

EMOTIONAL INTELLIGENCE

≡ *in Groups* ≡ ♥

1 INTRODUCTION



Emotional intelligence helps us connect, communicate and collaborate better in groups.

2 WORKING IN GROUPS



Good teamwork is built on trust, respect and open communication.

3 UNDERSTANDING OTHERS' EMOTIONS



Empathy helps us understand others, show support and build stronger relationships.

4 MANAGING YOUR OWN EMOTIONS



Pause and breathe



Understand what you feel



Choose a positive response

Self-control and awareness help us stay calm and make better decisions.

5 METHOD



- Active listening
- Open communication
- Respect different opinions
- Give and receive feedback
- Support each other

6 REFLECTION



- What did I feel?
- How did I react?
- What can I improve?
- What did I learn from the group?

7 CONCLUSION AND RECOMMENDATION



Emotional intelligence makes groups stronger and goals easier to achieve. When we understand ourselves and others, we create a positive and productive environment.



RECOMMENDATIONS: Practice empathy, communicate openly, manage your emotions and always reflect to grow together.

