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# Emotional Workshop: Social-Emotional Skills for Teamwork



## Objective:

- Explore how emotional intelligence enhances collaboration and teamwork in adult learning environments.
- Enhance Understanding of Emotional Intelligence
- Promote Self-Reflection and Growth

## Key Components:

- Relevance of SEL in teamwork
- Key emotional skills for collaboration
- Effective team dynamics
- Examples of emotionally intelligent teams.

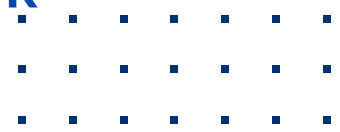
## Duration:

45 minutes



# Workshop:

## Social-Emotional Skills for Teamwork



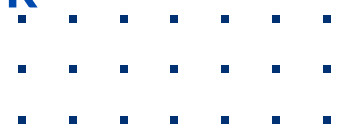
### Workshop Overview

In this workshop, participants will explore the essential role of social-emotional skills in effective teamwork through a series of engaging activities.

- **Introduction (10 minutes).** Reflections on a short video about teamwork
- **Scenarios on Emotional Intelligence in Teams (20 minutes).** Learners will be presented with real-life scenarios involving teamwork challenges that require the application of emotional intelligence (EI) skills. They will then create their own scenarios and the application of above mentioned skills.
- **Team Values Circle (10 minutes).** Group work that focuses on recognizing best team values
- **Conclusion (5 minutes).** Reflecting on the activities conducted so far.

# Workshop:

## Social-Emotional Skills for Teamwork



### Introduction (10 minutes)

You'll see a short video about good and bad teamwork and tips for effective teamwork.

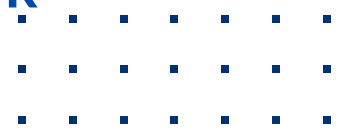
After viewing the video, take a moment to reflect on your own experiences. What do you think makes effective teamwork? How our social-emotional skills contribute to good teamwork?



[Link to the video](#)

## Workshop:

### Social-Emotional Skills for Teamwork



#### Reflecting on Emotional

#### Intelligence in Teams (20 minutes)

You will be presented with 1 short scenario presenting a problem within a team and 3 good uses of different emotional intelligence skills - empathy, self-regulation, emotional awareness.

In groups, think about a different scenario that you often encounter while working in a team and provide a good use of the 3 emotional intelligence skills: empathy, self-regulation, emotional awareness.

## Workshop:

# Social-Emotional Skills for Teamwork

## Scenario example: Conflict in Communication

During a virtual team meeting, two members start arguing because of a misunderstanding. One of them feels that the other is not respecting their ideas, and the conflict escalates quickly.

### Use of emotional intelligence skills:

Recognizing that both members are feeling frustrated and unheard allows you to step in and mediate the conversation, addressing the root emotional cause of the conflict.

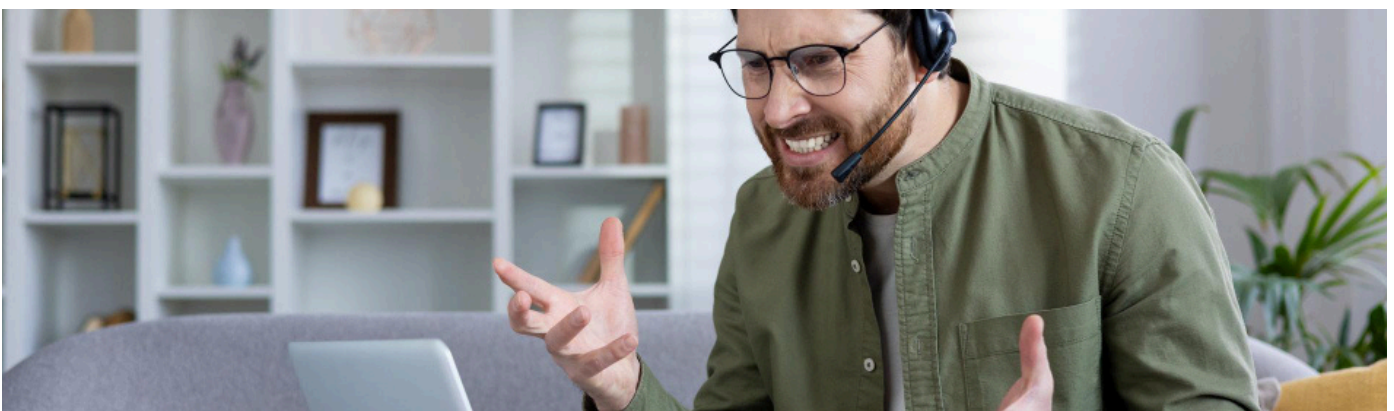
**Emotional Awareness**

You recognize the emotions in the room and manage your own reaction to avoid adding to the tension, calmly guiding the conversation back to productive dialogue.

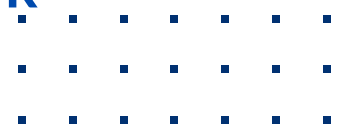
**Self-Regulation**

By understanding the perspective and emotions of each team member, you can help them feel heard and respected, de-escalating the conflict.

**Empathy**



## Workshop: Social-Emotional Skills for Teamwork



### Team Values Circle (10 minutes)



Teams will work together to identify and discuss their shared values, promoting understanding and emotional connection among team members.

Form teams of 4-6 people.

Each team member writes down three values important for teamwork (e.g., respect, trust, communication).

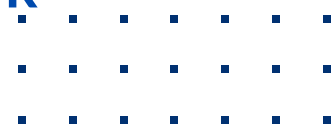
Take turns sharing your values with the group.

