

Subject card

Subject name and code	Mindfulness in the work of an economist - workshop classes, PG_00177366						
Field of study	Economics, International Economic Relations						
Date of commencement of studies	October 2025		Academic year of realisation of subject		2025/2026		
Education level	Master's studies		Subject group		Obligatory subject group in the field of study Optional subject group		
Mode of study	full-time studies		Mode of delivery		at the university		
Year of study	1		Language of instruction		Polish		
Semester of study	1		ECTS credits		2.0		
Learning profile	academic		Assessment form				
Conducting unit							
Name and surname of lecturer (lecturers)	Subject supervisor		dr Joanna Fryca				
	Teachers		dr Joanna Fryca				
Lesson types	Lesson type	Lecture	Tutorial	Laboratory	Project	Seminar	SUM
	Number of study hours	0.0	30.0	0.0	0.0	0.0	30
	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	30		0.0		0.0	30
Subject objectives	To broaden the cognitive perspective and complement the knowledge, skills and competencies acquired in the economics major with issues related to mental and physical well-being in the professional environment, with a particular focus on strategies that support the health, efficiency and balance of employees.						

Learning outcomes	Course outcome	Subject outcome	Method of verification
	[MSGMU2_U16] independently plans and implements lifelong learning; complements and improves the acquired knowledge and skills; is open to new ideas and techniques; can inspire and organise the learning process for others	Independently plans and implements a lifelong learning process, expanding knowledge of wellbeing and people management based on sustainability; is able to inspire others to take actions that promote health, balance and commitment in the workplace.	[SU1] oral statement/conversation/discussion [SU6] demonstration of practical skills [SU8] observation of student's independent or team work
	[EKONMU2_W05] has an extended knowledge of the human being as a manufacturer and consumer and extended knowledge of the human being as a creator of culture and social structures	He has an expanded knowledge of the human being as a producer and consumer, and as a creator of organizational culture, social norms and workplace relationships; he understands the importance of wellbeing as a factor affecting efficiency, innovation and job satisfaction.	[SW1] oral statement/conversation/discussion
	[EKONMU2_U15] can independently expand and improve acquired knowledge and skills in economics; is open to new ideas and techniques; tends to learn using any accessible method and to interact with other participants of the learning process	Is able to independently develop and supplement knowledge and economic and managerial skills in building a work environment conducive to well-being; is open to innovative human capital management techniques, engages in experiential learning and willingly interacts with other participants in the educational process.	[SU1] oral statement/conversation/discussion [SU6] demonstration of practical skills [SU8] observation of student's independent or team work
	[EKONMU2_K06] is ready to observe and develop in his/her professional life principles of business ethics and corporate social responsibility, respect others, be loyal to their employer, taking into account changing social needs.	Is willing to observe and develop the principles of business ethics and social responsibility in the professional environment; respects the dignity and diversity of others, recognizes and takes into account the changing psychosocial needs of employees, promotes empathetic and supportive professional relationships.	[SK1] oral statement/conversation/discussion [SK6] demonstration of practical skills [SK8] observation of student's independent or team work
	[MSGMU2_W14] has an in-depth knowledge of the human being as an individual making economic decisions, acting in social structures and organisational units, in particular in enterprises operating on the international market	He has an in-depth knowledge of the human being as an individual who makes economic decisions and functions in social and organizational structures, with particular emphasis on the role of mental, physical and social well-being in the environment of multinational enterprises.	[SW1] oral statement/conversation/discussion
	[MSGMU2_K07] is ready to observe and develop the principles of professional ethics and corporate social responsibility, takes into account changing social needs, respects the diversity of opinions and cultures, and is professional and loyal towards the employer	He is ready to observe and promote the principles of professional ethics and corporate social responsibility, respects the diversity of views, cultures and forms of self-expression in the work environment; demonstrates professionalism and loyalty, understanding the importance of wellbeing as part of the long-term development of the organization and its employees.	[SK1] oral statement/conversation/discussion [SK6] demonstration of practical skills [SK8] observation of student's independent or team work

