

Leading Group Projects With Emotional Intelligence

1 Introduction

This is my poster about emotional intelligence. This shows how emotional intelligence can help students work effectively in groups and manage common teamwork challenges.



2 E.I In Teamwork



3 Managing Own Emotions

Being able to pinpoint and regulate emotions which may arise for maintaining healthy mental health



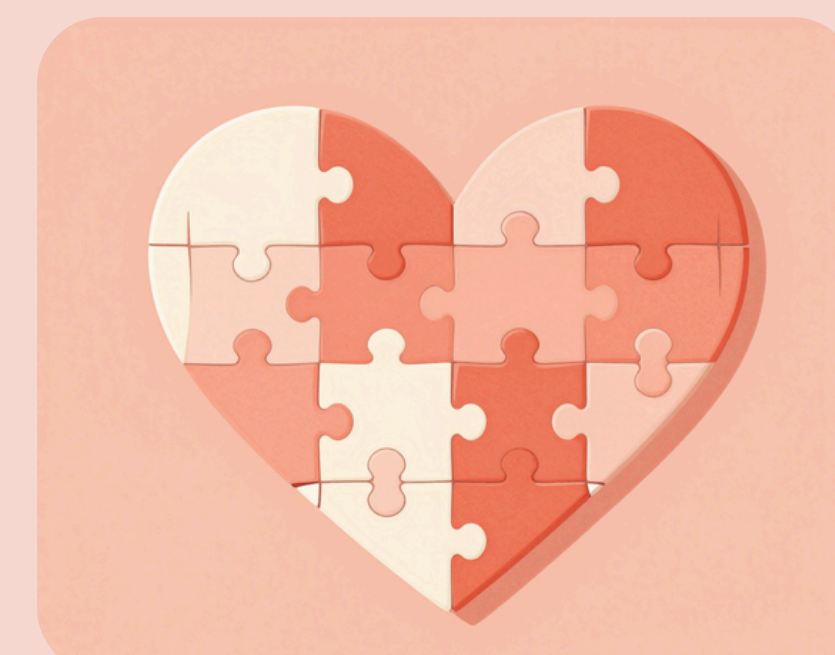
4 Reflection

Being able to look back at a situation and reflect on it, what could have been done differently, how did everyone involved feel before, during and after the situation.



5 Conclusion

Being able to have social skills, Motivation, self-awareness, and the ability to reflect ties into emotional awareness.



6 References

Woime, A.W. and Shato, G.A. (2025) 'The role of emotional intelligence and conflict management in job satisfaction and teamwork: a systematic review', Public Health Challenges, 4, e70054. doi:10.1002/puh2.70054.

