

LEADING GROUP PROJECTS WITH EMOTIONAL INTELLIGENCE
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Introduction

Emotional Intelligence (EI) is the ability to recognise, understand and manage our own emotions while also recognising the emotions of others. (Mayer and Salovey, 1997).

In university projects, everyone responds differently to deadlines, feedback and pressure. Some students stay motivated, while others may become stressed or frustrated. Developing emotional intelligence helps teams communicate more effectively, deal with challenges and work together towards shared goals. (MacCann et al., 2020).

EI in Teamwork

Emotional intelligence plays an important role in helping students work well as a team. It encourages respectful communication, reduces misunderstandings and supports better decision-making.

EI Skill

Self-awareness	Recognising emotions before reacting.
Self-regulation	Staying calm when receiving feedback.
Motivation	Remaining focused on shared goals.
Empathy	Understanding teammates' feelings and perspectives.
Social Skills	Communicating clearly and resolving conflict positively.

How it helps

Managing Your Emotions

Recognising emotions early allows students to respond positively and productively rather than react impulsively. (Rehman, Tariq and Tariq, 2021).

Practical Strategies.

Practise mindfulness.
Reflect after meetings.
Organise tasks and manage your time effectively.
Take a moment before responding during difficult conversations.

Flowchart

Stress - Pause - Reflect - Respond - Calmly - Positive - Teamwork

These strategies reduce stress and help students remain focused throughout the project. (Rehman, Tariq and Tariq, 2021).

Understanding Others Emotions

Empathy allows students to understand different perspectives and build stronger relationships with the group. (MacCann et al., 2020).

Positive Behaviours

-  Active listening.
-  Respecting different viewpoints.
-  Giving constructive feedback.
-  Supporting teammates when challenges arise.

Example

Without Empathy

You never finish your work on time.

With Empathy

I can see you're finding the deadline challenging. Is there anything we can do to support you?

Conclusion

Emotional intelligence helps students work more effectively in group projects, improving communication, managing conflict and encouraging teamwork. Developing these skills benefits both academic success and future professional relationships.

Recommendation

Be aware of your own emotions.
Listen to understand, not just to respond.
Stay calm when facing challenges.
Support your teammates.
Give feedback respectfully and constructively.

References

MacCann, C., Jiang, Y., Brown, L.E.R., Double, K.S., Bucich, M. and Minbashian, A. (2020) 'Emotional intelligence predicts academic performance: A meta-analysis', *Psychological Bulletin*, 146(2), pp. 150–186. Available at: <https://doi.org/10.1037/bul0000219> (Accessed 10 July).

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