

1.introduction

Emotional Intelligence (EI) is the ability to recognise, understand and manage our own emotions while also understanding the emotions of others. According to Goleman (1998), people with high EI communicate better, solve problems more effectively and build stronger relationships.

In university group projects, students often experience stress, different opinions and pressure to meet deadlines. Emotional Intelligence helps team members work together, manage conflict and achieve shared goals.

2.EI in teamwork

Self-awareness

- Recognise your emotions, strengths and weaknesses.

Self-regulation

- Stay calm and control emotional reactions.

Motivation

- Stay positive and focused on team goals.

Empathy

- Understand how other team members feel.

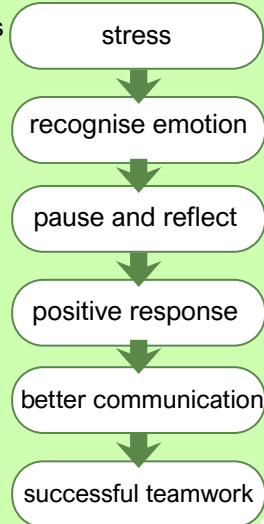
Social Skills

- Communicate clearly and solve problems respectfully.

3.managing own emotions

Recognising emotions early helps students make better decisions and work more effectively.

- ✓ Reflect on your emotions before reacting.
- ✓ Practise mindfulness to stay focused.
- ✓ Pause before responding in difficult situations.
- ✓ Manage stress by planning tasks and meeting deadlines.
- ✓ Use positive self-talk to stay motivated.



4.understanding others emotions

Active Listening

- Listen carefully without interrupting.

Perspective-Taking

- Try to understand another person's point of view.

Constructive Feedback

- Focus on solutions, not blame.

Supportive Communication

- Encourage teammates during stressful situations.

Benefits of Empathy

- ✓ Better communication
- ✓ Stronger relationships
- ✓ Less conflict
- ✓ Greater trust
- ✓ Better group performance

5.method/reflection

Method:

I collected information from academic books and journal articles about Emotional Intelligence. I also used my own experience from university group projects and observed how students communicate and solve problems while working in teams.

Reflection:

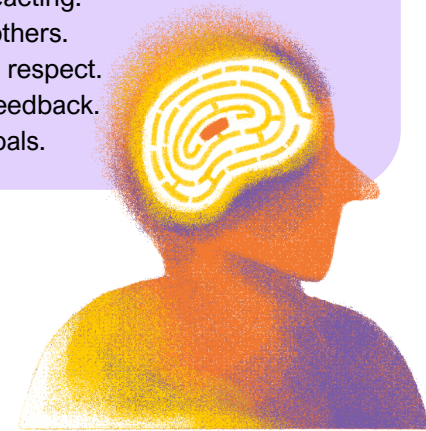
While creating this poster, I realised that Emotional Intelligence is more than understanding emotions. It also means managing my own reactions and understanding how other people feel. From my own experience, group projects can be stressful because of different opinions, missed deadlines or unequal participation. I learned that staying calm, listening carefully and showing empathy can reduce conflict and improve teamwork.

6.conclusion

Emotional Intelligence helps students understand themselves, communicate effectively and build stronger relationships. Developing EI skills can reduce conflict, improve teamwork and increase the success of group projects.

Tips:

- ✓ Be aware of your emotions.
- ✓ Stay calm before reacting.
- ✓ Listen carefully to others.
- ✓ Show empathy and respect.
- ✓ Give constructive feedback.
- ✓ Focus on shared goals.



References

- Cherniss, C. (2010) 'Emotional Intelligence: Toward Clarification of a Concept', Industrial and Organizational Psychology, 3(2), pp. 110–126.
- Goleman, D. (1998) Working with Emotional Intelligence. New York: Bantam Books.
- Mayer, J.D., Salovey, P. and Caruso, D.R. (2016) 'The Ability Model of Emotional Intelligence: Principles and Updates', Emotion Review, 8(4), pp. 290–300.