



EMOTIONAL INTELLIGENCE

Building Stronger Teams Together

STUDENT DETAILS

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1. INTRODUCTION

- Emotional Intelligence (EI) is understanding and managing our emotions.
- It helps us communicate better.
- It builds strong relationships and reduces conflict.
- It makes teamwork more effective.



2. EI IN TEAMWORK

- Improves communication.
- Builds trust and respect.
- Helps solve conflicts.
- Encourages collaboration.
- Supports team goals and success.



3. MANAGING YOUR EMOTIONS

- Stay calm under pressure.
- Practise mindfulness.
- Manage stress effectively.
- Think positively.
- Learn from feedback.



4. UNDERSTANDING OTHERS

- Listen actively.
- Respect different opinions.
- Show empathy and kindness.
- Give constructive feedback.
- Support team members.



5. REFLECTION

I researched academic sources and reflected on my experiences of working in groups.
I learned that emotional intelligence improves communication, reduces conflict and helps teams achieve their goals.



6. CONCLUSION

- Emotional intelligence is essential for successful teamwork.
- It improves communication and collaboration.
- Empathy and respect build stronger teams.
- Students with high EI are more successful in group projects.



"Alone we can do so little; together we can do so much." – Helen Keller

