



Subject card

Subject name and code	WELL-BEING AT PERSONAL, PROFESSIONAL AND PLANETARY LEVEL, PG_00066794						
Field of study	Management, Management						
Date of commencement of studies	February 2024	Academic year of realisation of subject			2024/2025		
Education level	second-cycle studies	Subject group			Optional subject group Subject group related to scientific research in the field of study		
Mode of study	Full-time studies	Mode of delivery			at the university		
Year of study	2	Language of instruction			Polish		
Semester of study	3	ECTS credits			3.0		
Learning profile	general academic profile	Assessment form			assessment		
Conducting unit	Department of Management -> Faculty of Management and Economics						
Name and surname of lecturer (lecturers)	Subject supervisor		dr Magdalena Fabjanowicz				
	Teachers		dr Magdalena Fabjanowicz				
Lesson types and methods of instruction	Lesson type	Lecture	Tutorial	Laboratory	Project	Seminar	SUM
	Number of study hours	15.0	30.0	0.0	0.0	0.0	45
	E-learning hours included: 0.0						
Learning activity and number of study hours	Learning activity	Participation in didactic classes included in study plan		Participation in consultation hours		Self-study	SUM
	Number of study hours	45		5.0		25.0	75
Subject objectives	<p>This course is based on the idea that achieving sustainable well-being requires a holistic approach, aligning personal, professional, and planetary welfare. It aims to foster wellness across these three dimensions by empowering individuals with the necessary knowledge and skills to enact meaningful action.</p> <p>Students will examine strategies for achieving well-being in three dimensions: personal, professional and planetary not only for the benefit of their own, but also for the broader community and environment. Through a combination of theoretical frameworks and practical applications, the course aims to promote holistic well-being that integrates the three dimensions.</p>						
Learning outcomes	Course outcome		Subject outcome		Method of verification		
	[K7_U02] presents logical and solid arguments about the obtained results, by analyzing and synthesizing information in various business contexts, approaching their interpretation critically		<p>Selects and applies appropriate analytical methods to assess the effectiveness of strategies promoting well-being in individual, organizational, and environmental contexts.</p> <p>Critically evaluates contemporary challenges related to well-being and proposes evidence-based solutions that support balance between personal, professional, and planetary aspects.</p>		<p>[SU5] Assessment of ability to present the results of task [SU3] Assessment of ability to use knowledge gained from the subject</p>		
	[K7_W01] identifies in-depth the phenomena related to the studied field and the theories describing them as well as possible concepts and methods of management		<p>Identifies and analyzes key phenomena related to a holistic approach to well-being on personal, professional, and planetary levels.</p> <p>Recognizes and explains theories describing strategies for achieving sustainable well-being, taking into account an interdisciplinary approach that includes psychology, ecology, and management.</p>		<p>[SW3] Assessment of knowledge contained in written work and projects [SW2] Assessment of knowledge contained in presentation</p>		

