



LEADING GROUP PROJECTS WITH EMOTIONAL INTELLIGENCE



Understand. Manage. Connect. Succeed Together.



WHAT IS EMOTIONAL INTELLIGENCE (EI)?

Emotional intelligence is the ability to recognise, understand, and manage our own emotions while responding appropriately to the emotions of others. In group projects, it helps students communicate effectively, solve problems, manage conflict, and achieve shared goals.

WHY IS EI IMPORTANT IN GROUP PROJECTS?



Encourages teamwork and cooperation



Reduces misunderstandings and conflicts



Increases motivation and engagement



Improves overall project success

UNDERSTANDING GENERATIONAL DIFFERENCES

Students come from different generations and backgrounds with unique experiences, values, and communication styles.

- Listen with an open mind.
- Respect different perspectives.
- Adapt your communication.
- Build inclusive and supportive teams.

EI helps bridge generational gaps and creates a positive, respectful team environment.



1. EI IN TEAMWORK

Five key EI skills help students work effectively in teams.



Self-awareness: Recognise your emotions and how they affect your actions.



Self-regulation: Stay calm and manage your emotions in challenging situations.



Motivation: Stay positive and committed to achieving team goals.



Empathy: Understand and value others' feelings and perspectives.



Social skills: Communicate clearly, build relationships, and work collaboratively.

EXAMPLE

When disagreements arise, emotionally intelligent students listen, respect others' ideas and work together to reach a solution.

2. MANAGING YOUR OWN EMOTIONS

Good emotional management helps students stay productive and reduce stress during projects.



Practise mindfulness before meetings.



Pause before reacting to difficult situations.



Reflect on feedback and learn from it.



Plan tasks and manage time well.



Seek support when feeling overwhelmed.



Maintain a healthy study-life balance.

FROM STRESS TO SUCCESS

Identify the emotion

Pause and breathe

Think and choose a positive response

Make better decisions

Achieve positive team outcomes

3. UNDERSTANDING OTHERS' EMOTIONS

Empathy improves communication, collaboration and overall team success.



Listen actively and show understanding.



Respect different opinions and ideas.



Give and receive constructive feedback.



Support and encourage your team members.

EXAMPLE

A teammate misses a meeting.

Instead of saying: "You're not committed."

Use empathy: "Is everything okay? How can we help you catch up?"

Results:

- ✓ Better communication
- ✓ Stronger relationships
- ✓ Higher performance

4. CONCLUSION & RECOMMENDATIONS



- ★ Practice self-awareness every day.
- ★ Manage emotions before reacting.
- ★ Show empathy through active listening.
- ★ Communicate respectfully.
- ★ Give constructive feedback.
- ★ Celebrate team achievements.



Remember: Emotional intelligence is just as important as technical skills for successful group projects and future careers.



REFERENCES (HARVARD STYLE)

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REFLECTION (FOR PRESENTATION ONLY)

To create this poster, I used academic sources and reflected on my own experiences in university group projects. Research shows that emotional intelligence improves teamwork, communication, conflict management and problem-solving. By using self-awareness, empathy, self-regulation and social skills, students can work better together and achieve shared goals.

