



LEADING GROUP PROJECTS WITH EMOTIONAL INTELLIGENCE

Understanding Emotions. Building Stronger Teams. Achieving Better Results.



1. INTRODUCTION

Emotional intelligence (EI) is the ability to understand and manage our own emotions and recognise the emotions of others.

In group projects, students face different challenges: tight deadlines, different opinions, feedback, and pressure. Good EI helps teams communicate better, manage conflicts and achieve successful results.

REAL STUDENT EXAMPLE



In many groups, one student does most of the work, another misses deadlines, and someone gets upset after feedback. EI helps us understand each other and work together instead of arguing.

2. EI IN TEAMWORK

Emotional intelligence helps students work effectively in groups and handle common teamwork challenges.



Self-awareness

Knowing how you feel and how it affects your behaviour.



Self-regulation

Controlling your emotions and staying calm in difficult situations.



Motivation

Staying positive and encouraging yourself and others to reach the goal.



Empathy

Understanding how your teammates feel and showing respect.



Social skills

Communicating clearly, listening, giving feedback and solving problems together.

TEAMWORK SITUATIONS



CONFLICT

Two members disagree on the direction.
→ Listen, understand both sides and find a solution together.



DEADLINE PRESSURE

A teammate is behind schedule.
→ Offer help, adjust tasks and create a new plan.



FEEDBACK

You receive criticism on your part.
→ Stay calm, thank the person and use it to improve.

KEY MESSAGE: Teams with strong EI communicate better, trust each other and complete projects more successfully.

3. MANAGING YOUR OWN EMOTIONS

Managing your emotions helps you stay productive and reduce stress during group projects.

HOW TO RECOGNISE YOUR EMOTIONS

- What am I feeling right now?
- What caused this feeling?
- How is it affecting my work and my team?



USEFUL STRATEGIES

- ✓ Take a few deep breaths before responding.
- ✓ Pause before sending messages or reacting.
- ✓ Use mindfulness (1–2 minutes of calm breathing).
- ✓ Break big tasks into smaller steps.
- ✓ Reflect after each meeting: 'What went well? What can I improve?'

EMOTIONS → RESPONSE → OUTCOME



EXAMPLE

Feeling frustrated → Take a short break → Talk calmly with the team → Problem solved more quickly.

4. UNDERSTANDING OTHERS' EMOTIONS

Empathy and understanding improve communication, collaboration and team success.

EMPATHETIC BEHAVIOURS



Active listening

Listen carefully without interrupting.



Perspective-taking

Try to see the situation from their point of view.



Constructive feedback

Focus on the work, not the person.
Be kind and specific.



Offer support

Help and encourage teammates when they are struggling.

MINI-CASE EXAMPLE



How can we help?

A teammate looks quiet and doesn't join the discussion. Instead of ignoring them, we ask if everything is OK and give them time to share. This makes them feel included and the team becomes stronger.

RESULT



5. METHOD / REFLECTION (TO BE ANSWERED IN PRESENTATION)

Information for this poster was gathered from:



Personal experience in university group projects



Academic research on emotional intelligence



Observation of teamwork situations in class and projects

These sources helped me understand how EI can improve teamwork and lead to better results.

6. CONCLUSION / RECOMMENDATIONS

KEY TAKEAWAYS

- ✓ Emotional intelligence is essential for successful group work.
- ✓ Managing your own emotions reduces stress and improves productivity.
- ✓ Empathy and respect create a positive team environment and lead to better results.

PRACTICAL TIPS FOR STUDENTS

- ★ Be aware of your emotions and manage them.
- ★ Listen to others with respect.
- ★ Give and accept feedback positively.
- ★ Support your teammates.
- ★ Plan your work and meet deadlines.
- ★ Reflect and improve after each project.

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Good teamwork is not just about skills and knowledge. It is also about understanding people.

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7. REFERENCES

- Goleman, D. (1998) Working with Emotional Intelligence. London: Bloomsbury.
- Lopes, P.N., Salovey, P. and Straus, R. (2003) 'Emotional intelligence, personality, and the perceived quality of social relationships', *Personality and Individual Differences*, 35(3), pp. 641–658.
- Mikolajczak, M. and Nelis, D. (2018) 'How can emotional intelligence be measured reliably? A systematic review of the literature', *Personality and Individual Differences*, 122, pp. 119–133.

VISUAL GUIDE – ICONS USED



Self-awareness



Self-regulation



Motivation



Empathy



Social skills



Listening



Support



Feedback



Deadlines



Success