

LEADING GROUP PROJECTS WITH EMOTIONAL INTELLIGENCE (EI)

Emotional Intelligence (EI) is the ability to understand and manage emotions in yourself and others.



Why is it important?
Group projects can involve:
Stress
Deadlines
Different opinions
Conflict
EI helps students work together
successfully.



Emotional Intelligence in Teamwork

Emotional intelligence helps students work effectively in groups by improving communication and reducing conflict. Skills such as self-awareness, self-regulation, motivation, empathy, and social skills allow team members to stay focused, handle feedback positively, and work towards shared goals. For example, during a disagreement, students with strong EI remain calm and discuss solutions rather than arguing.

Managing Your Own Emotions

Students can remain productive by recognising and controlling their emotions. When feeling stressed or frustrated, it is important to pause, reflect, and choose a positive response. Techniques such as mindfulness, good time management, and taking short breaks can help reduce stress and improve focus during group projects.

Understanding Others’ Emotions

Empathy allows students to understand how their teammates feel and respond appropriately. By actively listening, considering different viewpoints, and giving constructive feedback, students can build trust and create a positive team environment. Understanding others’ emotions improves communication, collaboration, and overall project success.

Conclusion

Emotional intelligence is an important skill for successful group work. It helps students manage stress, communicate effectively, resolve conflicts, and support their teammates. By developing emotional intelligence, students can improve both their individual performance and the success of their group projects.

Method / Reflection

This poster was developed using personal experiences of group work, observations of team interactions, and academic research on emotional intelligence.

References

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