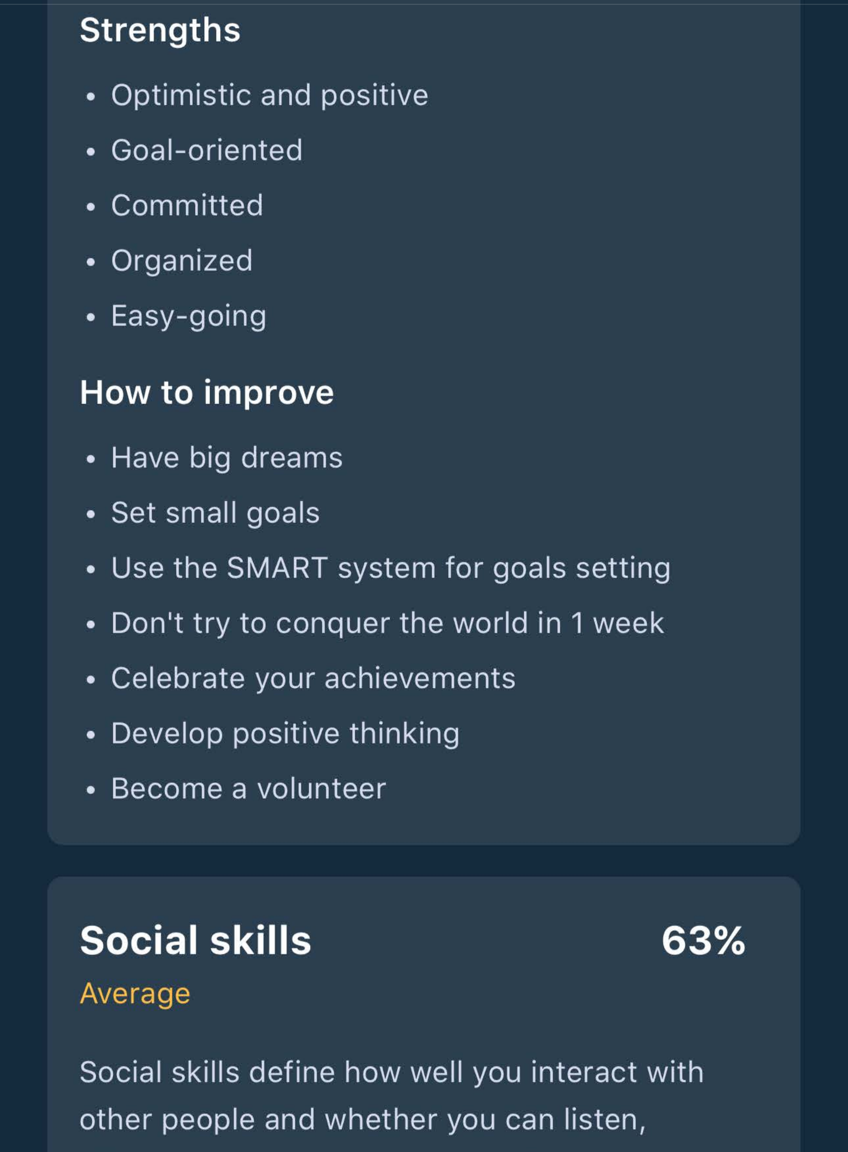
Motivation 85%

High

Motivation is the ability to work with persistence for reasons beyond external rewards such as fame, recognition, and money. This is all about intrinsic motivation. People with a high level of intrinsic motivations are action-oriented, very committed, proactive, and have a high standard of work ethic. They like to set big goals and achieve them.

Distribution by industry

You	85%
Tech	64%
Food & drink	63%
Retail	62%
Automotive	59%
Finance	55%



Strengths

- Optimistic and positive
- Goal-oriented
- Committed
- Organized
- Easy-going

How to improve

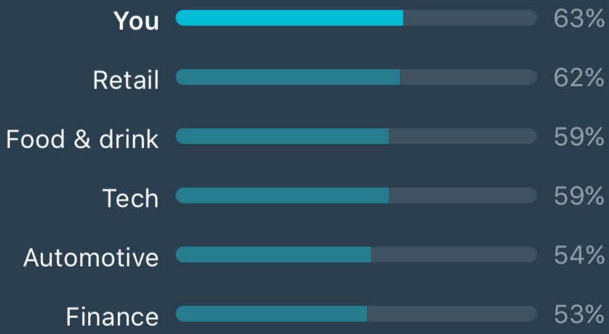
- Have big dreams
- Set small goals
- Use the SMART system for goals setting
- Don't try to conquer the world in 1 week
- Celebrate your achievements
- Develop positive thinking
- Become a volunteer