As each person shares, circle the common values mentioned.

Discuss what values were most shared, how do these values support teamwork and how can the team ensure that these values are upheld in their collaboration?

# Workshop:

## Social-Emotional Skills for Teamwork



### Conclusion

As we finish our workshop on Social-Emotional Skills for Teamwork, take a moment to reflect on what you've learned. Think about the video we watched, the scenarios we discussed, and the values you shared.

What is one important takeaway you'll carry with you? **Consider how you can apply an emotional intelligence skill in your daily teamwork.**

If you feel comfortable, share your thoughts and discuss how you can support each other in building these skills. Thank you for your participation, and let's use these insights to enhance our teamwork in the future!

# Workshop:

## Social-Emotional Skills for Teamwork



### Instructions for Teachers

**Objective:** Participants will explore the role of emotional intelligence in teamwork, gaining insights into its key components while engaging in self-reflection activities. This workshop aims to empower people to cultivate emotional intelligence skills in themselves and their learners, ultimately fostering effective collaboration, positive interactions, and ongoing personal growth in adult learning settings.

**Duration:** around 45 minutes

#### Materials Needed:

Pens and papers  
Mobile devices  
Internet connection

### Workshop step by step

#### Step 1. Introduction (10 minutes)

Introduce the video "Good Teamwork and Bad Teamwork - Tips for Effective Teamwork," which highlights effective and ineffective teamwork examples. After viewing, give participants a moment to reflect on their own teamwork experiences and how their social-emotional skills influence interactions. Then, lead a group discussion for educators to share their insights and ideas for fostering a positive teamwork culture.

# Workshop:

## Social-Emotional Skills for Teamwork



### **Step 2. Reflecting on Emotional Intelligence in Teams (10 minutes)**

In this activity, present three short scenarios that highlight teamwork challenges. First, show a slide with the scenarios without answers, prompting small groups to discuss and choose which emotional intelligence skill—empathy, self-regulation, or emotional awareness—applies to each situation. Have them write their answers on a piece of paper. Then, display the next slide with the correct answers, allowing groups to reflect on why each answer fits. Finally, facilitate a discussion to explore their insights on emotional intelligence in teamwork.

### **Step 3. Self-Reflection Quiz on Emotional Intelligence in Teamwork (10 minutes)**

In this activity, have participants complete a self-reflection quiz centered on applying emotional intelligence skills in teamwork scenarios. This quiz will guide them to reflect on their responses and assess their strengths and areas for growth. Instruct participants to scan the QR code to access the Mentimeter session and answer the questions. This exercise will promote self-awareness and stimulate discussions on improving emotional intelligence in collaborative environments.

### **Step 4. Team Values Circle (10 minutes)**

In this activity, form teams of 4-6 participants to identify and discuss their shared values that foster understanding and emotional connections. Have each team member write down three important values for teamwork, such as respect, trust, or communication. After sharing, circle the common values mentioned by the group. Guide a discussion on which values were most shared, how they support effective teamwork, and what steps the team can take to uphold these values in their collaboration.



## Workshop:

# Social-Emotional Skills for Teamwork

### Step 6. Conclusion (5 minutes)

As you wrap up the workshop on Social-Emotional Skills for Teamwork, guide participants to take a moment to reflect on their learning experiences. Encourage them to consider the video, scenarios, and shared values discussed throughout the session. Ask them to identify one important takeaway they will carry forward and how they can apply an emotional intelligence skill in their daily teamwork. Invite those who feel comfortable to share their thoughts and discuss ways to support one another in building these skills. Thank them for their participation, and emphasize the importance of using these insights to enhance future teamwork.

### Tips for teachers:

- Facilitate Active Reflection: After each activity, take time to guide participants in reflecting on what they learned. Ask probing questions that encourage them to think critically about how they can apply emotional intelligence skills in real-life teamwork situations, reinforcing the practical application of the concepts discussed.
- When using Mentimeter for the self-reflection quiz, ensure that participants know how to scan the QR code and access the session. If there are any technical issues and Mentimeter isn't working, you can conduct the activity by having participants write their responses on paper instead.



## Workshop:

# Social-Emotional Skills for Teamwork

### Follow-Up Activity at Home:

Over the next week, participants will maintain a journal focused on their experiences related to teamwork and emotional intelligence. Each day, they should take 5-10 minutes to write about a specific situation where they worked in a team or interacted with others. At the end of the week, participants should write a summary of their reflections, highlighting key insights about their emotional intelligence and teamwork experiences. They can also note any specific actions they plan to take to enhance their collaboration skills moving forward.

Encourage participants to bring their journals to the next workshop session to share their insights and experiences.

### Assessment:

Participants' reflections will be assessed based on their completeness, depth, and application of workshop concepts. Completeness refers to the inclusion of daily entries describing specific teamwork or interpersonal situations, along with a summary highlighting key insights and planned actions for improvement. Depth of reflection involves demonstrating self-awareness and thoughtful analysis of emotional intelligence aspects such as empathy, self-regulation, and social skills. The assessment will also consider how effectively participants have applied the techniques and strategies discussed during the workshop to their real-life interactions.

### Final Notes:

Participants are encouraged to continue practicing the emotional intelligence skills discussed in the workshop. By applying these concepts in their daily interactions and supporting one another, they can foster a positive teamwork culture that benefits both themselves and their learners.

# TOOLS



## Mentimeter



Mentimeter is an interactive presentation tool that allows participants to engage in real-time polls, quizzes, and surveys using their smartphones or devices. It is useful for gathering responses and facilitating discussions during workshops.

[LINK](#)



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