

LEADING GROUP PROJECTS WITH EMOTIONAL INTELLIGENCE

ENHANCING TEAMWORK, MANAGING EMOTIONS, AND DRIVING SUCCESS



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INTRODUCTION



Emotional intelligence (EI) helps leaders understand themselves and others, navigate challenges, and create a positive team environment that leads to successful outcomes.

THE PURPOSE



To demonstrate how EI can improve teamwork, manage conflict, and support successful group outcomes in academic projects.

POSTER QUESTIONS

- A** How can emotional intelligence help students work effectively in groups and manage common teamwork challenges?
- B** How can students recognise and manage their own emotions to remain productive and reduce stress during group projects?
- C** How can empathy and understanding the emotions of others improve communication, collaboration, and overall team success?



EMOTIONAL INTELLIGENCE IN ACTION

1. EI IN TEAMWORK



- Builds self-awareness, empathy and trust
- Helps navigate conflicts and meet deadlines
- Encourages open communication

How EI Helps



2. MANAGING OWN EMOTIONS



- Recognise and manage emotions to stay focused and reduce stress
- Use strategies: mindfulness, breathing, positive self-talk, planning
- Stay organised and ask for support when needed

Benefits



3. UNDERSTANDING OTHERS' EMOTIONS



- Empathy improves communication and collaboration
- Listen actively and show genuine interest
- Validate feelings and offer constructive support

Benefits



CONCLUSION / RECOMMENDATIONS

Key Takeaways

- Emotional intelligence is key for effective teamwork.
- Managing our own emotions improves productivity and reduces stress.
- Empathy and understanding strengthen collaboration and lead to better outcomes.



Recommendations

- Practice EI skills regularly in group settings.
- Create a supportive and respectful team culture.
- Use strategies like active listening, reflection, and constructive feedback.



METHOD / REFLECTION

To gather information, I used:



Personal Experience



Research (Articles & Books)



Observation of Teams



Discussions with Peers



This helped me understand how EI strategies can be applied in real group project situations.

PRACTICAL EXAMPLES



- Active listening during discussions
- Perspective-taking before responding
- Constructive feedback using "I" statements
- Visual icons to check in on emotions

How are we feeling today?



Mini-case: Team conflict over roles → used empathy and open dialogue → reached a fair solution.

REFERENCES



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My Name is Bogdan Balan and this is my poster presentation on emotional and developing emotional intelligence in workplace which is a valuable skills