



Midocean University

Faculty of Management

Department/ SpecializationBachelor of Project Management

Impact of Emotional Intelligence on project
management success

In information technology (IT) sector

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1. Chapter 1: Overview.

1. Introduction

The intelligence means understanding one's own feelings and able to handle those feelings without disturbing themselves.

In the same way, understanding what others feel and handling relationship effectively motivates one to

complete job creatively and perform among one's peers. Many independent human beings join and work

under one roof for attaining one ultimate objective. The organization is a pool of human resources of different kinds.

Every human resource is dependent on one another in terms of relationship as superior and subordinate. Every

individual is unique in his talent, understanding, performance, attitude, competencies, and involvement and so on.

When these human resources work in an organization for attaining a common objective, they ought to face a plenty of

challenges. (Pant, I., & Yadav, R. k. 2016)The concept of EI emerged in the late 20th century, sparking controversies due to its blending of intelligence and emotions, which were previously seen as mutually exclusive. Historically, emotions were viewed as obstacles to rational thought and quality work. However, extensive research revealed that emotions, when properly managed, can support rational thinking, enable sound decision-making, and guide appropriate behavior. These findings attracted significant interest among management practitioners. The rapid changes in the business environment in the last two decades highlighted the need for managers who can emotionally connect with their team members and motivate them to achieve higher goals continuously. This behavior and these capabilities are rooted in emotional intelligence (Montenegro et al.). Emotional intelligence (EI) involves understanding and managing one's own feelings and understanding others' emotions to handle relationships effectively. This capability motivates individuals to complete tasks creatively and perform well within teams. Organizations, as pools of diverse human resources, face numerous challenges as they depend on various individuals with unique talents, understandings, and attitudes working together towards common goals (Pant & Yadav, 2016) Emotional Intelligence and Business Success. Research shows a positive correlation between project managers' EI and their business success. Some studies suggest a link between project management and EI (Obradovic, Jovanovic, Petrovic, Mihic, & Mitrovic, 2013). An article by the Project Management Institute (2002) argues that EI is more important than IQ for project management roles. Individuals with low EI often exhibit behaviors that hinder project progress, such as offending team members, sarcasm, defensiveness, and poor relationship-building. Conversely, those with high EI are better at motivating team members, creating trust, leveraging relationships for breakthrough strategies, transforming conflicts into

opportunities, and delivering high-quality results on time and within budget.

Emotional Intelligence in IT Project Leadership

The IT sector, characterized by increasing project complexity, necessitates a blend of technical skills and interpersonal abilities. Traditionally, IT project management has focused on technical competencies, but there is a growing recognition of the crucial role that EI plays in project success. Effective leadership in IT project management involves not only technical skills but also navigating human aspects such as motivation, conflict resolution, and communication. EI, defined as the ability to understand and manage one's own emotions and the emotions of others, is critical to this human-centric leadership approach (Goleman, 1995). Leaders with high EI inspire and motivate their teams, fostering collaboration and innovation.

Goleman (2002) identifies five key components of EI: self-awareness, self-regulation, motivation, empathy, and social skills. These elements are particularly relevant in IT, where project managers often face high-stress situations and tight deadlines. Self-awareness helps leaders recognize and manage their stress levels, preventing burnout and maintaining productivity. Empathy enables leaders to understand and address team members' concerns, enhancing morale and reducing turnover.

Enhancing Team Dynamics through Emotional Intelligence

The success of IT projects heavily relies on effective team collaboration. Teams in the IT sector is often diverse, comprising individuals with varying expertise, cultural backgrounds, and working styles. EI plays a vital role in bridging these differences and fostering cohesive team environments. According to George (2000), EI enhances interpersonal relationships by promoting trust, mutual respect, and open communication. Project managers with high EI can identify and address the emotional needs of their team members, improving individual performance and boosting overall team cohesion. Mayer and Salovey (1997) suggest that teams led by emotionally intelligent leaders exhibit higher levels of creativity and innovation, as team members feel valued and understood. This is particularly important in IT, where rapid technological advancements require continuous innovation and problem-solving.

Moreover, EI helps manage conflicts within teams. Conflicts are inevitable in any collaborative setting, but their impact can be minimized through effective emotional management. Project managers with high EI navigate conflicts by understanding the underlying emotional triggers and facilitating constructive dialogue among team members. This proactive approach to conflict resolution ensures that issues are addressed promptly, preventing them from escalating and disrupting the project.

The influence of EI extends beyond leadership and team dynamics; it significantly affects project outcomes. Research indicates that projects led by emotionally intelligent managers are more likely to be completed on time and within budget (Müller & Turner, 2007)

1. Research Problem

Theoretical Gaps

the research problem revolves around the integration and understanding of emotional intelligence (EI) within the framework of organizational behavior and leadership theories. Historically, emotions were perceived as hindrances to rational thought and effective work performance. However, the emergence of EI as a concept challenged this perception by suggesting that emotions, when managed effectively, can enhance rational decision-making, improve interpersonal relationships, and contribute positively to organizational success (Montenegro et al., 2016). Despite growing recognition of EI's importance, there remains a need to deepen theoretical understanding of how EI influences leadership effectiveness, team dynamics, and overall organizational outcomes.

Practical Gaps

the research problem focuses on the application and implementation of EI principles within the IT project management context. Traditionally, IT project management emphasized technical competencies over interpersonal skills. However, the increasing complexity of IT projects necessitates a shift towards acknowledging and leveraging EI as a critical determinant of project success (Goleman, 1995). The practical challenge lies in developing and nurturing EI competencies among IT project managers to enhance their ability to lead diverse teams effectively, manage high-stress environments, resolve conflicts, and ultimately deliver projects on time and within budget (Müller & Turner, 2007).

