

EMOTIONAL INTELLIGENCE

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Introduction

- Emotional Intelligence is the ability to identify and control emotions in self and others.
- EI is crucial in group projects where you deal with various personalities, conflicting deadlines and pressure. Frustration, anxiety and demotivation are areas where students have a poor ability to deal with them.
- Students achieve self-awareness, self-regulation, empathy and social skills, fostering a collaborative rather than conflictual approach, improving productivity and ensuring all members reach their full potential in a supportive setting (Brackett et al., 2011).

Method and Reflection

- Information gathered through multiple sources: personal observation of group dynamics in academic projects, peer-reviewed research on emotional intelligence frameworks, academic journals linking EI to team performance and peer conversations revealing common emotional challenges.
- This triangulated approach ensures content relevance and credibility.

EI in Teamwork

- EI addresses teamwork challenges through five competencies.
- Patterns are recognized by self-awareness. Self-regulation helps keep cool in conflict.
- Motivation sustains commitment. Empathy has an awareness of their teammates' point of view. Conflict resolution through social skills.
- For example, emotionally intelligent students listen to feedback, listen to themselves, gain insights, take action and implement changes without hurting team relationship.

EI COMPETENCIES FRAMEWORK



Conclusion

- Emotional intelligence fundamentally transforms group experiences. EI skills can be learned.
- Recommendations: develop reflective practices, use pause techniques before responding, practice listening actively in meetings, ask for feedback from peers, communicate vulnerably with each other.
- Emotional Intelligence is the key to better academics, better relationships and better career preparation

Managing Own Emotions

- Emotion management begins with recognizing emotional states.
- Mindfulness and journaling reveal patterns that lead to an overwhelm. Stress management includes exercise and rest.
- The pause technique is a technique of interrupting reactivity by pausing responses via breathing, to activate rational thinking and conscious choice in communication and behavior.

Understanding Others' Emotions

- Empathy enhances team collaboration significantly.
- Active listening signals genuine interest.
- Perspective-taking considers teammates' circumstances and stressors.
- Constructive feedback acknowledges effort while suggesting improvements.
- Recognizing non-verbal cues enables early intervention.
- These empathetic behaviors create psychological safety where members contribute freely and support peers.

Reference

Brackett, M.A., Rivers, S.E. and Salovey, P. (2011) 'Emotional intelligence: Implications for personal, social, academic, and workplace success', *Social and Personality Psychology Compass*, 5(1), pp. 88–103.