GDAŃSK UNIVERSITY OF TECHNOLOGY

Subject card

Subject name and code	Well-being at personal, professional and planetary level , PG_00073973		
Field of study	Management, Management		
Date of commencement of studies	February 2026	Academic year of realisation of subject	2026/2027
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 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	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

Preparing students to analyze and critically evaluate strategies that promote personal, professional, and planetary well-being, and to professionally present the results of these analyses, based on in-depth knowledge of management, psychology, and sustainable development, taking into account the economic, legal, and ethical context, as well as responsibility for the consequences of decisions made in the face of contemporary social and environmental challenges.

Learning outcomes

Course outcome	Subject outcome	Method of verification
[K7_W05] has in-depth knowledge of integrating economic, legal, and ethical aspects in analyses and their application in entrepreneurial activities.	Knows and understands theories and concepts describing personal, professional, and planetary well-being in the context of contemporary management challenges and sustainable development.	[SW2] Assessment of knowledge contained in presentation
[K7_U04] is able to prepare and convincingly present the results of specialized analyses, providing in-depth interpretation during debates and meetings with various audiences.	Is able to select and apply appropriate analytical methods to assess the effectiveness of strategies promoting well-being, using techniques of information analysis and synthesis in personal, organizational, and environmental contexts.	[SU3] Assessment of ability to use knowledge gained from the subject [SU1] Assessment of task fulfilment

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
Presentation	60.0%	40.0%
Dziennik refleksyjny	60.0%	60.0%

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. *Social Indicators Research*, 93(2), 275294.

2) Morrow, L. (2012). *People & Permaculture: Designing Personal, Collective and Planetary Well-being*. East Meon: Permanent Publications.

3) Irvine, K. N., & Warber, S. L. (2002). Greening Healthcare: Practicing as if the Planet Mattered. *Journal of Environmental Psychology*, 22(3), 287298.

4) Demerouti, E., Bakker, A. B., Nachreiner, F., & Schaufeli, W. B. (2001). The Job Demands-Resources Model of Burnout. *Journal of Applied Psychology*, 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. *Journal of Managerial Psychology*, 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. *Academy of Management Review*, 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. International Journal of Wellbeing, 2(3), 222235. https://doi.org/10.5502/ijw.v2i3.4 Benn, S., Dunphy, D., & Griffiths, A. (2014). Organizational Change for Corporate Sustainability (3rd ed.). Routledge. Kabat-Zinn, J. (1990). Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness. Bantam Dell. Bateson, G. (1972). Steps to an Ecology of Mind: Collected Essays in Anthropology, Psychiatry, Evolution, and Epistemology. University of Chicago Press. Stibbe, A. (Ed.). (2015). The Handbook of Sustainability Literacy: Skills for a Changing World. Green Books. O'Brien, C. (2016). Education for Sustainable Happiness and Well-Being. Routledge. Helliwell, J. F., Layard, R., & Sachs, J. D. (Eds.). (2020). World Happiness Report 2020. Sustainable Development Solutions Network. Seligman, M. E. P. (2011). Flourish: A Visionary New Understanding of Happiness and Well-being. Free Press. Raworth, K. (2017). Doughnut Economics: Seven Ways to Think Like a 21st-Century Economist. Chelsea Green Publishing. Brown, K. W., & Kasser, T. (2005). Are psychological and ecological well-being compatible? The role of values, mindfulness, and lifestyle. Social Indicators Research, 74(2), 349368. 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 activites within the subject	Not applicable	

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