



Subject card

Subject name and code	WELL-BEING AT PERSONAL, PROFESSIONAL AND PLANETARY LEVEL, PG_00070283						
Field of study	DOBROSTAN: OSOBISTY, ZAWODOWY I PLANETARNY						
Date of commencement of studies	October 2025		Academic year of realisation of subject		2025/2026		
Education level	second-cycle studies		Subject group		Optional subject group Subject group related to scientific research in the field of study		
Mode of study	Part-time studies (on-line)		Mode of delivery		at the university		
Year of study	1		Language of instruction		Polish		
Semester of study	2		ECTS credits		3.0		
Learning profile	general academic profile		Assessment form		assessment		
Conducting unit	Department of Statistics and Econometrics -> Faculty of Management and Economics -> Faculties of Gdańsk University of Technology						
Name and surname of lecturer (lecturers)	Subject supervisor		dr hab. inż. Małgorzata Zięba				
	Teachers						
Lesson types	Lesson type	Lecture	Tutorial	Laboratory	Project	Seminar	SUM
	Number of study hours	8.0	16.0	0.0	0.0	0.0	24
	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	24		4.0		47.0	75
Subject objectives	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. 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.						
Learning outcomes	Course outcome		Subject outcome		Method of verification		
	[K7_W05] takes into account in the analyzes in an in-depth way both the economic, legal and ethical context, being aware of the responsibility for the consequences of its decisions		Selects and applies appropriate analytical methods to assess the effectiveness of strategies promoting well-being in individual, organizational, and environmental contexts. Critically evaluates contemporary well-being challenges and proposes evidence-based solutions that support balance among personal, professional, and planetary dimensions.		[SW2] Ocena wiedzy zawartej w prezentacji		
	[K7_U04] prepares and presents convincing, professional presentations of the results of its activities, with their in-depth interpretation		Identifies and analyzes key phenomena related to a holistic approach to well-being across personal, professional, and planetary dimensions. Recognizes and explains theories describing strategies for achieving sustainable well-being, taking into account an interdisciplinary perspective that includes psychology, ecology, and management.		[SU3] Ocena umiejętności wykorzystania wiedzy uzyskanej w ramach przedmiotu [SU1] Ocena realizacji zadania		

Subject contents	Course content – lecture		
	Module 1: Personal well-being 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. Module 2: Professional well-being 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. Module 3: Planetary well-being 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 Module 4: Integration and Application 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.		
	Course content – exercises Practical exercises applying the concepts presented during the lectures.		
Prerequisites and co-requisites			
Assessment methods and criteria	Subject passing criteria	Passing threshold	Percentage of the final grade
	Dziennik refleksyjny	60.0%	60.0%
	Presentation	60.0%	40.0%
Recommended reading	Basic literature		
	) 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), 275294. 2) Morrow, L. (2012). <i>People & Permaculture: Designing Personal, Collective and Planetary Well-being</i>. East Meon: Permanent Publications. 3) Irvine, K. N., & Warber, S. L. (2002). Greening Healthcare: Practicing as if the Planet Mattered. <i>Journal of Environmental Psychology</i>, 22(3), 287298. 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), 499512. https://doi.org/10.1037/0021-9010.86.3.499 5) Bakker, A. B., & Demerouti, E. (2007). The Job Demands-Resources Model: State of the Art. <i>Journal of Managerial Psychology</i>, 22(3), 309328. https://doi.org/10.1108/02683940710733115 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), 179201. https://doi.org/10.5465/amr.2001.4378011		

	Supplementary literature	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 Benn, S., Dunphy, D., & Griffiths, A. (2014). <i>Organizational Change for Corporate Sustainability</i> (3rd ed.). Routledge. 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. Bateson, G. (1972). <i>Steps to an Ecology of Mind: Collected Essays in Anthropology, Psychiatry, Evolution, and Epistemology</i>. University of Chicago Press. Stibbe, A. (Ed.). (2015). <i>The Handbook of Sustainability Literacy: Skills for a Changing World</i>. Green Books. O'Brien, C. (2016). <i>Education for Sustainable Happiness and Well-Being</i>. Routledge. Helliwell, J. F., Layard, R., & Sachs, J. D. (Eds.). (2020). <i>World Happiness Report 2020</i>. Sustainable Development Solutions Network. Seligman, M. E. P. (2011). <i>Flourish: A Visionary New Understanding of Happiness and Well-being</i>. Free Press. Raworth, K. (2017). <i>Doughnut Economics: Seven Ways to Think Like a 21st-Century Economist</i>. Chelsea Green Publishing. 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
	eResources addresses	
Example issues/ example questions/ tasks being completed	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. The work ability house model, self-leadership and reflection, and sustainable leadership. Setting job-crafting goals into practice at studies and reflect on its success.	
Practical activities within the subject	Not applicable	

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