

MODULE NAME :Developing Emotional Intelligence Skills

MODULE CODE : LCLM5006

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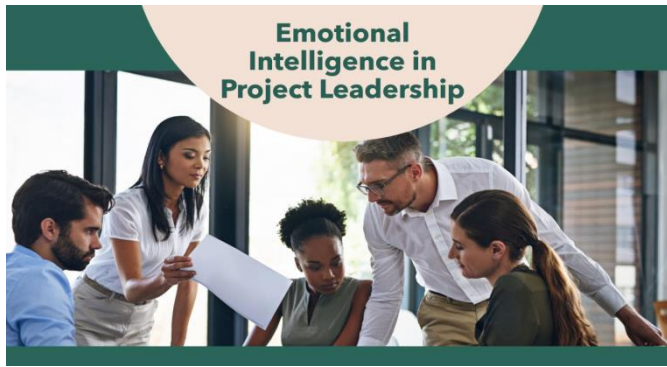
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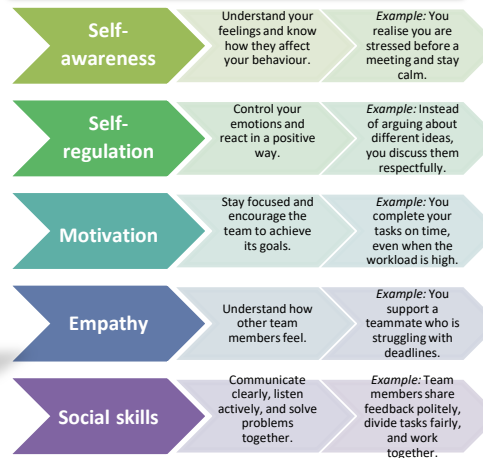
Managing Your Own Emotions

Recognise your feelings	Notice when you feel stressed, worried, or frustrated.
Mindfulness	Take a few deep breaths and focus on the present before continuing your work.
Reflection	Think about what caused your emotions and how you can improve next time.
Stress management	Break large tasks into smaller steps, plan your time, and ask for help when needed.
Pause before reacting	Stay calm instead of responding with anger or frustration.

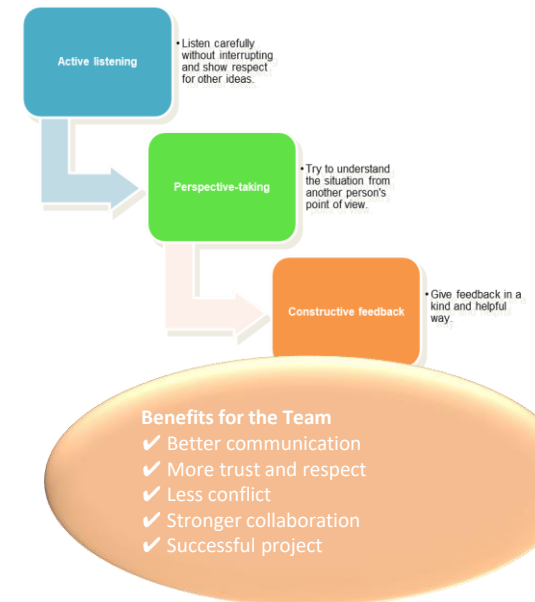
Emotional Intelligence in Project Leadership



Key EI Skills



Understanding Others' Emotions



Reference:

Goleman, D. (1996) Emotional Intelligence: Why It Can Matter More Than IQ. London: Bloomsbury.

Pereira, B. (2015) 'Mindfulness', Professional Manager, Spring, pp. 52–55.

Singh, D. (2006) Emotional Intelligence at Work: A Professional Guide. 3rd edn. New Delhi and Thousand Oaks, CA: Response Books.

Conclusion

Emotional intelligence helps students work together more effectively. By understanding their own emotions and respecting the feelings of others, teams can communicate better, solve conflicts, and achieve their goals. During the project, emotional intelligence can help create a positive team environment and contribute to a successful event.