Social skills 63%

Average

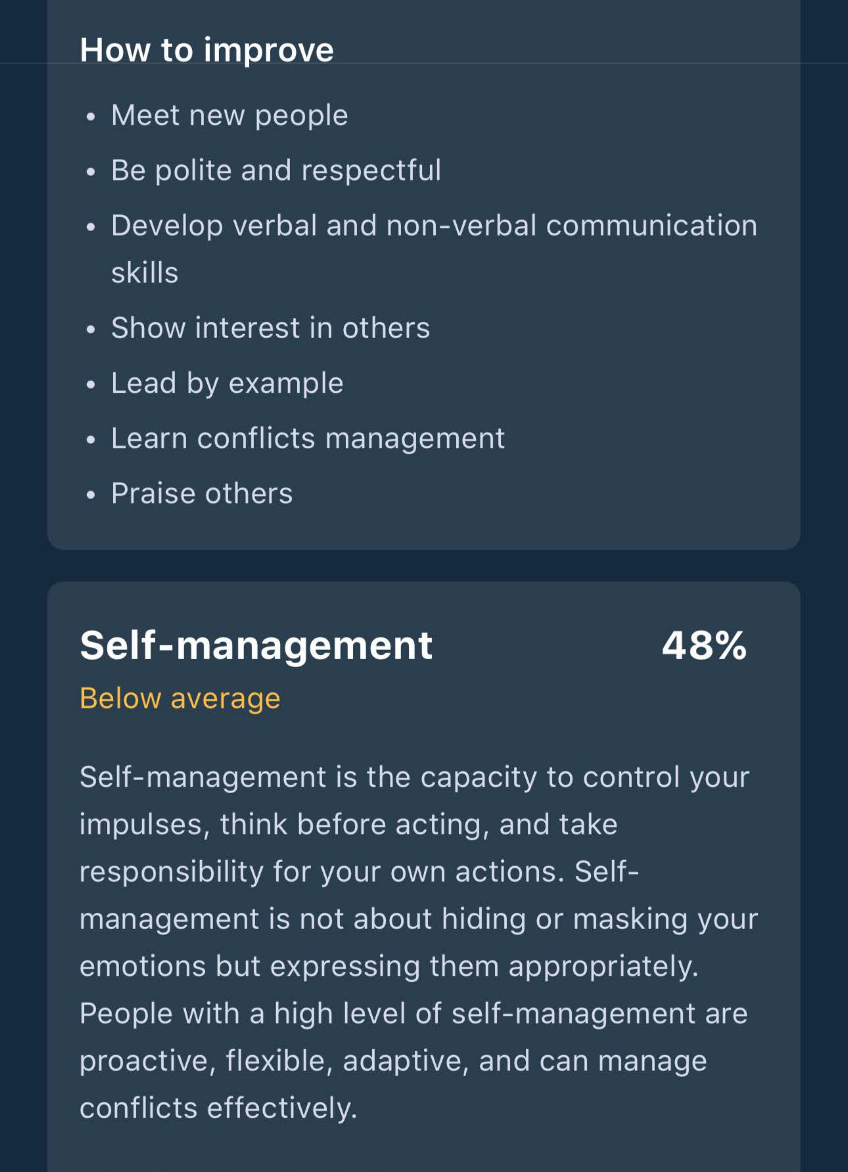
Social skills define how well you interact with other people and whether you can listen, effectively communicate and build relationships. People with highly developed social skills are great at leading by example, developing networks, and finding common ground with others. Both verbal and non-verbal communication skills as well as a deep understanding of others are crucial for being proficient in social skills.

Distribution by industry



Strengths

- Understands others well
- Good motivators
- Communicate thoughts clearly
- Warm, friendly, and affirming by nature
- Influential and persuasive



How to improve

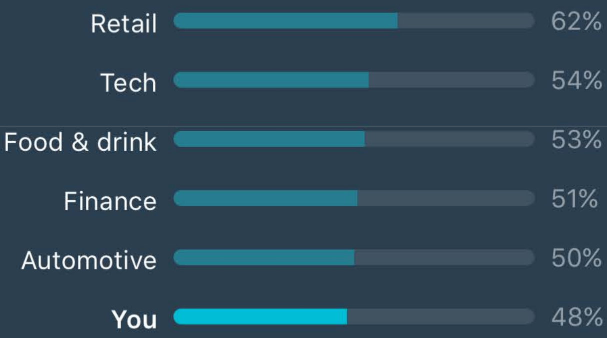
- Meet new people
- Be polite and respectful
- Develop verbal and non-verbal communication skills
- Show interest in others
- Lead by example
- Learn conflicts management
- Praise others

Self-management 48%

Below average

Self-management is the capacity to control your impulses, think before acting, and take responsibility for your own actions. Self-management is not about hiding or masking your emotions but expressing them appropriately. People with a high level of self-management are proactive, flexible, adaptive, and can manage conflicts effectively.

Distribution by industry



Strengths

- Good at dealing with practical day-to-day concerns
- Calm
- Adaptive
- Innovative
- Take constructive critisism well

How to improve

- Try to be calm
- Always think before you say
- Accept your emotions
- Consider challenges as growth opportunities
- Practice emotion management
- Be proactive
- Develop communication skills