Based on the about, the current research is directed to answer the main research question " What strategies can organizations implement to enhance emotional intelligence (EI) among project managers in the IT sector, and how does this influence project outcomes such as timeliness, budget adherence, and stakeholder satisfaction?"

2. Research Significance

- At the theoretical level
- Emotional Intelligence (EI) emerged as a concept blending intelligence with emotions, challenging historical views that emotions hinder rational thought. Theoretical research has shown that EI, encompassing self-awareness, self-regulation, empathy, motivation, and social skills, enhances leadership effectiveness and team dynamics. It supports rational decision-making, guides behavior, and fosters interpersonal relationships crucial for organizational success (Goleman, 1995; et al).

At the practical level

Practically, EI plays a pivotal role in business and project management success. Project managers with high EI are more adept at motivating teams, fostering collaboration, managing conflicts, and delivering projects on time and within budget. In the dynamic IT sector, where project complexity and diversity are prevalent, EI helps bridge interpersonal differences, enhance team cohesion, and promote innovation. This practical application of EI is critical for achieving organizational goals amidst rapid technological advancements and competitive pressures (Obradovic et al., 2013; Project Management Institute, 2002; Müller & Turner, 2007).

3. Research Questions

The current study aims to answer the main research question:"

What strategies can organizations implement to enhance emotional intelligence (EI) among project managers in the IT sector, and how does this influence project outcomes such as timeliness, budget adherence, and stakeholder satisfaction?"

To answer this question, the following sub-questions must be addressed:

What are the key components of emotional intelligence that are most crucial for IT project managers?

What specific aspects of emotional intelligence contribute most to preventing project delays and ensuring budget compliance?

How does emotional intelligence influence leadership effectiveness in IT project management?

How does emotional intelligence help in conflict resolution within IT project teams?

What strategies can organizations implement to develop and enhance emotional intelligence among their IT project managers?

How can organizations assess the emotional intelligence of their project managers and track improvements over time?

4. Research Objectives

To identify the key components of emotional intelligence (e.g., self-awareness, self-regulation, empathy) that are most critical for IT project managers.

To analyze the specific aspects of emotional intelligence that contribute to preventing project delays and ensuring budget compliance.

To assess the impact of emotional intelligence on leadership effectiveness in IT project management.

To explore how emotional intelligence aids in conflict resolution within IT project teams.

To develop strategies for organizations to enhance emotional intelligence among their IT project managers.

To establish methods for organizations to assess and monitor the emotional intelligence of their project managers over time

5. Research Hypotheses

The main research hypothesis:

There is a statistically significant relationship between the implementation of organizational strategies and the enhancement of emotional intelligence among managers in the IT sector.

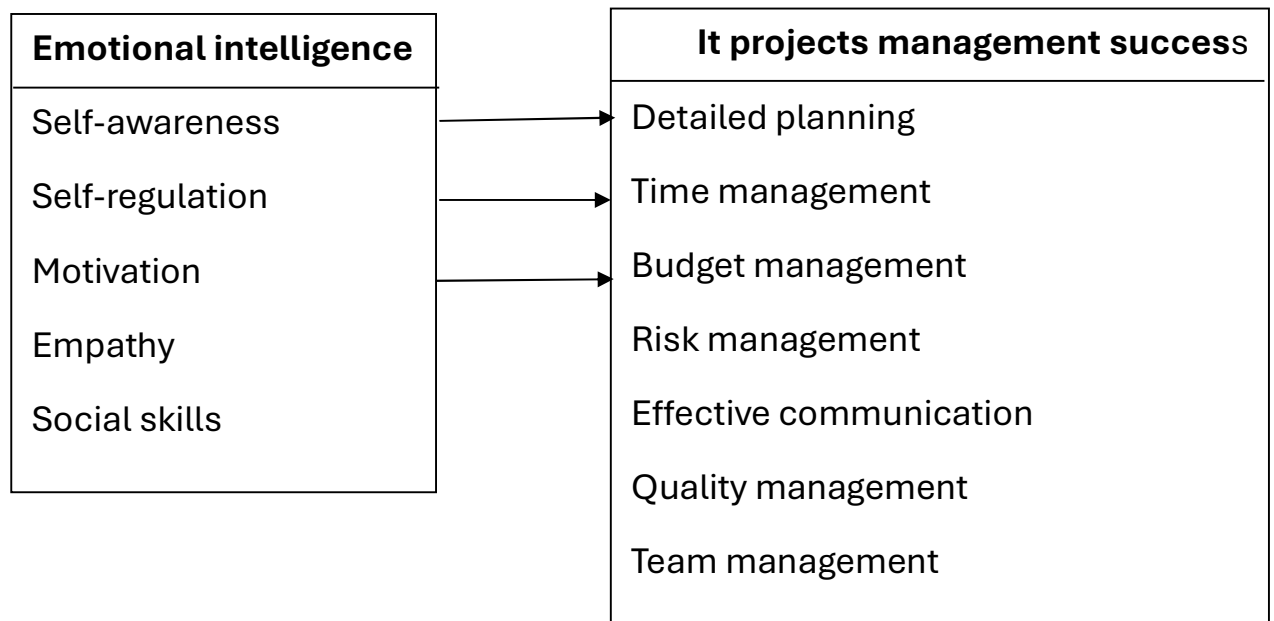
There is a statistically significant relationship between specific aspects of emotional intelligence as a dimension that significantly contributes to preventing project delays and ensuring budget compliance.

There is a statistically significant positive relationship between emotional intelligence and leadership effectiveness.

There is a statistically significant positive relationship between emotional intelligence and its effectiveness in resolving conflicts within IT project teams.

