Emotional Intelligence, Collaboration and the Integration of Project Controls





- Project Controls professional who has been working on major infrastructure projects for the past 8 years, both in the UK and Australia. In that time, I have focused predominantly on Risk Management and Project Management.
- Since working in the infrastructure industry, have completed a Masters Degree in Construction Project Management, and before that, I completed a Bachelor's Degree in Psychology. As such, I am passionate about understanding people and love to overlap this passion with my passion for projects. This feed's my curiosity and drive to understand how people's behaviours can influence the success of a project.



Amanda Buchanan





Emotional Intelligence

"the ability to understand and manage emotions" Thorndike (1920)





Self Awareness Do I accurately perceive and understand my own emotions

Self Management Do I manage my emotions and behaviours productively

Salovey & Mayer (1997)

Social Awareness Do I accurately Perceive and

understand the emotions and behaviours of others?

Social Skills How do I impact others? Do I work effectively with others?







IQ accounts for 20 – 25% of business success

• EQ accounts for 75 – 80% of business success





Simon Sinek - Navy SEALs

Performance

High performance Low trust

High performance High trust

Low performance Low trust

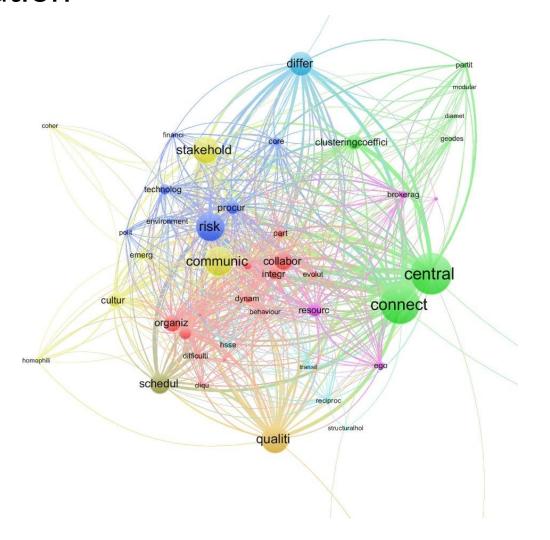
Low performance High trust

Trust





Collaboration

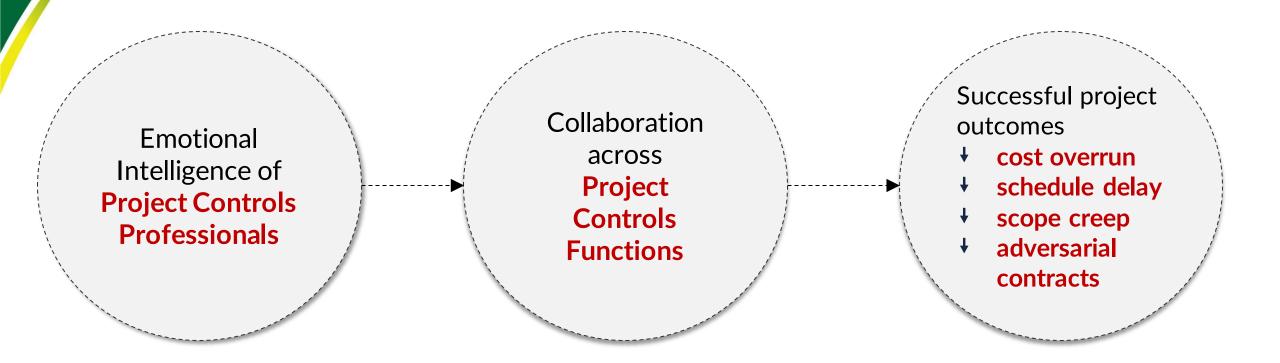


Pryke (2012)





Today's thought piece







THANK YOU



