

Leading Group Projects with Emotional Intelligence (EI)

How Emotional Intelligence Improves Teamwork and Group Success

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1. Introduction

Emotional Intelligence (EI) is the ability to understand and manage our own emotions and understand the emotions of other people.

In university group projects, students often have different personalities, ideas, and working styles. Good emotional intelligence helps teams communicate better, solve problems, and complete projects successfully.

Why is EI important?



3. Managing Your Own Emotions

Students can improve their emotional intelligence by using simple strategies.



Helpful Strategies

- Take a short pause before reacting.
- Practise mindfulness or deep breathing.
- Think about your emotions.
- Plan your work to reduce stress.
- Ask for help when needed.

2. Emotional Intelligence in Teamwork

Five Key EI Skills

EI Skill	How it helps in a group
Self-awareness	Understand your own feelings and behaviour.
Self-regulation	Stay calm and control emotions during conflict.
Motivation	Stay positive and finish tasks on time.
Empathy	Understand how other team members feel.
Social skills	Build trust and communicate clearly.

Example: One student does not finish their work.

Without EI

Team argues, people become angry, and project quality becomes worse.



With EI

Team discusses the problem calmly, everyone listens, a new deadline is agreed, and the project continues successfully.

4. Understanding Other People's Emotions

Empathy helps students build stronger relationships.



Good Team Behaviours

- Active listening
- Respect different opinions
- Give constructive feedback
- Support classmates when they feel stressed

Example: A team member looks quiet during a meeting. Instead of ignoring them: ask if they need help, listen carefully, and encourage them to share ideas.
Result: The student feels included, communication improves, and the team works better together.

5. Conclusion & Recommendations

Emotional intelligence is an important skill for every student. It helps people:

- communicate clearly
- manage stress
- solve conflicts
- work together successfully
- achieve better project results



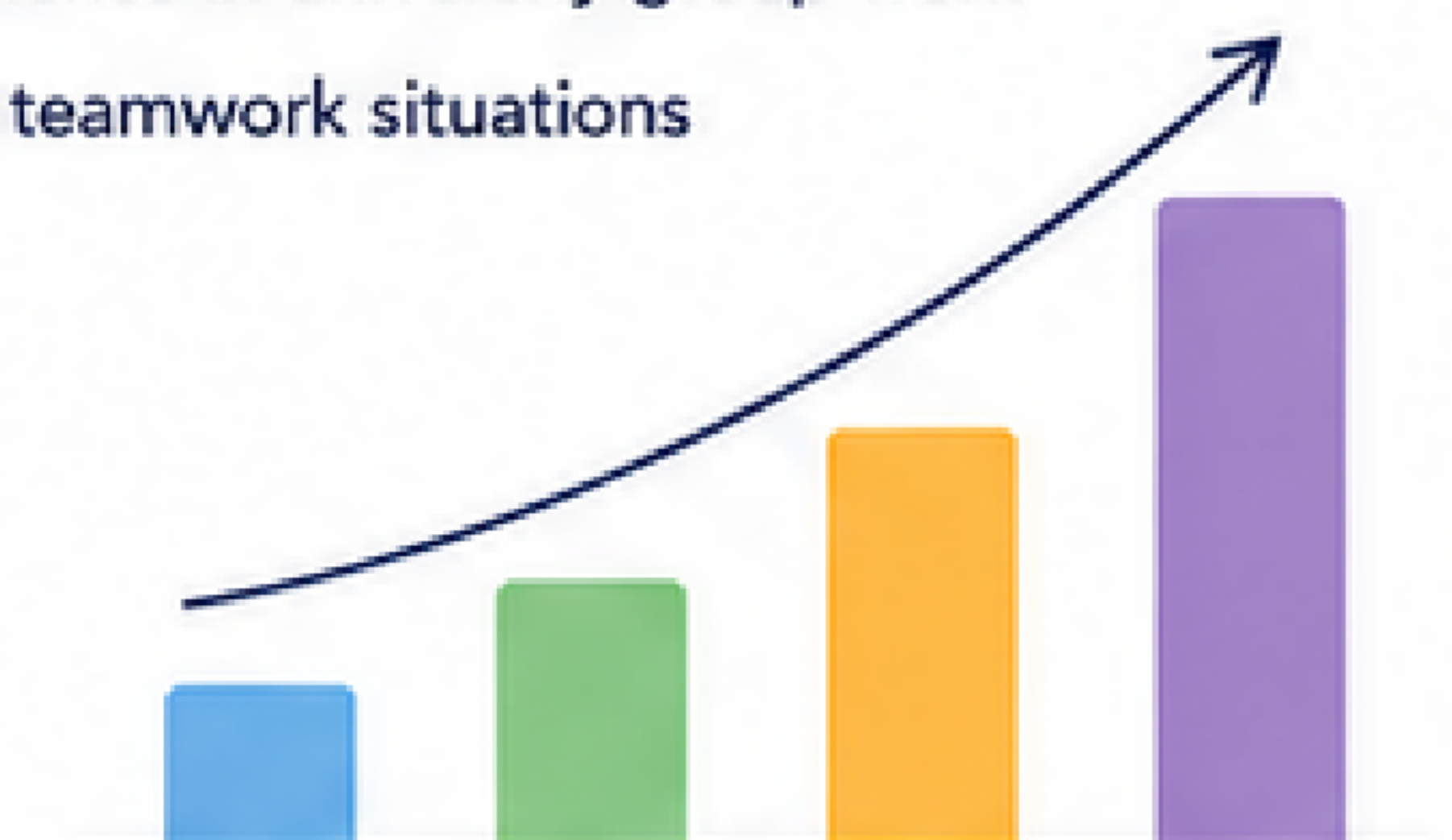
Tips for Students

- Know your emotions.
- Stay calm under pressure.
- Listen carefully.
- Respect different opinions.
- Give helpful feedback.

6. Method / Reflection (Presentation only)

This poster is based on:

- academic research
- personal experience in university group work
- observation of teamwork situations



References (Harvard Style)

- Goleman, D. (1995) *Emotional Intelligence: Why It Can Matter More Than IQ*. New York: Bantam Books.
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- Mayer, J.D., Salovey, P. and Caruso, D.R. (2004) 'Emotional Intelligence: Theory, Findings and Implications', *Psychological Inquiry*, 15(3), pp. 197–215.