

LEADING GROUP PROJECT WITH EMOTIONAL INTELLIGENCE



Developing Emotional Intelligence Skills – Module 4002 – Kazeem Oseni

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1. Introduction

Emotional intelligence (EI) is the ability to recognise, understand and manage our own emotions while also recognising and responding appropriately to the emotions of others. In university group projects, EI improves communication, reduces conflict and helps teams achieve shared goals (McLeod, 2024). Emotional intelligence includes self-awareness, self-regulation, motivation, empathy, and social skills, which are essential for effective collaboration in group projects. (McLeod 2024)



2. EI in Teamwork

SELF – AWARENESS	SELF - REGULATION	MOTIVATION	EMPATHY	SOCIAL SKILLS
Recognise your emotions, strengths and limitations to understand how they influence your behaviour and decisions.	Manage emotional reactions, remain calm under pressure and respond thoughtfully to challenges.	Maintain a positive attitude, show commitment and stay focused on achieving shared team goals.	Recognise and understand other people's emotions, perspectives and needs to build trust and cooperation.	Communicate effectively, resolve conflicts constructively and develop positive working relationships.

When a deadline is approaching, emotionally intelligent students stay calm, support teammates and communicate effectively to complete the project successfully. (Goleman, 2024)

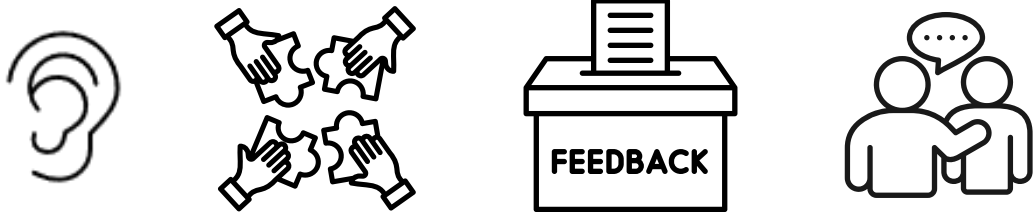
3. Managing own Emotions

Managing emotions effectively helps students stay calm under pressure, make better decisions and respond positively to challenges during group projects (TSW, 2025).

Mindfulness Be present and focused on the task	Emotion-Response-Outcome
Reflection Think about your feelings and what triggers them.	Emotion (Stress, frustration, pressure)
Stress Management Use deep breathing, exercise or breaks to relax.	Awareness Recognise what you are feeling
Pause before reacting Take a moment to think before responding.	Choose response (Calm, think, plan, communicate)
Stay organised Plan tasks and manage your time effectively	Positive outcome Better, decisions, less stress, better productivity)

4. Understanding other’s Emotions

Understanding and recognising the emotions of others improves communication, strengthens relationships and encourages effective collaboration within group projects (Nortje, 2020).



Active Listening

Listen fully without interrupting.

Perspective-Taking

Try to see the situation from their point of view.

Constructive Feedback

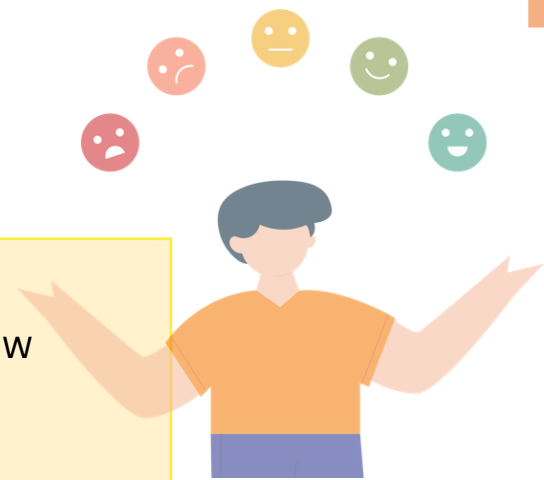
Give feedback kindly and help others improve.

Support Others

Be there for teammates during difficult times

5. Method/ Reflection

Personal Experience Reflected on my own experiences of working in university group projects, including communication, teamwork and meeting deadlines.	Research Reviewed academic literature and reliable online sources to understand the concepts of emotional intelligence.	Observation Observed how different behaviours, emotions and communication styles influence collaboration and group performance.
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Conclusion



Emotional intelligence is essential for successful university group projects. It enables students to manage their emotions, understand others, communicate effectively and resolve conflicts positively. By developing emotional intelligence, teams become more collaborative, productive and successful in achieving shared academic goals.



References

McLeod, S. (2024) Emotional intelligence. Simply Psychology. Available at : [Emotional Intelligence \(EQ\): Components and Examples](#) ((Accessed 2 July 2026).

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