6. Research Model

The proposed research model: source: researcher

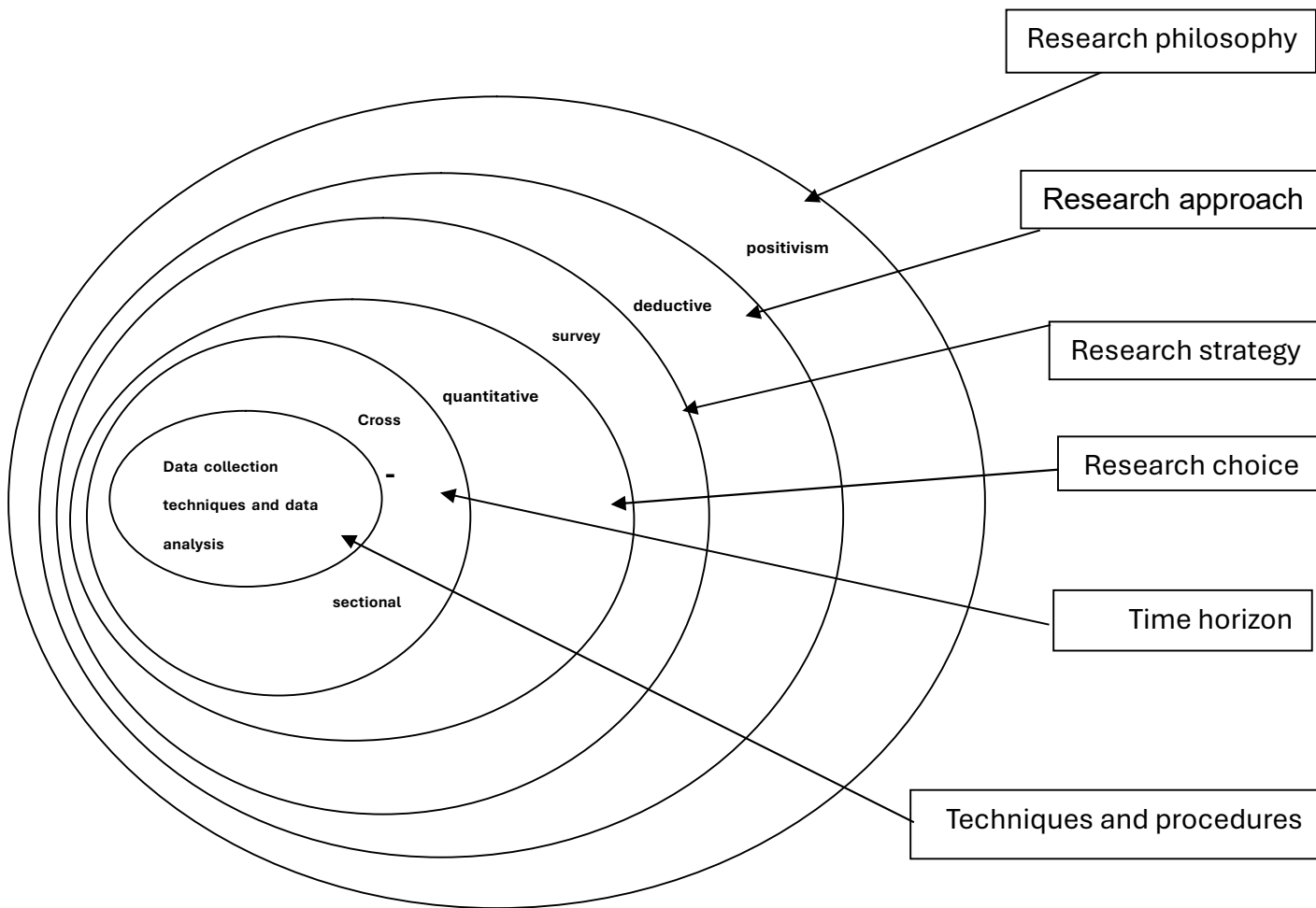


7. Research Methodology

Research design:

In this template, we'll present a structure that covers five important methodological matters (as outlined above). This structure is loosely based on "research onion"

- Research philosophy (positivism)
- Research approach (deductive)
- Research strategy (survey)
- Research choice (quantitative)
- Time horizon (cross-sectional)
- Data collection techniques(questionnaire)



Scope of The Study

The study is applied to Information Technology (IT) projects within organizations, particularly in companies that rely on teamwork to execute technical projects.

Importance:

- **Performance Improvement:** The study can help determine the impact of emotional intelligence on the success of project management in IT, leading to better team performance and outcomes.
- **Increased Job Satisfaction:** Emotional intelligence may enhance understanding among team members and improve the work environment, leading to greater job satisfaction.
- **Conflict Management:** It can aid in developing strategies for effectively managing conflicts within technical teams.

9.The Suggested Project Structure

Chapter 1: Introduction

Chapter 2: Literature Review

Chapter 3: Research Methodology

Chapter 4: Statistical Analysis

Chapter 5: Finding Discussion and Conclusion

Chapter 2: Literature Review

Introduction

Emotional intelligence (EQ) has emerged as a critical factor in determining individual and organizational success in the modern work environment. Numerous studies have highlighted the multifaceted benefits of strong emotional intelligence, including enhanced teamwork and collaboration, improved decision-making and problem-solving, effective conflict resolution, and positive performance outcomes (Lopes, Grewal, Kadis, Gall, & Salovey, 2006)

Given the importance of emotional intelligence in the workplace, organizations must adopt a proactive approach to cultivating and enhancing these competencies within their workforce. This can be achieved through a comprehensive strategy that includes implementing targeted training and development programs, fostering a culture of emotional intelligence, incorporating emotional intelligence assessments, emphasizing emotional intelligence in leadership development,

encouraging teamwork and collaboration, promoting self-reflection and feedback, and aligning organizational policies and practices (Côté & Miners, 2006; Zeidner, Matthews, & Roberts, 2004)

By adopting a strategic and comprehensive approach to building emotional intelligence, organizations can create a work environment that fosters stronger interpersonal skills, collaborative problem-solving, and adaptability - all of which contribute to improved project outcomes and overall organizational success.

