

WHAT IS EMOTIONAL INTELLIGENCE?



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Emotional Intelligence

What I have gathered so far? I got some ideas via my overall experience from my perspective

by working on team projects and assignments subsidised by

the EI techniques and looking out for flexibility and skills in my team in educational environments

GOALS HELP PSYCHOLOGY CARE LINE

EMOTIONAL INTELLIGENCE INCREASES ABILITY IMPROVES DECISION MAKING WELL BEING

Introduction - What is Emotional Intelligence(EI)?

- It is possessing the skill of understanding to be aware of, comprehend, manage and organize and also manipulate emotive feelings in us and other people. It is crucial to discover our feelings especially when we are worked up.

A. How can emotional intelligence help students work effectively in groups and manage common teamwork challenges?

- Admitting what you feel on that moment when a challenging activity occurs an adding positive grounding thoughts and being always ready to work and improve clear communication skills.

B. How can students recognise and manage their own emotions to remain productive and reduce stress during group projects?

- As the deadlines appear in terms of submission or completion, there are students who do not worry too much and stay relaxed and confident. Whereas other students have anxious feelings about it or even decide to give it a miss. When Emotional Intelligence intervenes, it helps to overcome these challenges by applying the following techniques: having mindfulness, looking at reflection, control of stress, thinking before reacting.

C. How can empathy and understanding the emotions of others improve communication, collaboration, and overall team success?

- It boosts communication and improves discussions and conversations which has a positive impact over people's emotions, minimizes conflicts and reduces arguments, and boosts the cooperation abilities which results in successful completion of key projects within the deadlines leading again to a good feedback. Key aspects involve Self-awareness and self regulation as well as confidence, empathy and skills of social nature. Behaviours in terms of empathy may involve constant listening, taking a different look at things, feedback for improvement.

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