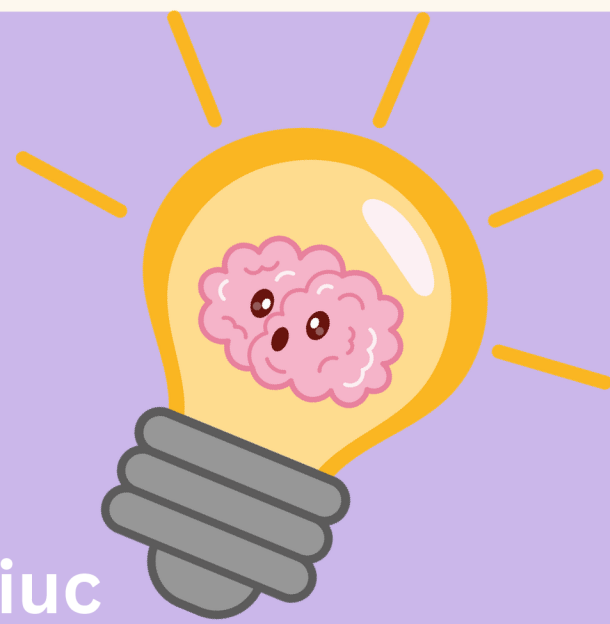




Leading Group Projects with Emotional Intelligence

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1 What is Emotional Intelligence?



This is ability to understand, manage and recognise your emotions and also recognising and responding effectively to the emotions of others (Goleman, 1995.)

During University group Projects, students often dealing with stress, different styles of working and communication chalenges. Developing your EI helps teams collaborate effectively and achieve better academic results

4 Five Emotional Intelligence Skills

1. Self Awareness

Recognising your own emotions and understand their influence

2. Self-Regulation

Managing emotions before any reactions.

3. Motivation

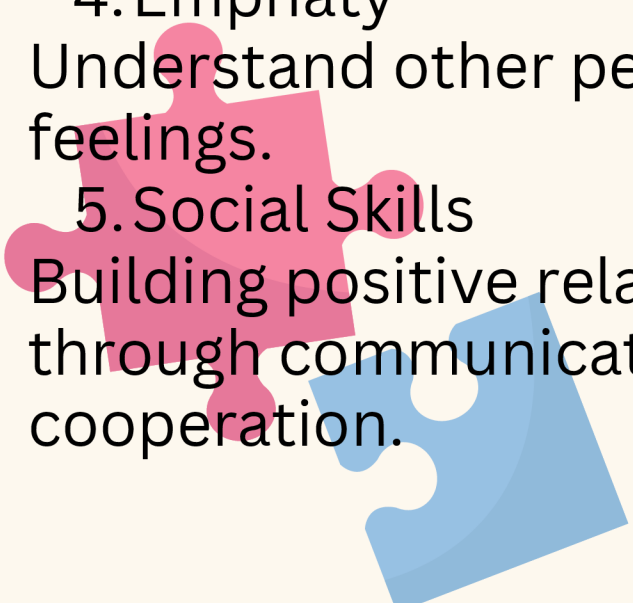
Remaining focused on shared goals.

4. Emphaty

Understand other people feelings.

5. Social Skills

Building positive relationships through communication and cooperation.



2 Why is EI important?

- Improves teamwork and communication skills.
- Reduces conflicts and misunderstandings.
- Can increase motivation and productivity.
- Building trust and respect between the team

5 Managing your own Emotions

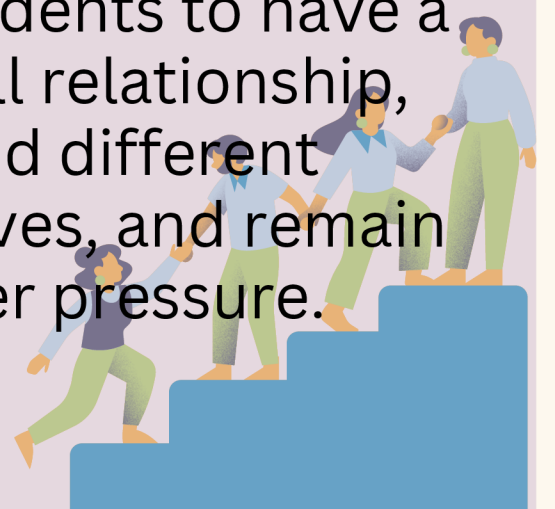
Managing your emotions helps to stay calm, focused and work better inside the team, even under pressure.

Simple strategies:

- Take a break before reacting
- Break big tasks into small steps
- Stay positive and focus on solutions.
- Ask for help if needed.

3 Emotional Intelligence in Teamwork

How can EI help students to work together effectively and manage teamwork challenges? Emotional Intelligence allows students to have a respectfull relationship, enderstand different perspectives, and remain calm under pressure.



6 Understanding Other's Emotions

How the emphaty improves teamwork?

Emphaty helps team members understand each other, communicate better and work effectively together



Show your emphaty by:

- Listening carefully
- Speaking Respectfully
- Supporting your teammates
- Valuing everyone's ideas

References:

- Goleman, D. (1995) Emotional Intelligence: Why It Can Matter More Than IQ. New York: Bantam Books.
- Mayer, J.D., Salovey, P. and Caruso, D.R. (2004) 'Emotional Intelligence: Theory, Findings and Implications', Psychological Inquiry, 15(3), pp. 197-215.
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