

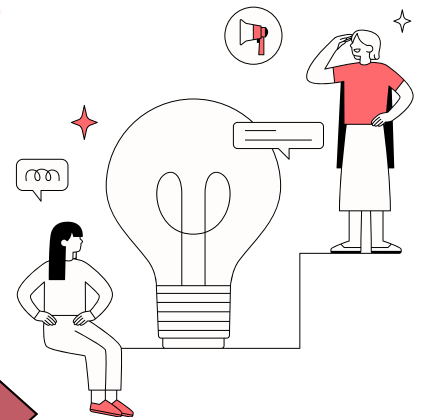
EMOTIONAL INTELLIGENCE IN GROUPS

Leading Group Projects with Emotional Intelligence

INTRODUCTION

WHAT IS EMOTIONAL INTELLIGENCE?

Emotional Intelligence (EI) is the ability to recognise, understand and manage emotions. It improves communication, team work and conflict resolution in group projects (Goleman, 1995).



TEAMWORK

EI IN TEAMWORK

EI helps students work effectively by building:

Self-consciousness
Self-Control, Drive
Compassion
People skills

These skills help in communication, decrease conflict, and facilitate teamwork (Salovey & Mayer, 1990).

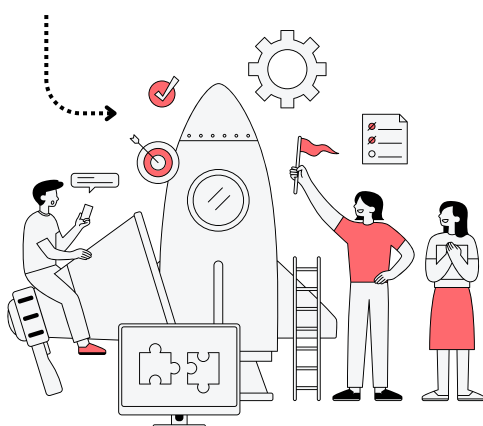
EMOTIONS

MANAGING YOUR EMOTIONS

Students can lower stress by:

Mindfulness Practice
Planning assignments
Pause Before You React
Time management skills

Better emotional control leads to greater focus and productivity.



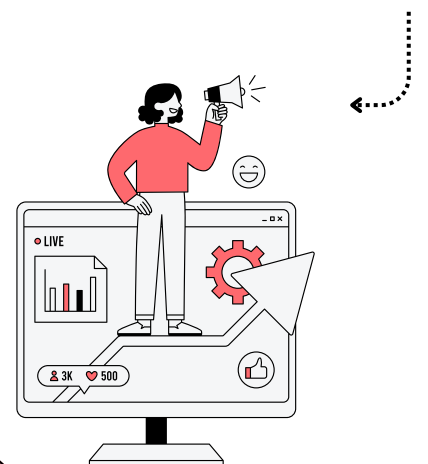
UNDERSTANDING

UNDERSTANDING OTHERS

Empathy fosters teamwork by promoting:

Active listening
Tolerance for dissenting opinions
Positive feedback Team support

Understanding others helps build trust and stronger collaboration.



TAKEAWAYS

KEY TAKEAWAYS

Emotional intelligence helps students to:

- ✓ Communicate well
- ✓ Work under stress
- ✓ Resolve conflicts
- ✓ Help teammates
- ✓ Help the team to do better



References

- Goleman (1995)
- Salovey & Mayer (1990)
- Mayer et al. (2016)