



Leading Group Projects With Emotional Intelligence

Applying Emotional Intelligence to improve Teamwork ,Manage conflict and Achieve Successful Group Outcomes

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Introduction

Emotional Intelligence (EI) is the ability to recognise ,understand, manage and influence our own emotions and the emotions of others.
Group projects bring different personalities,ideas, stress and challenges.EI helps students communicate effectively, resolve conflicts and support each other to achieve common goals



KEYS MESSAGE

Students with strong EI create positive team environments and achieve successful group outcome

Emotional intelligence skills



SELF-AWARENESS

Recognising your own emotion,strengths and weakness

I notice i feel frustrated when tasks are unfairly distributed

Better Self-understanding leads to responsible and thoughtful



SEL-REGULATION

Managing your emotions and controlling impulsive reactions

I stay calm during disagreements and respond respectfully

Reduces conflicts and keep the team focused and productive



MOTIVATION

Staying committed and motivate to achieve goals

I keep working hard even when the project becomes challenging

Inspires others and helps the team stay on tracks



EMPATHY

Understanding and caring about others feelings

I support a teammate who is struggling with personal issues

Builds trusts,respects and stronger relationships withing the team



SOCIAL SKILLS

communicating effectively ,resolving conflicts and building relationships

I listen to everyone's ideas and help the reach a common decision

Improves communication and collaboration for better outcomes

METHODE

Information for this poster was gathered from



- 1.Academic journal and textbooks on EI
- 2.Research by Goleman(1995) Mayer,Salovey& caruso(2004) Druskat &wolWolff(2001)
- 3.Personal experience in group projects
- 4.Observation of team work challenges and solutions

AIM

To explore how EI helps students manage emotions,understand others and achieve successful group outcomes

1.HOW EI IMPROVES TEAMWORK

Managing common teamwork challenges



Missed deadlines



- 1.Discuss the issue calmly
- 2.Identify the reasons
- 3.Plan and redistribute tasks
4. Offer support not blame



Different opinions



- 1.Practise active listening
- 2.Respect different viewpoints
- 3.Focus on the team goal
- 4.Find the solution together



Receiving feedback



- 1.Listen without getting defensive
- 2.Reflect on feedback
- 3.Use feedback to improve
- 4.thank teammates for input

KEY TAKEAWAY

EI helps students communicate better, resolve conflicts and build trusting,high-performing teams

2.MANAGING YOUR OWN EMOTIONS

Only getting focused and productive

COMMON EMOTIONAL TRIGGERS



Stress from deadlines



Anxiety about grades



Frustration with teammates



Pressure from workload

STRATEGIES TO MANAGE EMOTIONS



Mindfulness-stay present and aware



Reflection - understand your feelings



Time management -plan and prioritise tasks



Pause before reacting -think, then respond.



Positive self-talk ,stay encouraged and confident

EMOTION-RESPONSE-OUTCOMES



EMOTION
(Example Stress)



(pause&reflect,plan,seek support)



OUTCOME
(Reduced Stress,better Decisions,
Higher productivity)

KEY MESSAGE

When we manage our emotions, we make better decision and contribute positively to the team

3.UNDERSTANDING OTHERS EMOTIONS

Empathy build stronger Team

EMPATHETIC BEHAVIOURS

EXAMPLE IN ACTION



- 1.Active Listening
Pay attention and show you care



- 2.Perspective-Taking
Try to understand others situations



- 3.Constructive Feedback
Give helpful and respectful feedback



- 4.Supportive communication
Encourage and appreciate teammates



LOW EI RESPONSE
"you never do your homework on time "
Result : conflict,blame, poor communication



HIGH EI RESPONSE
"I noticed you are struggling with this task, how can we help you"



Better communication



Stronger relationships



Improved team performance



successful group outcomes

Conclusion

Emotional Intelligence is essential for successful group projects. By understanding ourselves and others, managing emotions and communicatingeffectively, we create positiveteam environments and achieve shared goals



Reflect on your emotion regularly



Practise empathy ,respect and listen actively and openly.



Manage stress proactively and stay open to feedback

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