

DEVELOPING EMOTIONAL INTELLIGENCE

Student name: Brian O'Neal Salazar Chavez
Student ID number: 2332410
Programme: BA (Hons) Leadership and Management Skills for the Workplace
Module: Developing Emotional Intelligence Skills
Module code: LCLM5006
Lecturer: Kazeem Oseni

Self Awareness

01

Introduction

Emotional Intelligence (EI) is the ability to recognise, understand, and manage emotions in ourselves and others. Goleman's quote suggests that self-awareness is essential because ignoring personal emotions reduces our ability to understand other people. This poster discusses how emotions influence EI and how students can develop EI and mindfulness to succeed academically.

02

METHOD

This poster was developed through a review of academic literature on emotional intelligence and mindfulness in higher education and workplace contexts. Peer-reviewed journal articles and seminal works such as Goleman (1995) were consulted to understand key emotional intelligence models. In addition, personal reflective analysis was used to connect theoretical concepts with real academic experiences as a working student.

03

HOW CAN SOMEONE DEVELOP EMOTIONAL INTELLIGENCE?

According to Goleman (1995), EI consists of five key components:

- Self-awareness: Understanding personal emotions and triggers.
- Self-regulation: Managing impulsive reactions and emotional responses.
- Motivation: Using emotions to remain focused and committed.
- Empathy: Recognising and understanding others' emotions.
- Social skills: Building positive interpersonal relationships.

Critical Discussion
EI is not fixed — it can be developed through:

- Reflective practice
- Mindfulness techniques
- Feedback from others
- Emotional journaling
- Stress management strategies

However, high stress, burnout, or personal difficulties may negatively affect emotional regulation, reducing academic performance.

04

REFLECTION: CONTROLLING EMOTIONS & DEVELOPING MINDFULNESS AS A STUDENT

As a student balancing work and university responsibilities, emotional pressure can affect concentration, sleep, and motivation.

Personal Emotional Challenges:

- Academic pressure
- Time management stress
- Emotional exhaustion
- Self-criticism

Strategies Used:

- ✓ Practising mindfulness breathing techniques
- ✓ Structuring daily routines
- ✓ Avoiding emotional reactions before responding
- ✓ Seeking academic clarification when overwhelmed
- ✓ Developing resilience through reflection

Mindfulness improves attention, emotional regulation, and stress reduction (Kabat-Zinn, 2003).
By becoming more emotionally aware, I improved:

- Focus during lectures
- Academic confidence
- Decision-making
- Stress tolerance

05

FACTORS FOR SUCCESS IN STUDIES & EI CHALLENGES

Factors for Academic Success:

- Emotional stability
- Self-discipline
- Growth mindset
- Stress management
- Support systems

Emotional Intelligence Challenges:

- Overthinking
- Emotional fatigue
- Fear of failure
- Lack of balance

Actions to Address Challenges:

- ◆ Time management planning
- ◆ Mindfulness exercises
- ◆ Reflective self-evaluation
- ◆ Seeking feedback from lecturers
- ◆ Setting realistic academic goals

Developing EI supports both academic performance and future workplace leadership skills.

06

Conclusion

Emotional intelligence significantly impacts academic commitment, resilience, and long-term professional success.

By increasing self-awareness and practising mindfulness, students can regulate emotions effectively and improve both academic and workplace performance.

EI is not only a personal development tool — it is a professional competency essential for leadership.

References

Goleman, D. (1995) Emotional Intelligence: Why It Can Matter More Than IQ.

Kabat-Zinn, J. (2003) Mindfulness-based interventions in context.

Schutte, N.S. et al. (2007) Emotional intelligence and health.

Empathy