

Leading Group project with Emotional Intelligence (EI)

Introduction

Emotional Intelligence (EI) is the ability to recognise, understand and manage our own emotions while also recognising and responding appropriately to the emotions of others (Goleman, 1998). Students with strong emotional intelligence are better equipped to build positive relationships, resolve conflicts and create an inclusive environment where everyone contributes effectively.

Self-Regulation

Control impulses under stress

- Managing emotions positively.
- Remaining calm during disagreements.
- Responding thoughtfully rather than emotionally.
Example: Taking time to reflect before replying to a difficult group message.

Motivation

Focus on goals positively

- Maintaining commitment despite setbacks.
- Encouraging the team to stay focused on project goals.
Example: Supporting the team after receiving constructive criticism from the lecturer.

Self-Awareness

Understand emotions and their impact.

Recognising personal emotions and behaviours.
Understanding strengths, weaknesses and emotional triggers.
Example: Recognising frustration before responding to a teammate's criticism.

Social Skills

Build bonds through clarity.

- Building trust.
- Resolving disagreements professionally.
- Encouraging open communication.

Example: Facilitating discussions where every member contributes equally.

Empathy

Understand others' feelings and respond with care.

- Understanding how others feel.
- Respecting different viewpoints and personal circumstances.
Example: Supporting a teammate experiencing family or academic challenges.

