



LEADING GROUP PROJECTS WITH EMOTIONAL INTELLIGENCE (EI)



Improving Teamwork, Managing Conflict and Achieving Successful Group Outcomes

1. INTRODUCTION

What is Emotional Intelligence (EI)?
Why is it important in group projects?

Emotional Intelligence (EI) refers to the ability to recognise, understand, manage, and influence our own emotions and the emotions of others.

According to Daniel Goleman (1998), EI is a key factor in effective leadership, communication, and teamwork.

In university group projects, students often experience different reactions to deadlines, feedback, workload, and conflict. Applying emotional intelligence helps teams communicate effectively, reduce misunderstandings, and achieve shared goals.



2. SECTION 1 – EI IN TEAMWORK

How can emotional intelligence help students work effectively in groups and manage teamwork challenges?

	Self-awareness	Recognising personal emotions and behaviours	Realising stress is affecting communication
	Self-regulation	Managing emotional reactions	Remaining calm during disagreements
	Motivation	Staying focused despite challenges	Encouraging teammates before deadlines
	Empathy	Understanding others' feelings	Supporting a teammate who feels overwhelmed
	Social skills	Building positive relationships	Resolving conflict through respectful discussion

COMMON TEAMWORK CHALLENGES



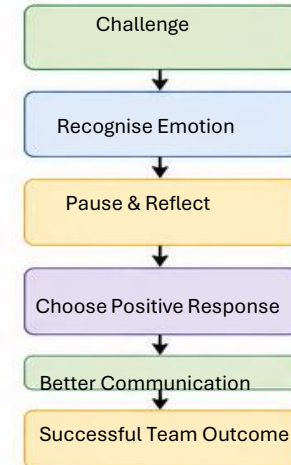
3. SECTION 2 – MANAGING YOUR OWN EMOTIONS

How can students recognise and manage their own emotions to stay productive and reduce stress during group projects?

PRACTICAL EI STRATEGIES

- Practice mindfulness before meetings
- Pause before responding emotionally
- Reflect on feedback objectively
- Prioritise tasks using time management
- Seek support when feeling overwhelmed
- Maintain healthy sleep and study routines

EMOTIONAL RESPONSE FLOWCHART



RESULT:

- Reduced stress
- Greater resilience
- Better decision-making
- Higher productivity

4. SECTION 3 – UNDERSTANDING OTHERS' EMOTIONS

How can empathy and understanding the emotions of others improve communication, collaboration, and team success?

EMPATHETIC BEHAVIOURS

- Active listening
- Respectful communication
- Perspective-taking
- Constructive feedback
- Positive encouragement

EXAMPLE: WITHOUT EI

I've done all the work because nobody cares.
Conflict increases.

EXAMPLE: WITH EI

"I noticed some members may be struggling. How can we divide the remaining work fairly?"

Trust improves.
Collaboration increases.
Project quality improves.

5. METHOD / REFLECTION

(To be explained during the presentation)

- Information was gathered through academic books and journal articles on emotional intelligence. Personal experiences from university group assignments were considered.
- Observations of teamwork challenges such as communication problems, unequal participation, and deadline pressure helped connect theory to practice. Emotional intelligence concepts were applied to realistic student group-work situations to identify practical strategies for improving collaboration

6. CONCLUSION / RECOMMENDATIONS

KEY TAKEAWAYS

- Manage emotions effectively
- Communicate respectfully
- Resolve conflict constructively
- Support one another
- Improve overall project performance

PRACTICAL TIPS FOR STUDENTS

- Reflect on emotions regularly
- Listen before responding
- Give constructive feedback
- Respect different perspectives
- Stay solution-focused during conflict
- Encourage open communication

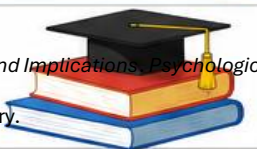


7. VISUAL OVERVIEW: EI IN ACTION



8. REFERENCES

- Goleman, D. (1998) *Working with Emotional Intelligence*. New York: Bantam Books.
- John D. Mayer, Peter Salovey and Caruso, D.R. (2004) *Emotional Intelligence: Theory, Findings and Implications*, *Psychological Inquiry*, 15(3), pp.197–215.
- Goleman, D. (1995) *Emotional Intelligence: Why It Can Matter More Than IQ*. London: Bloomsbury.



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