EMOTIONAL MASTERY

Emotional Intelligence

Sample Person · completed 7 November 2026

OVERALL SCORE

68

MODERATE

WHAT THIS MEANS

A mixed picture. Some parts are working, others could use gentle attention.

Category contribution

How this assessment maps across the five MOSAIC core categories.

- **Emotional Mastery** 50% weight — **68**
- **Social Intelligence** 40% weight — **68**
- **Cognitive Approach** 10% weight — **68**

Signature strengths

- **Emotional Regulation** — **88**
- **Communication** — **88**
- **Empathy** — **80**

Growth opportunities

- **Relationship Building** — **50**
- **Focus & Attention** — **50**

For self-awareness and education — not a diagnosis

MOSAIC assessments are designed to help you reflect on your strengths and growth areas. They are NOT a clinical or psychological diagnosis of any kind. If you have concerns about your mental health, wellbeing, or a loved one's, please consult a qualified professional — a counsellor, clinical psychologist, or mental-health physician.

These assessments draw on established psychological frameworks and, in some cases, are adapted from validated instruments — but the MOSAIC versions are short, localised reflections and are not themselves validated or standardized tests.

Full trait breakdown

Emotional Intelligence · Sample Person

GENERATED

7 November 2026

Every trait measured by this assessment, sorted highest to lowest.

Emotional Regulation

Managing emotional responses effectively

88

Communication

Expressing ideas clearly and listening effectively

88

Empathy

Understanding others' perspectives and feelings

80

Social Awareness

Reading social dynamics and responding appropriately

67

Emotional Awareness

Recognising emotions in yourself and others

50

Focus & Attention

Directing mental resources effectively

50

Relationship Building

Creating and maintaining meaningful connections

50