Subject contents	<p>Module 1: Personal well-being</p> <ol style="list-style-type: none"> 1. Introduction to mindfulness, resilience, and mental health. 2. Strategies for maintaining physical health. 3. Role of personal values and goals in achieving well-being. <p>Module 2: Professional well-being</p> <ol style="list-style-type: none"> 1. Dynamic changes in working life and connection between resilience and professional wellbeing. 2. JD-R model and Job Crafting 3. Work-life balance and stress management. 4. Building culture supporting employee well-being. <p>Module 3: Planetary well-being</p> <ol style="list-style-type: none"> 1. Global challenges and strategies; absolute sustainability and planetary boundaries concept definition 2. Systematic view on planetary health 3. Sustainable consumption and production: from global to individual level 4. Environmental impact, economic/social cost of consumption <p>Module 4: Integration and Application</p> <ol style="list-style-type: none"> 1. Developing personal and professional well-being plans. 2. Implementing sustainable practices in daily life and career paths. 3. Case studies and group projects on creating a positive social and environmental impact. 											
Prerequisites and co-requisites												
Assessment methods and criteria	<table border="1" data-bbox="448 799 1485 904"> <thead> <tr> <th data-bbox="448 799 794 835">Subject passing criteria</th> <th data-bbox="794 799 1141 835">Passing threshold</th> <th data-bbox="1141 799 1485 835">Percentage of the final grade</th> </tr> </thead> <tbody> <tr> <td data-bbox="448 835 794 871">Presentation</td> <td data-bbox="794 835 1141 871">60.0%</td> <td data-bbox="1141 835 1485 871">40.0%</td> </tr> <tr> <td data-bbox="448 871 794 904">Learning diary</td> <td data-bbox="794 871 1141 904">60.0%</td> <td data-bbox="1141 871 1485 904">60.0%</td> </tr> </tbody> </table>			Subject passing criteria	Passing threshold	Percentage of the final grade	Presentation	60.0%	40.0%	Learning diary	60.0%	60.0%
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Presentation	60.0%	40.0%										
Learning diary	60.0%	60.0%										
Recommended reading	<p>Basic literature</p> <p>1) Jacob, J., Jovic, E., & Brinkerhoff, M. B. (2009). Personal and Planetary Well-being: Mindfulness Meditation, Pro-environmental Behavior and Personal Quality of Life. <i>Social Indicators Research</i>, 93(2), 275-294.</p> <p>2) Morrow, L. (2012). <i>People & Permaculture: Designing Personal, Collective and Planetary Well-being</i>. East Meon: Permanent Publications.</p> <p>3) Irvine, K. N., & Warber, S. L. (2002). Greening Healthcare: Practicing as if the Planet Mattered. <i>Journal of Environmental Psychology</i>, 22(3), 287-298.</p> <p>4) Demerouti, E., Bakker, A. B., Nachreiner, F., & Schaufeli, W. B. (2001). The Job Demands-Resources Model of Burnout. <i>Journal of Applied Psychology</i>, 86(3), 499-512. https://doi.org/10.1037/0021-9010.86.3.499</p> <p>5) Bakker, A. B., & Demerouti, E. (2007). The Job Demands-Resources Model: State of the Art. <i>Journal of Managerial Psychology</i>, 22(3), 309-328. https://doi.org/10.1108/02683940710733115</p> <p>6) Wrzesniewski, A., & Dutton, J. E. (2001). Crafting a Job: Revisioning Employees as Active Crafters of Their Work. <i>Academy of Management Review</i>, 26(2), 179-201. https://doi.org/10.5465/amr.2001.4378011</p>											

	Supplementary literature	<p>Dodge, R., Daly, A. P., Huyton, J., & Sanders, L. D. (2012). The challenge of defining well-being. <i>International Journal of Wellbeing</i>, 2(3), 222-235. https://doi.org/10.5502/ijw.v2i3.4</p> <p>Benn, S., Dunphy, D., & Griffiths, A. (2014). <i>Organizational Change for Corporate Sustainability</i> (3rd ed.). Routledge.</p> <p>Kabat-Zinn, J. (1990). <i>Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness</i>. Bantam Dell.</p> <p>Bateson, G. (1972). <i>Steps to an Ecology of Mind: Collected Essays in Anthropology, Psychiatry, Evolution, and Epistemology</i>. University of Chicago Press.</p> <p>Stibbe, A. (Ed.). (2015). <i>The Handbook of Sustainability Literacy: Skills for a Changing World</i>. Green Books.</p> <p>O'Brien, C. (2016). <i>Education for Sustainable Happiness and Well-Being</i>. Routledge.</p> <p>Helliwell, J. F., Layard, R., & Sachs, J. D. (Eds.). (2020). <i>World Happiness Report 2020</i>. Sustainable Development Solutions Network.</p> <p>Seligman, M. E. P. (2011). <i>Flourish: A Visionary New Understanding of Happiness and Well-being</i>. Free Press.</p> <p>Raworth, K. (2017). <i>Doughnut Economics: Seven Ways to Think Like a 21st-Century Economist</i>. Chelsea Green Publishing.</p> <p>Brown, K. W., & Kasser, T. (2005). Are psychological and ecological well-being compatible? The role of values, mindfulness, and lifestyle. <i>Social Indicators Research</i>, 74(2), 349-368. https://doi.org/10.1007/s11205-004-8207-8</p>
	eResources addresses	<p>Adresy na platformie eNauczenie:</p> <p>Dobrostan: Osobisty zawodowy i planetarny ZII - Moodle ID: 45244 https://enauczenie.pg.edu.pl/moodle/course/view.php?id=45244</p>
Example issues/ example questions/ tasks being completed	<p>Self-exercise, aiming at adoption of positive daily routines and habits that enhance mental and physical well-being and describing it in a learning diary.</p> <p>The work ability house model, self-leadership and reflection, and sustainable leadership.</p> <p>Setting job-crafting goals into practice at studies and reflect on its success.</p>	
Work placement	Not applicable	

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