

LEADING GROUP PROJECTS WITH EMOTIONAL INTELLIGENCE (EI)

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what is EI?

EI is the ability to recognise, understand, manage and use emotions effectively. this means being aware of your own emotional responses, reading the emotional context around you and adapting your behavior in a way that supports better judgement, communication and relationships.

Common challenges for students

- Unequal contribution
- Missed deadlines
- Miscommunication
- Different personalities
- Stress and pressure



EI in teamwork

- **Self-awareness:** Helps realizing any frustrations during teamwork
- **Self-regulation:** Helps staying calm during arguments
- **Motivation:** Encouraging teammates to finish tasks
- **Empathy:** Supporting a stressed teammate
- **Social skills:** Resolving conflicts respectfully

Without EI

- Deadline missed
- Blaming each other
- Conflicts
- Lower performance

vs

With EI

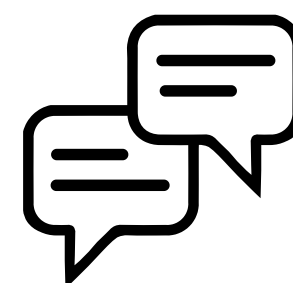
- Deadline missed
- Discuss reasons calmly
- Agree on new plan
- Team stays motivated

managing your own emotions

- **Mindfulness:** Take a deep breath before responding
- **Reflection:** Ask why you're feeling frustrated and what caused that emotion
- **Stress management:** Break tasks into smaller ones and use a planner for time management
- **Reacting:** Pause then think and then respond

Diagram

Stress → Recognise emotions → Pause and reflect → Respond positively → Better team outcome



understanding others' emotions

Importance of empathy

it means understanding another person's thoughts and feelings without judging them.

This improves communication, trust, cooperation and creativity

Empathic behaviours

- Active listening
- Constructive feedback
- Perspective taking

Example:

Problem: Teammate becomes quiet and stops attending meetings

EI response: Ask privately if they need support

Result: Improves trust, communication and teamwork



conclusion

key takeaway

EI helps students with:

- Work effectively in different teams
- Manage stress and pressure
- Resolve conflicts professionally
- Build stronger communication skills
- Improve overall academic performance

Practical tips for students

- Reflect on your emotions before reacting
- Listen actively to teammates
- Give respectful and constructive feedback
- Stay calm during disagreements and encourage empathy

references

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