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# LEADING GROUP PROJECTS

## with Emotional Intelligence

### INTRODUCTION

Emotional intelligence (EI) is the ability to recognise, understand, and manage our own emotions and the emotions of others.

In group projects, EI helps students build strong relationships, manage challenges, and create a positive environment where everyone can contribute and achieve better results together.

#### Real student challenges:

Different personalities, tight deadlines, stress, and misunderstandings can make teamwork difficult.

### 1. EI IN TEAMWORK

Emotional intelligence helps students work effectively in groups and manage common teamwork challenges.

| SELF-AWARENESS                                    | SELF-REGULATION                                              | MOTIVATION                                               | EMPATHY                                                          | SOCIAL SKILLS                                                        |
|---------------------------------------------------|--------------------------------------------------------------|----------------------------------------------------------|------------------------------------------------------------------|----------------------------------------------------------------------|
| Know your emotions and how they affect others.    | Control your reactions and stay calm under pressure.         | Stay positive and focused on team goals.                 | Understand others' feelings and perspectives.                    | Communicate clearly, resolve conflicts, and collaborate effectively. |
| Example: noticing frustration during discussions. | Example: staying calm when plans change or criticism arises. | Example: encouraging the team when deadlines feel tough. | Example: recognising a teammate's stress before giving feedback. | Example: leading meetings and finding win-win solutions.             |

#### Teamwork challenges

- Conflicts
- Missed deadlines
- Unclear roles
- Unequal participation

#### EI helps by

- Improving communication
- Reducing misunderstandings
- Building trust and respect
- Keeping the team on track

### 2. MANAGING OWN EMOTIONS

Recognising and managing your emotions helps you stay productive and reduce stress.



#### STRATEGIES TO MANAGE EMOTIONS

- **Mindfulness** – Take deep breaths, stay present.
- **Reflection** – Understand what you feel and why.
- **Stress management** – Plan ahead, take breaks, exercise.
- **Pause before reacting** – Don't respond in the heat of the moment.

You can't control everything, but you can control how you respond.

### 3. UNDERSTANDING OTHERS' EMOTIONS

Empathy and understanding others' emotions improve communication, collaboration, and overall team success.

#### ACTIVE LISTENING

Listen fully without interrupting.

Example: Let teammates share their ideas and concerns.



When teammates feel heard and understood, they are more engaged, trust each other, and work better together.

#### PERSPECTIVE-TAKING

Try to see things from others' point of view.

Example: Understanding why a teammate missed a deadline.



#### CONSTRUCTIVE FEEDBACK

Give feedback in a kind, specific, and helpful way.

Example: "I like your idea. Maybe we can improve it by..."



### METHOD / REFLECTION

I gathered information through:

- Personal experience in group projects
- Observing teamwork dynamics
- Academic research and articles

#### Reflection:

Applying EI helped me handle challenges better and build stronger relationships in my team.



### CONCLUSION / RECOMMENDATIONS

Emotional intelligence is key to successful group projects. It helps us manage ourselves, understand others, and create a positive team environment.

#### PRACTICAL TIPS FOR STUDENTS

- Know your emotions and triggers.
- Communicate openly and respectfully.
- Practice empathy and active listening.
- Stay positive, flexible, and supportive.
- Reflect and learn from each experience.



Strong teams don't just happen, they are built with emotional intelligence.

### REFERENCES

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