

Introduction

- ❖ EI helps students navigate the ups and downs of group work
- ❖ It improves communication, strengthens relationships, and supports better decisions.
- ❖ Leading a group with EI makes everyone feel heard, respected and motivated to contribute.

EI in Teamwork

- ❖ Key EI Skills:
 - Self-Awareness
 - Self-regulation
 - Motivation
 - Empathy
 - Social Skills
- ❖ Teamwork Example:
 - Conflicts
 - Deadlines
 - Feedback

Managing Own Emotions

- ❖ Mindfulness
- ❖ Reflection
- ❖ Stress management
- ❖ Pause before reacting



LEADING GROUP PROJECTS WITH EMOTIONAL INTELLIGENCE (EI)



Understanding Others' Emotions

- ❖ Active Listening
- ❖ Respective-taking
- ❖ Constructive Feedback
- ❖ Encouragement and Support

Conclusion and Recommendation

- ❖ EI is essential for successful teamwork and helps manage challenges, build trust and achieve better outcomes.
- ❖ Be empathetic and respectful, communicate openly, support each other, and celebrate wins.

References

- Goleman, D. (1995) *Emotional Intelligence: Why It Can Matter More Than IQ*. London: Bloomsbury.
- Mayer, J.D. and Salovey, P. (1997) 'What is emotional intelligence?', in Salovey, P. and Sluyter, D.J. (eds.) *Emotional Development and Emotional Intelligence: Educational Implications*. New York: Basic Books, pp. 3–31.
- Bradberry, T. and Greaves, J. (2009) *Emotional Intelligence 2.0*. San Diego, CA: TalentSmart.