




LEADING GROUP PROJECT WITH EMOTIONAL INTELLIGENCE

THE KEY TO SUCCESSFUL TEAMWORK

Stronger Emotions. Stronger Teams. Successful Projects.

**BA (Hons) LEADERSHIP AND MANAGEMENT
SKILLS IN THE WORKPLACE**

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Module: Developing Emotional Intelligence Skills

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INTRODUCTION

Emotional intelligence (EI) refers to the ability to recognize, understand and manage emotion. It improves communication, teamwork, trust and collaboration, allowing students to overcome obstacles and complete successful group project.

WHAT IS EMOTIONAL INTELLIGENCE?

Emotional intelligence (EI) is the ability to recognize, understand and manage your own emotion while also empathising with others.

WHY EI IS IMPORTANT IN GROUP PROJECTS

- Encourage active listening and understanding
- Promotes mutual respect and positive relationship
- Improves problem-solving skills and decision-making
- Promotes teamwork and cooperation

KEY EMOTIONAL INTELLIGENCE



SELF-AWARENESS
recognizing and understanding your own feelings



SELF-REGULATION
calmly and sensibly handling emotions



MOTIVATION
maintaining focus and commitment to accomplishing goals



EMPATHY
understanding and caring for other people's feeling



SOCIAL SKILLS
developing positive relationships through effective communication

A. HOW CAN EI HELP STUDENTS WORK EFFECTIVELY IN GROUPS AND MANAGE COMMON TEAMWORK CHALLENGES?

Emotional intelligence enables students to communicate respectfully, comprehend diverse viewpoints, manage emotion and collaborate. These abilities enhance teamwork, reduce misunderstanding and empower group members to effectively and successfully accomplish common objective.

REAL LIFE EXAMPLE (CONFLICT, DEADLINE AND FEEDBACK)

When a student receives helpful criticism on their work, they are initially let down. The enhance their work, contribute more successfully and assist the team in producing a better project by controlling their emotions and taking constructive criticism.



B. HOW CAN STUDENTS RECOGNISE AND MANAGE THEIR OWN EMOTIONS TO REMAIN PRODUCTIVE AND REDUCE STRESS DURING GROUP PROJECTS?

Student can recognise and manage their emotions by increasing self-awareness, staying calm, organising their work and communicating openly with their teammates. These strategies help to reduce stress, increase productivity and ensure successful group project outcomes.

STRATEGIES:

- SELF-AWARENESS** - recognise and manage emotions like stress, frustration and anxiety before they have an impact on performance
- TIME MANAGEMENT** - set reasonable deadlines, prioritise tasks
- OPEN COMMUNICATION** - talk about issues and keep teammates informed on a regular basis.
- PAUSE BEFORE REACTING** - take a moment to reflect calmly before responding to pressure.



C. HOW CAN EMPATHY AND UNDERSTANDING THE EMOTIONS OF OTHERS IMPROVE COMMUNICATION, COLLABORATION AND TEAM SUCCESS?

Empathy enables students to recognise their teammates feelings and respond with understanding. The improve communication and teamwork by actively listening and respecting. This reduces conflict, foster positive relationship and allows everyone to collaborate effectively to complete group tasks successfully.

EMPATHETIC BEHAVIOURS

- Active listening - pay close attention and don't interrupt
- Constructive feedback - make constructive and supportive suggestion
- Encouragement - encourage teammates who are struggling
- Respect - respect the opinions of every team member

REAL LIFE STUDENT EXAMPLES

A teammate feels overwhelmed

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Actively listen and demonstrate empathy

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Provide assistance and modify tasks

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Improved collaboration and project success

A quiet student is hesitant to contribute ideas during meetings. Team members encourage participation, actively listen to others and value their opinions which boosts confidence, communication, collaboration and overall team success.

CONCLUSION

Emotional intelligence is critical for effective teamwork because it improves community, empathy, collaboration and conflict resolution. Students develop trust, overcome obstacle, lessen stress, encourage one another and achieve shared success by putting emotional intelligence skills to use.

“Emotional Intelligence is the key to effective communication and collaboration.”

Thank you !

REFERENCE

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The poster above is a poster representing emotional intelligence for students working in groups and the challenges and benefits we get from developing the skills