Subject contents	Topic 1: Wellbeing in the workplace - an introduction to the multidimensional approach to wellbeing Objective: To introduce participants to the concept of wellbeing in the work environment, to discuss its main areas (physical, emotional, spiritual, intellectual, relational, environmental, professional, financial) and to introduce the basic mechanisms affecting the wellbeing of the individual and the team. Nature of the class: mapping of wellbeing areas, self-reflection, elements of psychoeducation and discussion. Topic 2: Physical wellbeing - prevention of fatigue and support of mental and physical fitness in mental work Objective of the class: To develop awareness of the body and physiological needs in the context of office and intellectual work; to prevent exhaustion and build daily habits that support physical wellbeing. Nature of the class: mindful movement exercises, micro-breaks, analysis of the rhythm of the working day. Topic 3: Emotional Wellbeing - regulating tension and strengthening mental resilience Class objective: Recognizing emotions in everyday work situations, developing skills to deal with stress and building mental flexibility. Nature of the class: emotional attentiveness exercises, emotion journal, self-regulation techniques. Topic 4: Relational Wellbeing - communication, trust and cooperation in the professional environment Objective of the class: To improve the quality of relationships in the workplace by developing the skills of listening, communication and mutual support. Topic 5: Environmental Wellbeing - shaping spaces and working conditions conducive to concentration and wellbeing Objective of the class: to identify physical and organizational factors affecting wellbeing at work, and to design micro changes conducive to attentive and balanced work. Nature of the class: working with a space map, analyzing the sensory and ergonomic environment. Topic 6: Intellectual wellbeing - cognitive hygiene and development of mental skills in mental work Objective of the class: Strengthening concentration, reducing cognitive overload and developing a reflective attitude in the performance of professional tasks. Nature of classes: concentration exercises, stimulus management, working with beliefs. Topic 7: Professional Wellbeing - Sense of Influence, Direction and Balance of Professional Roles Objective of the class: To deepen reflection on professional identity, values and goals at work, and to develop strategies that build a sense of meaning and professional satisfaction. Nature of the class: coaching exercises, goal work, analysis of sources of motivation. Topic 8: Financial and Existential Wellbeing - the relationship with money and the importance of work in the context of personal values Class objective: To work with beliefs about finances, analyze the impact of the material situation on psychological well-being, and reflect on the importance of work in the context of life as a whole. Nature of the class: narrative exercises, value journal, analysis of the relationship with finances. Any doubts related to the lecture topics and questions regarding the course material are addressed during consultation hours. Participation in consultations enables the clarification of substantive issues and deepens the understanding of subject-related concepts.		
Prerequisites and co-requisites	Interest and desire to learn more about well-being in the work environment and its impact on personal and organizational effectiveness.		
Assessment methods and criteria	Subject passing criteria	Passing threshold	Percentage of the final grade
	activity and commitment	50.0%	50.0%
	presence	90.0%	50.0%
Recommended reading	Basic literature <i>Wellbeing w organizacji Co? Jak? Dlaczego?</i> Red. K. Kulig-Moskwa, Infor, Warszawa 2018. Syper-Jędrzejak M., <i>Corporate wellness w organizacji. Uwarunkowania, model wymiarów działań, możliwości rozwoju</i>, Wydawnictwo Uniwersytetu Łódzkiego, Łódź 2019. Leoński W., Wieczorek-Szymańska A., <i>Koncepcja work-life balance we współczesnej organizacji. Jak wesprzeć pracownika w godzeniu ról i zapewnić sprawne funkcjonowanie organizacji</i>, Difin, Warszawa 2024. J. Schmidt, <i>Dobrostan pracowników a środowisko pracy. Modelowanie psychospołecznego środowiska pracy dla dobrostanu psychicznego pracowników</i>, [w:] <i>Nowe odśłony i trendy psychologii w biznesie</i>, red. A. Wach, A. Metelski, Wydawnictwo UEP, Poznań 2024, s. 49-66. Tomaszewska-Lipiec R., <i>Równoważenie sfery osobistej i zawodowej jako postulowany element nowoczesnego środowiska pracy</i>, Szkoła - Zawód Praca, 2016, Nr 12, s. 92-115.		

	Supplementary literature	Benito C., <i>Money Mindfulness. Jak zarabiać, wydawać i oszczędzać?</i> Wydawnictwo Literackie, 2021. Fryca J., <i>Joga a ekonomia, czyli kilka refleksji o użyteczności jogi w poprawie jakości gospodarowania</i>, Współczesna Gospodarka, 2024, Tom 18, Nr 2 (42), s. 83-94. Fryca J., <i>Kompetencje umysłowe decydenta - dylematy transferu wiedzy</i>, [w:] <i>Dylematy i perspektywy rozwoju współczesnych przedsiębiorstw</i>, red. J. Fryca i D. Wach, Polskie Towarzystwo Ekonomiczne Oddział w Gdańsku, Gdańsk 2007, s. 91-100. Laloux F., <i>Pracować inaczej. Nowatorski model organizacji inspirowany kolejnym etapem rozwoju ludzkiej świadomości</i>, Wydawnictwo Studio Emka, Warszawa 2016. Siegel W., <i>Efektywność osobista 4x4. Holistyczny poradnik jak być skutecznym w życiu i biznesie</i>, MT Biznes, Warszawa 2021.
	eResources addresses	
Example issues/ example questions/ tasks being completed		
Work placement	Not applicable	

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