The independent variable

Emotional intelligence

Can Emotional Intelligence Be Conceptualized Validly?

By 2007, the wide diversity of those interested in EI was matched by the wide diversity in the conceptions of EI they employed. Some researchers defined EI as an ability to reason about emotion; others equated the concept with a list of traits such as achievement motivation, flexibility, happiness, and self-regard. Still others found the addition of such traits, which seemed to be ad hoc, to be troubling, and wondered whether a theoretically sound conceptualization of EI could be identified (Locke 2005)., Mayer, J. D., Roberts, et al (2008)

Emotional intelligence (EI) is a set of abilities for responses to events that constitute emotions. (Mayer Salovey 1997) (Salovey Mayer 2016) By integrating intelligence with emotion one can determine "at least some 'right' answers as to feelings" (Mayer Salovey 1997, 9) to distinguish individuals according to EI in each cultural context. (Morgan, Izard, King 2010) Steve Jobs's biographer, Walter Isaacson, attributed some of Jobs's success in leading Apple to its ability to identify, analyze and control emotions: "He knew, intuitively, how to create products that pleased,

interfaces that were friendly, and marketing messages that were enticing." (Isaacson 2011) It turns out that not the traditional sense of intelligence made Jobs a leader in his industry. He understood people better than his competitors, using this understanding to design Apple products.

Sfetcu, N. (2020). Emotional Intelligence. *SetThings, DOI*,10

Emotional intelligence is a relatively new field of study, but its roots can be traced back to the time of Charles Darwin, who asserted that emotional expression was necessary for survival. Singh, A., Prabhakar, et al (2022)

There are a multitude of definitions of emotional intelligence:

"The ability to monitor one's own and others' feelings and emotions, to discriminate among them and to use this information to guide one's thinking and actions." (Salovey Mayer 2016)

"The capacities to create optimal results in your relationships with yourself and others." (Six Seconds 2010)

"The mental ability we are born with which gives our emotional sensitivity and potential for emotional management skills that help us maximize our long-term health, happiness and survival." (Hein 2005)

"Knowing how to separate healthy from unhealthy feelings and how to turn negative feelings into positive ones." (Hein 2005)

"Emotional intelligence is your ability to recognize and understand emotions in yourself and others, and your ability to use this awareness to manage your behavior and relationships." (Bradberry, Greaves, și Lencioni 2009)

The advantages of emotional intelligence: (Tripathy 2018)

- Improves relationships with people
- Improves communication with people
- Improves empathy skills
- By acting with integrity, it helps you to gain the respect of others

- Improves career prospects
- Safer management of change
- Increases the pleasure of work
- Makes you feel confident and positive in attitude
- Reduces stress level
- Increases creativity
- Helps you learn from mistakes.

According to an article in the Annual Psychology journal, (Mayer, Roberts, Barsade 2007) emotional intelligence is positively correlated with:

- Better social relations for children •
- Better social relationships for adults
- Strong emotionally intelligent individuals are perceived more positively by others
 - Better family and intimate relationships
 - Better academic activity
 - Better social relations during performance in the workplace and in negotiations
 - Better psychological well-being
 - Allows self-compassion

Nine Layer Pyramid Model of Emotional Intelligence:

Creation, Competencies, and Objective

In Drygas & Papoutsis (2018) a thoroughly presentation was made of the pyramid of Emotional Intelligence as an attempt to create a new layer model based on emotional, cognitive, and metacognitive skills. Drygas, A. S., & Papoutsis, C. (2018).

The idea was stemmed from the previous important theories of emotional intelligence. The model of emotional intelligence has been created with a distinct classification. Each level includes specific skills that the individual must have acquired to possess that level of emotional intelligence and then be able to ascend to the next higher level. It is a methodology for the further development and evolution of the individuals. We analyzed the levels of our pyramid step by step, their characteristics, and the course of their development to conquer the upper levels, transcendence, and emotional unity, as well as pointing out the significance of EI in our life. Most of the emotional intelligence abilities and skills that are layered in the pyramid model have their origins in the three distinct and basic categories of models (Ability model, Mixed models, Trait model)

the nine stages of the pyramid of emotional intelligence are the following: Drigas, A. S., & Papoutsis, C. (2018).

Emotional stimuli: The emotional stimuli constitute the base of the pyramid where people can classify each emotional stimulus with accuracy to rapidly as emotional situation, to produce emotional changes. Jang, D., Elfenbein, H.A., (2015). and connected to conscious awareness, even if it is an early stage Mitchell, D.G.; Greening, S.G. (2012), Okon-Singer, H.; Lichtenstein-Vidne (2013)

Emotion Recognition, Perception-Expression of Emotions: The expression of emotions is a daily. Keltner, D., Sauter, et al (2019).

and desirable condition for our own emotional state, but also for the emotional state of others. Furthermore, the ability to perceive and recognize emotions, verbally or not verbally, is critical, with research showing that vital information can be inferred from facial expressions. Adolphs, R. (2003), Chan, V. (2009).

Self-Awareness: The third level of the model of EI, the self-awareness one, is a holistic approach to us for better development at all levels, social, professional, Blakemore, T., & et al. (2019), Chinnery, S. A., & Beddoe, L. (2011)., interpersonal, intrapersonal. It is a psychological state in which oneself becomes the focus of attention

Self-Management: In the level of self-management, the more you learn to manage your emotions and have self-control, the greater your ability will be to articulate them in a productive way. Sunindijo, R.Y et al (2007).

