

LEADING GROUP PROJECTS WITH EMOTIONAL INTELLIGENCE

Better Communication

Fewer Conflicts

Stronger

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INTRODUCTION

Emotional Intelligence (EI) refers to the capability to manage one's own emotions and those of other people, identify emotional responses, and influence them as necessary. When working together in groups at college, students often encounter many obstacles, including limited time, various personalities, uneven contributions, and differing opinions. Students that are enhancing their EI skills will be able to communicate better, resolve conflict, reduce anxiety, and produce better results during group work activities.

"Strong teams are not just about skills, but about understanding people."

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AI in TEAMWORK

Emotional intelligence supports effective teamwork through five key skills:



SELF-AWARENESS

Understanding your emotions and recognising how they influence your behaviour.



SELF-REGULATION

Managing emotional reactions and remaining calm during difficult situations.



MOTIVATION

Staying committed to team goals despite obstacles



EMPATHY

Understanding the feelings and perspectives of other team members



SOCIAL SKILLS

Building positive relationships through effective communication
Unequal distribution of tasks
Understanding the feelings and perspectives of other

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METHOD/ REFLECTION

- Academic literature on Emotional Intelligence
- Personal experience in university group projects
- Observation of team interaction and communication
- Reflection on successful and challenging teamwork situations

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CONCLUSION/ RECOMMENDATIONS

Emotional intelligence is essential for successful group work. By developing self-awareness, self-regulation, motivation, empathy, and social skills, students can improve teamwork, reduce conflict, and achieve better results.

PRACTICAL TIPS:

- ❑ Reflect on your emotions regularly Listen actively to others
- ❑ Stay calm under pressure Give constructive feedback
- ❑ Focus on team goals rather than individual differences

Small Steps Today = Greater Success Tomorrow!

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MANAGING YOUR OWN EMOTION

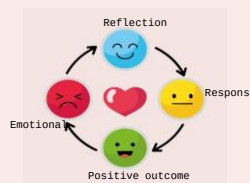
Recognising and managing emotions helps students remain productive and reduce stress during group projects.

USEFUL STRATEGIES: RESPONSES MODEL

- ✓ Mindfulness and deep breathing
- ✓ Self-reflection and journaling
- ✓ Effective time management
- ✓ Taking short breaks
- ✓ Pausing before reacting emotionally



POSITIVE



3

UNDERSTANDING OTHERS' EMOTIONS

Empathy plays a vital role in successful teamwork. Understanding the emotions of others improves communication, trust, and cooperation.

EFFECTIVE BEHAVIOURS:

- ❖ Active listening
- ❖ Perspective-taking
- ❖ Respectful communication
- ❖ Constructive feedback
- ❖ Supporting struggling team members



RESULTS

- ❖ Greater trust and respect
- ❖ Better collaboration
- ❖ Faster problem-solving
- ❖ Improved team performance
- ❖ More successful project outcomes

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