

Emotional Intelligence in Teamwork: Building Better Collaboration



Name: Tedy Sam



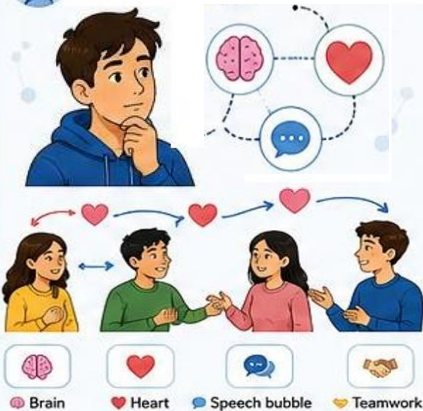
Student ID: 2418189



Lecturer: Kaseem Oseni DR



Overview of Emotional Intelligence



Emotional intelligence can be defined as an individual's ability to recognise, manage, and express his/her emotions, as well as to identify and affect the emotions of other people (Goleman, 2007). Emotional intelligence is of utmost importance in team projects since it enables students to manage interpersonal problems, reduce their stress levels, and achieve their goals. Unlike traditional intelligence, emotional intelligence involves emotional competence and interpersonal skills necessary for effective cooperation in educational institutions.

Method/Reflection

The information on emotional intelligence (EI) included in this poster is the result of both my personal experiences and academic studies. Personal observations were based on my participation in different group projects in both academic and work environments, which helped me to acquire practical experience in emotion management and collaboration with others. I also relied on some research, particularly the academic studies referenced in this poster, to offer an evidence-based understanding of EI in effective teamwork.



References

Coronado-Maldonado, I. and Benítez-Márquez, M.-D. (2023) 'Emotional intelligence, leadership, and work teams: A hybrid literature review', *Heliyon*, 9(10), e20356. Available at: <https://doi.org/10.1016/j.heliyon.2023.e20356>.
Goleman, D. (2007) *Emotional Intelligence*. 10th edn. New York: Bantam Books.



Emotional Intelligence and Team Work



The five major areas of EI

- Self-awareness
- Self-regulation
- Motivation
- Empathy
- Social Skills

Helps with teamwork challenges

- Managing deadlines
- Effective discussions
- Providing & receiving feedback
- Conflict resolution

The use of emotional intelligence allows students to cooperate within teams and handle various teamwork problems like arguments, disparity in workloads, and tight deadlines (Coronado-Maldonado et al., 2023). There are five major areas of EI, which are self-awareness, self-management, motivation, empathy, and social skills. Self-aware students recognise that they get irritated during discussion. On the other hand, socially competent students help to communicate efficiently and provide helpful criticism.



Managing Own Emotions



To control and regulate their emotions, students can use certain strategies that will help them stay productive and decrease stress while working on group projects. Self-regulation implies stopping and thinking about the way of reaction on some irritating situations. Students can use deep breathing or practice mindfulness (Goleman, 2007). Reflection after every meeting allows revealing the factors that may cause negative feelings, and being motivated means sticking to the task even in the case of some problems. Such strategies will eliminate procrastination and emotional burnout, and students will be productive all the time while working on a project.



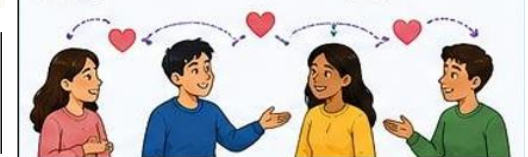
Conclusion

EI plays an important role in effective teamwork in group projects of students. The application of such skills as self-management and empathy allows overcoming difficulties and staying motivated. Practicing EI will not only make the current teamwork more efficient but will also create useful skills that will be applied in the future professional life of students. Students are advised to practice EI in all their teamwork.

Understanding Others' Emotions



- Active listening
- Empathy
- Collaboration
- Shared ideas
- Inclusion



Understanding the feelings of others will improve the communication processes, cooperation, and the general work of teams. Empathy is a useful characteristic as it allows listening to people, their concerns, and providing assistance in case a person experiences a lot of pressure (Coronado-Maldonado et al., 2023). It promotes a friendly atmosphere where everyone can be heard and supported.

"Emotional intelligence is the foundation of great teamwork."