Mischel et al., (2014) refer to emotional self-management as an intrapsychic process and an attempt to inhibit impulsive emotional reactions to achieve future goals.

Social-Awareness, Empathy, Discrimination of Emotions: Social awareness refers to the awareness of others' emotions, needs, and concerns. Boyatzis, R. (2009), Moreover, with empathy, one can understand the feelings and thoughts of others taking their perspective. Ioannidou, F.; Konstantikaki,(2008) . Discrimination of emotions is also an ability to discriminate with accuracy and in detail between different emotions, to label them appropriately, to select among various emotionally charged situations for better choices and decisions. Drigas, A., & Mitsea, E. (2020).

Social Skills, Expertise in Emotions: Social skills are a prerequisite for socialization, and individualization, because these skills help gaining more knowledge about us and others, which contributes to better social interactions and to the configuration of self-concept. Khan, S., Gagné, M. (2016). Expertise in emotions could be characterized as the ability to increase sensitivity to emotional parameters and strategically expose one's own emotions and respond to emotions stemming from others. Potworowski, G., & Kopelman, S. (2007).

Universality of Emotions, Self-Actualization: Self-Actualization is to realize and achieve your potential capacities. Gopinath, R. (2020)., and to reach self-fulfillment in the most creative and effective way. Various authors have defined self-actualization as a life-long process. Rogers, C. (1961)., a way of living. Gowan, J. C. (1972) and a challenge Kerr, R., Garvin, J., (2006). Self-actualization leads to the universality of emotions by understanding the difference of emotions and their meanings in other cultures too even though sometimes emotions are culturally dependent. Lutz, C., & White, G. M. (1986).

Transcendence: In the level of Transcendence, one helps others to self-actualize, find self-fulfillment, and realize their potential. Huitt, W. (2001). Huitt, W. (2007). Stellar et al. (2017) propose a taxonomy of self-transcendent positive emotions which are classified into three broader branches: the emotion of awe and relevant emotions of moral elevation, inspiration, and

admiration; compassion and related emotions of sympathy, love, and pity; and gratitude and the related emotion of appreciation.

Emotional Unity: Emotional unity is the final level in the pyramid of emotional intelligence. Emotions have an outstanding place in our lives because they influence them, they make changes, they formulate situations Ratcliffe, M. (2017). The most important thing is to perceive that we are all interconnected with other people, with the nature and the whole planet. Researchers of emotions are explaining the unity or oneness of emotions Adamos, M. (2007).

“Can EI be taught and developed?”

Emotional intelligence is teachable. While emotional intelligence is intrinsic, research suggests that training and treatments can boost it. Studies suggest that EI training improves emotional intelligence. A meta-analysis by Joseph and Newman (2010) found that EI training enhanced emotional awareness, regulation, and social skills. These improvements happened across ages and workplaces. SEL programs improve EI. SEL programs teach emotional awareness, meaningful relationships, and responsible decision-making. Meta-analysis by Durlak, Weissberg, Dymnicki, Taylor, and Schellinger (2011) indicated that SEL programs enhanced students' social-emotional abilities, attitudes, and academic achievement. Along with formal education, self-awareness and self-reflection increase EI. Journaling, mindfulness, and feedback help people understand their emotions and weaknesses. The development of EI needs time and effort. Effective strategies can boost emotional intelligence for personal and professional use. Bhat, T. A., & Chahal, D.(2023)

The dependent variable

Project success

Projects have become an integral part of modern organizations, serving as the primary vehicle for implementing strategic initiatives, achieving operational objectives, and driving innovation (Ika, 2009; Serrador & Pinto, 2015). The successful delivery of projects is crucial for organizations to remain competitive and responsive to changing market demands. However, defining and measuring project success has been a

longstanding challenge for both researchers and practitioners in the field of project management (Judgev & Müller, 2005; Mir & Pinnington, 2014)

Defining Project Success

The traditional approach to measuring project success has focused on the "iron triangle" of time, cost, and quality (Atkinson, 1999). While these criteria provide a clear and objective assessment of project performance, they have been criticized for their narrow focus and failure to capture the broader impact of project outcomes (Judgev & Müller, 2005; Shenhar & Dvir, 2007)

More comprehensive definitions of project success have emerged, positioning it as a multidimensional construct that encompasses various stakeholder perspectives and project-related outcomes (Cooke-Davies, 2002; Judgev & Müller, 2005). Commonly identified dimensions of project success include

Project Efficiency: Measures the efficiency of project execution in terms of meeting time, cost, and quality objectives (Judgev & Müller, 2005; Shenhar & Dvir, 2007),

Project efficiency is a fundamental component of project success, as it ensures the effective and optimized execution of the project plan. By monitoring and controlling time, cost, and quality-related metrics, project managers can identify and address issues, and deliver the project within the specified constraints. Recognizing the factors that influence project efficiency can help organizations implement strategies to enhance their project management capabilities and improve overall project success.: Atkinson, R. (1999).

Impact on the Customer: Evaluates the extent to which the project meets the needs and expectations of the end-user or client (Judgev & Müller, 2005; Shenhar & Dvir, 2007)

One of the primary ways customers impact project successes is through the definition of requirements and expectations. Customers are responsible for clearly articulating their needs, desired outcomes, and specifications for the project. Their input helps the project team understand the intended goals and ensures the project aligns with the customer's vision (Atkinson, 1999; Judgev & Müller, 2005). Unclear or changing requirements can lead to project scope creep, delays, and cost overruns, all of which can significantly hinder project success

Customers' active involvement and engagement as key stakeholders can also contribute to project success. Continuous communication, feedback, and collaboration between the project team and the customer help ensure alignment and address any concerns or issues in a timely manner (Mir & Pinnington, 2014; Serrador & Pinto, 2015). Customers who are closely involved in the project are more likely to be satisfied with the final deliverables and the overall project experience

