

Leading Group Projects with Emotional Intelligence

Applying Emotional Intelligence for Successful Teamwork and Better Outcomes

Student Name: [Your Name] | Module: Developing Emotional Intelligence Skills (LCLM 5006)

University / Department: [Your University or Department]



Abstract

This poster explores how emotional intelligence (EI) can help students work effectively in group projects. It highlights key EI skills, personal emotion management strategies, and the importance of understanding others' emotions to improve communication, resolve conflicts, and achieve successful team outcomes.



Introduction

Emotional Intelligence (EI) is the ability to recognise, understand and manage our own emotions and the emotions of others. In university group projects, EI helps students build stronger relationships, manage challenges, and stay motivated under pressure, leading to better collaboration and results.



1. EI in Teamwork

EI helps students navigate group dynamics, manage conflicts, meet deadlines and give and receive feedback constructively.

Key EI Skills in Action



Self-awareness

Understand your strengths, weaknesses and how your emotions affect your behaviour.



Self-regulation

Control impulses and stay calm during stressful situations or disagreements.



Motivation

Stay positive, set goals and encourage your team to keep moving forward.



Empathy

Understand and respect others' feelings and perspectives.



Social Skills

Communicate clearly, collaborate effectively and build strong relationships.

Example Situations



Conflicts between team members



Tight deadlines and pressure



Different opinions during decisions



EI turns challenges into opportunities for learning and stronger teamwork.

References

- Goleman, D. (1995) *Emotional Intelligence*. New York: Bantam Books.
- Boyatzis, R.E. (2018) *The Emotional Competent Leader*. New York: Routledge.
- Ciarrochi, J., Chan, A.Y.C. and Bajgar, J. (Eds) (2016) *Emotional Intelligence in Everyday Life*. New York: Psychology Press.

2. Managing Own Emotions

Recognising and managing your own emotions helps you stay productive, reduce stress and respond thoughtfully.

Effective Strategies



Mindfulness

Take a few deep breaths and focus on the present to reduce stress.



Reflection

Reflect on your emotions and what triggers them.



Stress Management

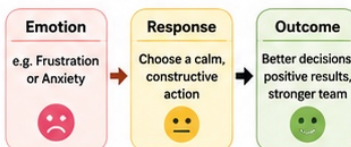
Use techniques like exercise, good sleep and breaks to stay balanced.



Pause Before Reacting

Take a moment to think before you respond, especially in tense situations.

Emotion → Response → Outcome



Tip: You cannot always control what happens, but you can control **how you respond**.



Key Takeaway

“When we lead with emotional intelligence, we build stronger teams, handle challenges better and achieve success together.”



3. Understanding Others' Emotions

Empathy and understanding others' emotions improve communication, build trust and create a supportive team environment.

Empathetic Behaviours



Active Listening

Listen fully without interrupting and show that you value their perspective.



Perspective-Taking

Put yourself in others' shoes and try to understand their point of view.



Constructive Feedback

Give feedback kindly and helpfully, focused on improvement.



Support and Encouragement

Recognise others' efforts and encourage them during challenges.



Conclusions

Emotional intelligence is essential for successful group projects. By developing EI skills, managing our own emotions and understanding others, we can overcome challenges, communicate effectively and achieve better outcomes together.

Recommendations

- Practice EI skills daily in all interactions.
- Communicate openly and respectfully.
- Support each other and celebrate progress.
- Reflect on group experiences and learn together.

Acknowledgements

Thank you to my lecturer and peers for their support and feedback throughout this module.