



Emotional Intelligence

Student name: Monica Lunca

Student number : 2418445

Lecturer name: Dr Kazeem Oseni
Module code: LCM5006
MODULE: Developing Emotional Intelligence skills

INTRODUCTION

Emotional intelligence (EI) is the ability to recognise, understand and manage your own emotions, and understand the feelings of others around us.

It helps to stay calm, communicate better and build good relationships

(Cherry, 2026)

For group projects, this reduces conflict and helps the team work reach success



MANAGING EMOTIONS

You can stay productive and keep balance by:

- Noticing what you feel-when you feel stressed, tired or annoyed.
- Understanding what causes those feelings
- Naming your feelings clearly
- Sharing how you feel in the right way by speaking openly but calmly
- Keep control so strong emotions do not stop you from work or affect others (Frothingham et al., 2026)

EI IN TEAM WORK

Emotional intelligence helps you work better in a team by:

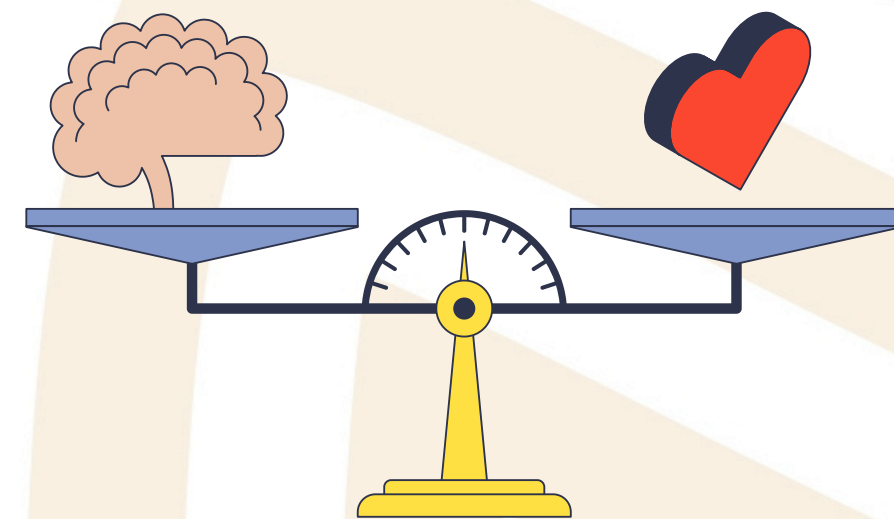
- Self-awareness-notice your own feelings and how they affect your work
- Staying calm instead of reacting quickly when things get difficult or stressful
- Notice tone of voice, body language and posture to easily tell how they are feeling
- Active listening-give full attention to what others are saying, to avoid confusion
- Communicate clearly and respectfully so working together runs smoothly

(Frothingham et al., 2026)

METHODS

Useful, practical ways to build emotional intelligence:

- Recognise and understand your own feelings clearly
- Learn to manage and express emotions well
- Become more aware of how the way you feel affects others
- Apply these skills to build better relationships (Teamhub, 2024)



UNDERSTANDING OTHERS EMOTIONS

Helps create stronger connection and better cooperation:

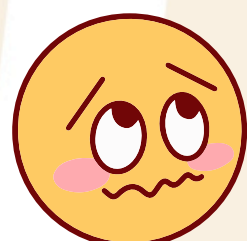
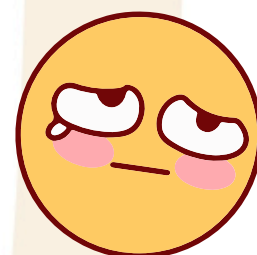
- Empathise and understand how others feel
- Respect different views and see things from their perspective
- Build trust, reduce conflict and improve communication (TeamHub, 2024)



Conclusion

Emotional intelligence is a valuable skill that supports you in studies, work and everyday life. It keeps you calm when things get busy or stressful, and strengthens your mental well-being. When your mind feels balanced, it becomes easier to stay connected to others and truly understand different ideas and perspectives.

Simply activities boost this further: exercises, yoga, running and sharing your own feeling with someone is keeping your mind clear, positive.



References

- Cherry, K. (2026) *The habits of emotionally intelligent people*. Available at: <https://www.verywellmind.com/the-7-habits-of-emotionally-intelligent-people-2795431#toc-2-empathy> (Accessed :6 July 2026)
- Simply Psychology. (2026, May 11). *Emotional intelligence (EQ): components and examples*. Available at: <https://www.simplypsychology.org/emotional-intelligence.html> (Accessed :6 July 2026)
- Teamhub (2024, January 25). *Enhancing team collaboration through emotional intelligence*. Available at: <https://teamhub.com/blog/enhancing-team-collaboration-through-emotional-intelligence/> (Accessed :6 July 2026)