Moreover, customer acceptance and approval of project deliverables are crucial for the project to be considered successful. Customers are responsible for reviewing and signing off on the deliverables produced by the project team. Delays in customer acceptance or rejection of deliverables can impact the project schedule, budget, and overall success (Atkinson, 1999; Judgev & Müller, 2005)

Ultimately, the success of a project is measured by the customer's satisfaction with the final product or service. If the customers are not satisfied with the deliverables or do not adopt the solution, the project can be deemed a failure, regardless of how well it was executed (Serrador & Pinto, 2015). Addressing customer concerns and ensuring user adoption are essential for achieving project success

To optimize project success, project managers must actively engage with customers, understand their needs, manage their expectations, and maintain open communication throughout the project lifecycle. Effective customer management can significantly contribute to the overall success

of the project by ensuring alignment, addressing concerns, and delivering a solution that meets the customers' requirements and expectations

Business Success: Assesses the project's contribution to the overall business performance and strategic objectives of the organization (Judgev & Müller, 2005; Serrador & Pinto, 2015)

The success of a project is not only measured by the efficient execution of the project plan but also by its alignment with the broader business objectives and the organization's overall success. Projects that contribute to the achievement of key business goals are more likely to be considered successful, as they directly impact the organization's performance and growth.

One of the primary ways business success influences project successes is through the strategic alignment of projects with the organization's objectives and priorities. Projects that are directly linked to the organization's core business strategies and initiatives are more likely to receive the necessary resources, support, and attention from senior management (Shenhar & Dvir, 2007; Judgev & Müller, 2005). When projects are well-aligned with the business, they are more likely to deliver tangible value and contribute to the organization's overall success

Additionally, the organization's track record of business success can shape the project management culture, and the expectations placed on project teams. Successful organizations often have a history of effectively executing projects, which can lead to the development of robust project management processes, tools, and best practices (Mir & Pinnington, 2014). Project teams in these organizations may benefit from a culture of continuous improvement, access to experienced project managers, and a supportive environment that fosters project success

Preparing for the Future: Considers the project's ability to generate new capabilities, technologies, or knowledge that can benefit the organization in the long term (Shenhar & Dvir, 2007)

As the business landscape continues to evolve at a rapid pace, organizations must adapt and prepare for the challenges and opportunities that lie ahead. When it comes to project management, this means taking a proactive approach to ensuring long-term success. Here are some key strategies that modern project managers can employ to prepare for the future and enhance the chances of their projects achieving their desired outcomes.

Embrace Agility and Adaptability In a volatile, uncertain, complex, and ambiguous (VUCA) environment, the ability to adapt quickly to changing circumstances is crucial. Agile project management methodologies, such as Scrum and Kanban, provide the flexibility and responsiveness needed to navigate these conditions (Conforto et al., 2014). By embracing an agile mindset, project teams can quickly pivot, test new ideas, and incorporate customer feedback, allowing them to stay ahead of the curve.

Foster a Culture of Innovation Successful projects often stem from an environment that encourages and supports innovation. Project managers should work to cultivate a culture where team members feel empowered to think creatively, experiment, and challenge the status quo (Aga et al., 2016). This can involve implementing processes for soliciting and evaluating new ideas, providing resources for prototyping and testing, and celebrating failures as opportunities for learning.

Develop a Future-Focused Mindset Project managers must look beyond the immediate project goals and consider the long-term implications of their work. This means staying informed about industry trends, technological advancements, and evolving customer needs (Serrador & Pinto, 2015). By adopting a future-focused mindset, project teams can anticipate potential roadblocks, identify emerging opportunities, and align their efforts with the organization's strategic vision.

Invest in Continuous Learning In a rapidly changing environment, the skills and knowledge required for project success are constantly evolving. Successful project managers understand the importance of continuous learning and professional development (Shokri-Ghasabeh & Chileshe, 2014). This may involve attending industry conferences, participating in online courses, or engaging in mentorship programs to stay at the forefront of best practices and emerging trends.

Leverage Data and Analytics The ability to collect, analyze, and interpret data is becoming increasingly crucial for project management. By leveraging data-driven insights, project managers can make more informed decisions, optimize processes, and identify areas for improvement (Baškarada & Koronios, 2018). This may involve the use of project management software, data visualization tools, and advanced analytics techniques to gain a deeper understanding

of project performance and potential risks. By implementing these strategies, project managers can position their teams and organizations for long-term success, ensuring that their projects remain relevant, adaptable, and aligned with the evolving needs of the business.

Team Satisfaction: Evaluates the level of satisfaction and well-being experienced by the project team members (Judgev & Müller, 2005; Mir & Pinnington, 2014)

In today's fast-paced and ever-evolving business landscape, the success of projects is heavily dependent on the satisfaction and engagement of the project team. Highly motivated and satisfied team members are more likely to contribute positively to project outcomes, leading to increased productivity, innovation, and overall success. Here are some strategies modern project managers can employ to enhance team satisfaction and drive project success.

Effective Communication and Collaboration

Clear and open communication is the cornerstone of a satisfied project team. Project managers should establish channels for regular feedback, encourage team members to share their ideas and concerns, and foster a collaborative environment where everyone's input is valued (Salas et al., 2015). This not only helps to build trust and cohesion within the team but also ensures that project goals and expectations are aligned.

Empowerment and Autonomy

Providing team members with a sense of empowerment and autonomy can significantly boost satisfaction and engagement. By giving them the freedom to make decisions, take ownership of their tasks, and contribute to the overall direction of the project, project managers can tap into their intrinsic motivation and foster a greater sense of commitment (Moe et al., 2010).

