

What Is Emotional Intelligence.

Poster Topic

How can Emotional Intelligence help students work effectively in a group and manage common teamwork challenges?

Introduction

Emotional intelligence (EI) is the ability to recognise, understand and manage your own emotions while understanding the emotions of others. In group projects, EI improves communication, collaboration and problem-solving, helping students achieve shared academic goals.

Emotional Intelligence in Teamwork

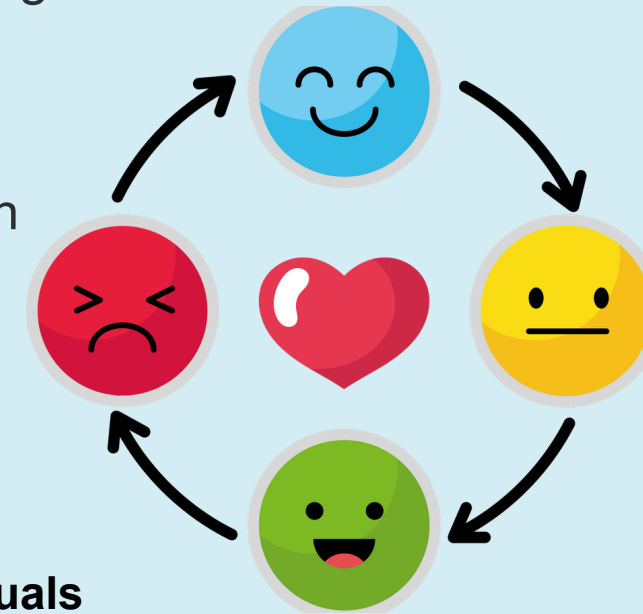
Self-awareness helps students recognise emotional triggers. Self-regulation allows them to stay calm during disagreements. Motivation encourages commitment to shared goals. Empathy helps students understand different viewpoints, while social skills improve communication and conflict resolution.

Managing Your Own Emotions

Students can manage emotions by planning tasks, practising mindfulness, taking short breaks and reflecting before responding. These strategies reduce stress, improve focus and support positive decision-making during group work

Understanding Others' Emotions

Active listening, empathy and respectful communication help students understand different perspectives. A supportive team environment encourages trust, collaboration and equal participation, leading to better project outcomes



Suggested Visuals

- Emotional intelligence cycle
- Teamwork icon
- Communication icon
- Stress management icon
- Empathy/active listening icon
- Simple flowchart showing: Recognise → Think → Respond → Positive Outcome

Conclusion and Recommendations

Developing emotional intelligence strengthens teamwork, communication and academic performance. Students should practise self-awareness, empathy and effective communication to build stronger relationships and successfully manage group projects.

References (Harvard Style)

Goleman, D. (1995) Emotional Intelligence. New York: Bantam Books.
Mayer, J.D., Salovey, P. and Caruso, D.R. (2016) The Ability Model of Emotional Intelligence.
MindTools (2024) Emotional Intelligence. Available at: <https://www.mindtools.com> (Accessed: add date)

Reflection

Reflect on how emotional intelligence influenced your own teamwork experiences. Consider which EI skills you used, the challenges you faced and how you could improve future group work.

