



EMOTIONAL INTELLIGENCE IN TEAMWORK

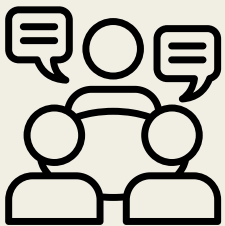


INTRODUCTION

Emotional intelligence (EI) is the ability to understand and manage our own emotions and to empathize with others. In group projects, EI helps students communicate better, handle challenges, reduce stress and work together towards common goals.

WHY IT MATTERS?

- Improves communication
- Builds trust and respect
- Help manage conflicts
- Leads to better outcomes and stronger relationships



EI IN TEAMWORK

How EI helps students work effectively in groups and manage teamwork challenges.

- ★ SELF-AWARENESS
Understanding *your emotions*
- ★ SELF-REGULATIONS
Managing your emotions and behaviours
- ★ MOTIVATION
Being committed towards goals.
- ★ EMPATHY
Understanding others' feelings and perspectives.
- ★ SOCIAL SKILLS
Communicating clearly and giving feedback



MANAGING OUR OWN EMOTIONS

USEFUL STRATEGIES

How to recognise and manage our emotions to stay productive and reduces stress.

-  MINDFULNESS
Be present in the moment and aware of your feelings.
-  REFLECTION
Take time to reflect on your emotions and reactions.
-  STRESS MANAGEMENT
Use techniques like deep breathing or exercise.



UNDERSTANDING OTHERS' EMOTIONS

How empathy and understanding improve communication, collaboration and team success.

EMPATHETIC BEHAVIOURS



- ACTIVE LISTENING
Pay full attention and don't interrupt



- CONSTRUCTIVE FEEDBACK



- PERSPECTIVE-TAKING

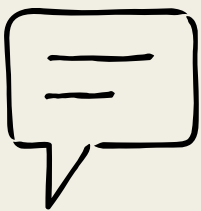
Try to see the situation from other person's point of view.

CONCLUSION



Emotional intelligence is essential for succesful teamwork. When we understand ourselves and others, we create a positive environment where everyone can contribute and achieve shared goals.

Recommendations



-  Be aware of your emotions and how they affect others.
-  Show empathy and respect in every interaction.
-  Work together, support each other and celebrate success.

METHOD / REFLECTION

Information was gathered from academic research, personal experiences, observations in group projects, and reliable online sources to understand the impact of EI in teamwork.

References

- Goleman, D. (1995) Emotional Intelligence. Bantam Books.
- Mayer, J. D., Salovey, P. & Caruso, D. R. (2016) Emotional Intelligence: Theory, Research, and Applications. Springer. <https://doi.org/10.1007/978-3-319-24741-1>
- MindTools Content Team (2023) Emotional Intelligence at Work. MindTools. Retrieved from <https://www.mindtools.com/>