**Transcript**

***Dr Jennifer Spoor – Emotions and teamwork***

Yeah, my research is really on group and team processes. What I’m really interested in how people interact with each other in workplace settings but also in community settings and just kind of in every day sort of interactions. How working and being in a team being with other people, how this influences how we’re feeling, how we’re thinking about things and if we’re working in a team that has an outcome, how that might influence performance. And, I’m really particularly interested in the consequences of our moods and emotions on those group outcomes. So, what I’m really interested in is how, how are group members feeling, or how the group members are feeling, how that influences how they interact with each other and their performance. So with an example to kind of clarify that, so for example if you were coming into work today and you had a really bad commute, it was really frustrating and there was lots of traffic you might get really angry and irritated and then say right away you had to go in and work with your project team to try to get finished on something that’s due maybe end of the day. What we’re looking at is how does the fact you feel angry now, how does that influence how you then interact with the rest of your team, how they respond to you, how their individual emotions might also then combine with yours to affect the quality of your interaction, how well you get along, if there’s conflict. And then if you’re trying to make a decision, or have some kind of key outcome, how is that affected? So, is it better or worse than you know yesterday when maybe you were feeling really good and happy.

So for outcomes we’re really interested in better understanding how emotions and moods influence group and team outcomes. So, in organisational research really traditionally we’ve really kind of focussed on people as though they’re kind of non-emotional and not, you know pretty rational and not really thinking about emotions and moods at all and that’s really changed in the last 20 years or so but, a lot of that research has really looked at individuals who are just kind of working by themselves doing their own thing. But actually in most organisations today you’re going to work in teams a lot, you’re going to work collaboratively. And it’s not really clear how moods and emotions affect us in those kinds of contexts. So, really we just want to have a better understanding of that. Hopefully better understand the processes that possibly we can create some interventions and just even better understanding.

So, I think that this research will possibly influence and affect communities and sort of general outcomes in terms of we all experience moods and emotions and we’re all working with other people just regularly. Whether or not we’re actually working in an organisation or business we’re still doing things with you know parent-teacher kinds of things, all kinds of situations where we’re working in teams and with others. And so hopefully just having a better understanding of our moods and emotions can help to improve the quality of those interactions.