



Subject card

Subject name and code	WELL-BEING AT PERSONAL, PROFESSIONAL AND PLANETARY LEVEL, PG_00066795						
Field of study	Economic Analytics						
Date of commencement of studies	October 2024	Academic year of realisation of subject			2025/2026		
Education level	second-cycle studies	Subject group			Optional subject group		
Mode of study	Full-time studies	Mode of delivery			at the university		
Year of study	2	Language of instruction			English		
Semester of study	4	ECTS credits			3.0		
Learning profile	general academic profile	Assessment form			assessment		
Conducting unit							
Name and surname of lecturer (lecturers)	Subject supervisor						
	Teachers						
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		8.0		22.0	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_W01] Understands economic issues and selects methods to explain them, considering mutual interactions and utilizing in-depth general and specialized knowledge related to the field of economic analytics		Recognizes and explains theories describing strategies for achieving sustainable well-being, considering an interdisciplinary approach that includes psychology, ecology, and management.		[SW2] Assessment of knowledge contained in presentation [SW3] Assessment of knowledge contained in written work and projects		
	[K7_U02] Presents logical and well-founded arguments regarding obtained results through the analysis and synthesis of information in various business contexts, critically evaluating their interpretation		Selects and applies appropriate analytical methods to assess the effectiveness of strategies promoting well-being in individual, organizational, and environmental contexts. Critically evaluates contemporary challenges related to well-being and proposes evidence-based solutions that support the balance between personal, professional, and planetary aspects.		[SU5] Assessment of ability to present the results of task [SU3] Assessment of ability to use knowledge gained from the subject		

Subject contents	<p>Module 1: Personal well-being</p> <ol style="list-style-type: none"> <li>1. Introduction to mindfulness, resilience, and mental health.</li> <li>2. Strategies for maintaining physical health.</li> <li>3. Role of personal values and goals in achieving well-being.</li> </ol> <p>Module 2: Professional well-being</p> <ol style="list-style-type: none"> <li>1. Dynamic changes in working life and connection between resilience and professional wellbeing.</li> <li>2. JD-R model and Job Crafting</li> <li>3. Work-life balance and stress management.</li> <li>4. Building culture supporting employee well-being.</li> </ol> <p>Module 3: Planetary well-being</p> <ol style="list-style-type: none"> <li>1. Global challenges and strategies; absolute sustainability and planetary boundaries concept definition</li> <li>2. Systematic view on planetary health</li> <li>3. Sustainable consumption and production: from global to individual level</li> <li>4. Environmental impact, economic/social cost of consumption</li> </ol> <p>Module 4: Integration and Application</p> <ol style="list-style-type: none"> <li>1. Developing personal and professional well-being plans.</li> <li>2. Implementing sustainable practices in daily life and career paths.</li> <li>3. Case studies and group projects on creating a positive social and environmental impact.</li> </ol>											
Prerequisites and co-requisites	None.											
Assessment methods and criteria	<table border="1" data-bbox="450 801 1479 904"> <thead> <tr> <th data-bbox="450 801 794 837">Subject passing criteria</th> <th data-bbox="794 801 1139 837">Passing threshold</th> <th data-bbox="1139 801 1479 837">Percentage of the final grade</th> </tr> </thead> <tbody> <tr> <td data-bbox="450 837 794 869">Learning diary</td> <td data-bbox="794 837 1139 869">60.0%</td> <td data-bbox="1139 837 1479 869">60.0%</td> </tr> <tr> <td data-bbox="450 869 794 904">Presentation</td> <td data-bbox="794 869 1139 904">60.0%</td> <td data-bbox="1139 869 1479 904">40.0%</td> </tr> </tbody> </table>			Subject passing criteria	Passing threshold	Percentage of the final grade	Learning diary	60.0%	60.0%	Presentation	60.0%	40.0%
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Recommended reading	Basic literature	<p>1) Jacob, J., Jovic, E., &amp; 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 &amp; Permaculture: Designing Personal, Collective and Planetary Well-being</i>. East Meon: Permanent Publications.</p> <p>3) Irvine, K. N., &amp; 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., &amp; Schaufeli, W. B. (2001). The Job Demands-Resources Model of Burnout. <i>Journal of Applied Psychology</i>, 86(3), 499-512. <a href="https://doi.org/10.1037/0021-9010.86.3.499">https://doi.org/10.1037/0021-9010.86.3.499</a></p> <p>5) Bakker, A. B., &amp; Demerouti, E. (2007). The Job Demands-Resources Model: State of the Art. <i>Journal of Managerial Psychology</i>, 22(3), 309-328. <a href="https://doi.org/10.1108/02683940710733115">https://doi.org/10.1108/02683940710733115</a></p> <p>6) Wrzesniewski, A., &amp; 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. <a href="https://doi.org/10.5465/amr.2001.4378011">https://doi.org/10.5465/amr.2001.4378011</a></p>										

	Supplementary literature	<p>Dodge, R., Daly, A. P., Huyton, J., &amp; Sanders, L. D. (2012). The challenge of defining well-being. <i>International Journal of Wellbeing</i>, 2(3), 222-235. <a href="https://doi.org/10.5502/ijw.v2i3.4">https://doi.org/10.5502/ijw.v2i3.4</a></p> <p>Benn, S., Dunphy, D., &amp; 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., &amp; 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., &amp; 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. <a href="https://doi.org/10.1007/s11205-004-8207-8">https://doi.org/10.1007/s11205-004-8207-8</a></p>
	eResources addresses	Adresy na platformie eNauczenie:
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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