

Developing Emotional Intelligence Skills LCLM 5006

Individual Poster Presentation

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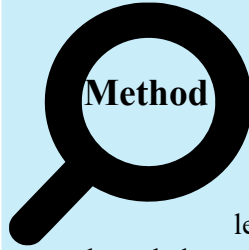
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Introduction

Emotional intelligence starts with understanding your own emotions. As explained by Daniel Goleman, if you don't understand your own feelings, it is harder to understand other people. Your emotions can affect how you act, communicate, and make decisions. Leaders who control their emotions better can support their team and create a more positive workplace



Method



This research was carried out using academic books available through the student library, including works by Daniel Goleman. Key topics such as self-awareness, emotional management, and leadership were explored. In addition, knowledge and information gained during class sessions on campus were used to support understanding of the topic. All information was reviewed and summarised to ensure it was relevant to the assessment.

Q1: Developing Emotional Intelligence

Self-awareness

Understand your own emotions and recognise personal triggers

Self-regulation

Control impulses and manage emotions in difficult situations

Motivation

Stay positive, focused, and driven to achieve goals

Empathy

Understand and share the feelings of other people

Social skills

Communicate clearly and build strong relationships

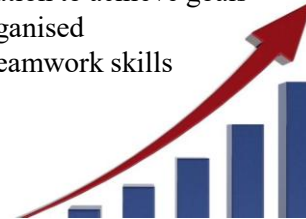
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Measure of Success

- ✓ Strong self-awareness and understanding of emotions
- ✓ Good stress management during exams and deadlines
- ✓ Positive mindset and motivation to achieve goals
- ✓ Ability to focus and stay organised
- ✓ Good communication and teamwork skills

(Costa and Faria, 2023)



Actions to Address EI Challenges

- Practice mindfulness (e.g., STOP model) to control reactions
- Reflect on emotions and learn from difficult situations
- Use planning and time management to reduce stress
- Seek feedback from tutors and classmates
- Develop empathy by listening and understanding others

(Filice and Weese, 2024)

Q2: How to control emotions and develop mindfulness.

STOP Mindfulness Model

S – Stop:

Pause and avoid reacting immediately in situations

T – Take a breath:

Calm your mind using deep breathing techniques

O – Observe:

Notice your thoughts, feelings, and reactions carefully

P – Proceed:

Respond calmly and make a better, controlled decision

