

# Activities



**ASSIGN  
BUSTER**

HERE YOUR HERE HERE HERE Learning from Group Activities During these activities, I learned about the importance of maintaining eye contact and watching body language to gain attention and understand how information is being perceived. It is important to understand how the group member is thinking which is often shown in hand gesturing and body movement occurring during discussion. A person in the group can be showing their real emotions by shifting in their seat or making negative faces at what is being spoken. These are different from volume and pitch, which might show excitement by the receiver and interest in participating in discussion. However, lack of eye contact might show a real disinterest which would make the person presenting or discussing change strategies to keep their attention. A person needs to know the differences between all of these verbal and non-verbal cues to create a strategy for effective conversation or presentation.

Emotional intelligence is important because it helps a person understand their own feelings and also the feelings of others. This helps the group member keep self-control and not act on their negative emotions which can be a turn off from others in the group. It also shows others in the group that you have empathy for their needs and gives you a strategy to talk on their level to gain more interest and willingness to follow. Emotions create social connection. When a person wants to be a team leader, they cannot be explosive when angry or overly excited if they want a positive follower response.

In reflection, I learned a great deal about my personality. I often dismiss the words of others when I feel strongly about a certain issue or activity. This is because I have a great deal of trust in my own decision-making and I often

do not like to work in groups because of this. However, I learned that active listening actually provides more diversity of solutions or quality discussion when the group leader gives people opportunities to speak their minds. This will be beneficial because people like to share in decision-making and be recognized for their own talents and knowledge. I will remember to be an active listener when in a leader role so that I gain more commitment and better social relationships with a mutual and shared focus.

The most important lesson learned was about emotional intelligence. Many people have their own sets of values and principles that are unique from others. These attitudes impact behavior, discussion and the amount of conflict that can arise in the group or team. It is important to understand that people have different personalities and will respond differently to what is being discussed or considered. Not only does a person have to manage their own emotional responses, but also let others communicate their unique beliefs to add diversity to the group. More solutions can be found to problems when different attitudes and ideas are discussed and not just from the team leader. In my future career, having awareness of the values and beliefs of others will provide better strategies to motivate people to follow change goals without being resistant. My own body language and vocal differences will also be picked up by others and these must be managed through emotional intelligence.