Recognition and Rewards

Acknowledging the hard work and achievements of team members is a powerful way to enhance their satisfaction and motivation. Project managers should implement a recognition program that celebrates both individual and team accomplishments, whether through public praise, financial incentives, or opportunities for professional development.

(Thamhain, 2013). This not only boosts morale but also demonstrates the value the organization places on its employees.

Work-Life Balance and Wellbeing

In today's fast-paced work environment, maintaining a healthy work-life balance is crucial for team satisfaction and overall well-being. Project managers should encourage their team members to take regular breaks, prioritize self-care activities, and maintain a healthy work-life integration (Barber & Santuzzi, 2015). By fostering a culture that values work-life balance, project managers can help reduce burnout and foster a more engaged and satisfied team.

Continuous Learning and Development

Providing opportunities for professional growth and development is a key driver of team satisfaction. Project managers should invest in training, mentorship programs, and other learning initiatives that enable team members to acquire new skills, expand their knowledge, and progress in their careers (Moe et al., 2010). This not only enhances their job satisfaction but also strengthens the overall capability of the project team.

By implementing these strategies, project managers can create an environment that fosters team satisfaction, leading to improved project performance, increased innovation, and ultimately, greater success

Measuring Project Success

Measuring project success requires the use of both objective and subjective indicators. Objective measures, such as budget, schedule, and quality metrics, provide a tangible assessment of project performance. Subjective measures, on the other hand, capture the perceptions and evaluations of various stakeholders, including the project manager, team members, clients, and organizational leadership (Mir & Pinnington, 2014; .Serrador & Pinto, 2015)

The use of multi-dimensional frameworks, such as the Balanced Scorecard (Kaplan & Norton, 1992) and the Project Management Office (PMO) Maturity Model (Hobbs & Aubry, 2007), has been advocated to capture the complexity and multifaceted nature of project success. These frameworks encourage the use of a diverse set of performance indicators

that align with the strategic objectives of the organization and the specific context of the project (Mir & Pinnington, 2014; Serrador & Pinto, 2015)

The definition and measurement of project success have evolved over time, reflecting the growing complexity and strategic importance of projects within organizations. While the traditional "iron triangle" of time, cost, and quality remains relevant, a more holistic approach that considers multiple stakeholder perspectives and project-related outcomes is necessary to capture the true impact of project success. Developing and applying comprehensive frameworks for measuring project success can provide valuable insights for project managers, organizational leaders, and researchers alike.

- **The relationship between emotional intelligence and project success**

Introduction

In the dynamic and ever-evolving landscape of project management, the role of emotional intelligence (EQ) has emerged as a critical determinant of project success. As projects become increasingly complex, involving diverse stakeholders and intricate interpersonal dynamics, the ability to effectively manage emotions and interpersonal relationships has become just as essential as technical expertise (Mayer & Salovey, 1997; Goleman, 1998).

Jordan and Troth (2004) argue that the relationship between emotional intelligence and project performance is more complex, as it depends on the specific tasks and team dynamics involved.

Antonakis et al. (2009) caution that the claimed benefits of emotional intelligence on project success may be overstated, as the construct lacks clear conceptual and empirical validation.

Waterhouse (2006) suggests that the impact of emotional intelligence on project outcomes is mediated by other factors, such as cognitive ability, personality traits, and organizational climate, and should not be considered in isolation.

While these researchers support the impact of emotional intelligence on project success, as Mayer et al. (2008) argue that it enhances teamwork, decision-making, and conflict resolution in projects by enabling better management of emotions, Stein and Book (2011) find that project managers with higher emotional intelligence are more effective at motivating their teams, resolving personal conflicts, and adapting to changing project requirements, leading to better project outcomes, and Ashkanasy and Daus (2002) suggest that project team members with emotional intelligence are better at regulating their emotions and empathizing with others, which fosters trust, collaboration, and communication - all critical for project success .

While these researchers support the impact of emotional intelligence on project success, others have argued against this relationship. However, the influence of emotional intelligence on project success cannot be overlooked, and it is considered one of the key factors for project success.

Emotional intelligence encompasses a range of interrelated abilities and competencies, including self-awareness, self-regulation, motivation, empathy, and social skills (Goleman, 2006; Petrides & Furnham, 2001). These dimensions of emotional intelligence have been found to have a significant impact on various aspects of project performance, including meeting time, cost, and quality objectives (Doloi, 2012; Maqbool et al., 2017; Anantatmula, 2010).

Emotionally intelligent project managers and team members exhibit a greater ability to understand and manage their own emotions, as well as those of their team members and stakeholders. This enhanced emotional awareness and regulation enables them to make more informed decisions, effectively resolve conflicts, and foster a collaborative work environment (Müller & Turner, 2010; Doloi, 2012). Furthermore, emotionally intelligent project teams demonstrate stronger communication, problem-solving skills, and adaptability to changing circumstances, all of which contribute to improved project performance (Mayer & Salovey, 1997; Goleman, 1998).

Effective stakeholder management is another critical component of project success, and emotional intelligence plays a vital role in this domain. Emotionally intelligent project managers demonstrate a deep understanding of stakeholder needs, concerns, and perspectives, enabling them to build trust, manage conflicts, and foster collaborative relationships with diverse stakeholders (Doloi, 2012; Maqbool et al., 2017).

As organizations continue to navigate the challenges of the ever-evolving project environment, the importance of emotional intelligence will only continue to grow. By incorporating emotional intelligence into project management practices and frameworks, organizations can unlock the full potential of their project teams and achieve greater project success (Müller & Turner, 2010; Anantatmula, 2010).

How can organizations enhance their emotional intelligence in workplace:

Implement training and development programs :

Offer workshops, seminars, and coaching sessions to help employees develop core emotional intelligence competencies, such as self-awareness, self-regulation, empathy, and social skills. Cherniss, et al. (2001).

Foster a culture of emotional intelligence:

Encourage open communication, active listening, and the expression of emotions in a constructive manner.

Recognize and reward employees who demonstrate strong emotional intelligence and its application in their work. Ashkanasy, N. M., & Daus, C. S. (2005).

Incorporate emotional intelligence assessments:

Utilize validated emotional intelligence assessment tools to identify areas for individual and team development.

Provide personalized feedback and create targeted development plans. Mayer, J. D et al (2008)

Emphasize emotional intelligence in leadership development :

Ensure that managers and leaders undergo training to enhance their emotional intelligence, as they set the tone for the organization.

Incorporate emotional intelligence as a key criterion in the selection and promotion of leaders. Boyatzis, R. E., Goleman, (2000).

Encourage teamwork and collaboration :

Design work environments and processes that foster teamwork, collaboration, and interpersonal interactions.

Provide opportunities for employees to practice and develop their emotional intelligence skills within team settings. Jordan, P. J., & Troth, (2004).

Promote self-reflection and feedback :

Create avenues for employees to engage in self-reflection, receive constructive feedback, and identify areas for personal growth.
Facilitate peer-to-peer feedback and mentoring programs to support emotional intelligence development.

Align organizational policies and practices :

Ensure that the organization's policies, procedures, and performance management systems reinforce the value of emotional intelligence.
Integrate emotional intelligence competencies into job descriptions, performance evaluations, and career development plans. Sutton, A. (2016).

By adopting a comprehensive and strategic approach to building emotional intelligence, organizations can create a work environment that fosters stronger interpersonal skills, collaborative problem-solving, and adaptability - all of which contribute to improved project outcomes and .overall organizational success

Fostering emotional intelligence within project teams is crucial for improving project success and performance.

Here are some practical strategies that project managers can implement to enhance emotional intelligence:

Emotional Intelligence Assessments

Conduct emotional intelligence assessments for project team members - to identify their strengths and areas for improvement (Goleman, 2006; .Petrides & Furnham, 2001)

Use validated tools like the Emotional Intelligence Appraisal or the - Emotional Competence Inventory to assess the team's emotional .intelligence (Mayer & Salovey, 1997; Bar-On, 2006)

Provide feedback to team members and facilitate discussions on how -
to develop their emotional intelligence (Goleman, 1998; Mayer &
.Salovey, 1997)

Emotional Intelligence Training

Organize targeted training sessions to help team members develop -
emotional intelligence skills, such as self-awareness, self-regulation,
.empathy, and social skills (Goleman, 2006; Stein & Book, 2011)

Invite experts or experienced trainers to deliver workshops on -
effective communication, conflict resolution, and collaborative problem-
.solving (Goleman, 1998; Mayer & Salovey, 1997)

Encourage team members to practice and apply the newly acquired -
emotional intelligence skills in their day-to-day project activities (Stein &
Book, 2011; Salovey & Mayer, 1990).

Emotional Intelligence Coaching

Provide one-on-one or small-group coaching sessions for project team -
members to help them identify and address their specific emotional
.intelligence challenges (Goleman, 2006; Stein & Book, 2011)

Engage with a trained emotional intelligence coach who can guide -
team members in developing personalized action plans for improving
their emotional intelligence competencies (Goleman, 1998; Mayer &
.Salovey, 1997)

Encourage team members to seek feedback from their coach and -
implement the recommended strategies in their project interactions (Stein
& Book, 2011; Bar-On, 2006) .

Emotional Intelligence-Focused Team Building

Incorporate emotional intelligence-focused activities and exercises -
into team-building events and workshops (Goleman, 2006; Salovey &
Mayer, 1990) .

Design activities that promote self-awareness, empathy, and effective -
communication among team members (Goleman, 1998; Petrides &
Furnham, 2001).

Facilitate discussions and reflections on how the team can leverage -
their emotional intelligence to enhance collaboration and project
performance (Mayer & Salovey, 1997; Bar-On, 2006).

Emotional Intelligence-Centered Performance Reviews

Include emotional intelligence-related criteria in the project team's - performance review process (Goleman, 2006; Stein & Book, 2011) .
Evaluate team members' ability to manage their own emotions, - understand and empathize with others, and contribute to a positive team dynamic (Mayer & Salovey, 1997; Petrides & Furnham, 2001) .
Provide constructive feedback and development plans to help team - members enhance their emotional intelligence skills (Goleman, 1998; Bar-On, 2006) .

Continuous Feedback and Reflection

Encourage team members to regularly provide and receive feedback - on their emotional intelligence skills (Stein & Book, 2011; Salovey & Mayer, 1990).
Create opportunities for team members to reflect on their emotional - intelligence development and share best practices (Goleman, 2006; Petrides & Furnham, 2001).
Foster a culture of openness and trust where team members feel - comfortable discussing their emotional intelligence-related challenges and successes (Goleman, 1998; Mayer & Salovey, 1997) .

By implementing these practical strategies, project managers can cultivate a project team with enhanced emotional intelligence, leading to improved collaboration, conflict resolution, and overall project success .(Maqbool et al., 2017; Doloi, 2012)

- **Conclusion**

Emotional intelligence and project success are positively correlated. The key attributes of emotional intelligence include self-awareness, the capability to regulate emotions, motivation, possession of social skills, and empathy. An emotionally intelligent person can understand his or her emotions and control them while remaining motivated. He or she should have the capacity to understand the emotions of others and manage relationships effectively. By its very nature, project management entails implementing change. Often, employees and other stakeholders might resist the change or fail to give it the required support. Therefore, having an emotionally intelligent manager is imperative as he or she can anticipate any issues and address them. Emotional intelligence also enhances the communication and leadership capabilities of the individual. Overall, the study recommends that organizations should include emotional intelligence in the hiring and recruitment processes of project managers.

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