

Subject card

Subject name and code	Mindfulness in the work of an economist - workshop classes, PG_00177365						
Field of study	Economics, International Economic Relations						
Date of commencement of studies	October 2024		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	2		Language of instruction		Polish		
Semester of study	3		ECTS credits		2.0		
Learning profile	academic		Assessment form		credit		
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	Expand cognitive perspective and complement the knowledge, skills and competencies acquired in the economics major with mindfulness techniques that support concentration, stress reduction and conscious decision-making in the daily professional practice of an economist.						

Learning outcomes	Course outcome	Subject outcome	Method of verification
	[EKONL3_U14] is able to set priorities and plan and organise the tasks involved in their implementation as well as monitor and evaluate progress accordingly	Able to prioritize, plan and organize professional tasks with emotional awareness, concentration and attentive response to change; monitors own progress and takes care of the balance between work efficiency and mental well-being.	[SU1] oral statement/conversation/discussion [SU8] observation of student's independent or team work
	[MSGL3_W15] has an advanced knowledge of management of an economic entity on the international market; knows and understands strategies and marketing tools used in this management	Has advanced knowledge of managing a business entity in the international market, understands the importance of attentiveness and psychosocial competence as elements that support the effectiveness of leaders and managers, especially under conditions of stress, uncertainty and cultural diversity.	[SW1] oral statement/conversation/discussion
	[MSGL3_W16] has an advanced knowledge and understanding of the principles of entering into and conducting business transactions on the international market	He knows and understands to an advanced degree the principles of entering into and carrying out business transactions in the international market, understanding the importance of emotional competence, stress regulation and conscious presence (mindfulness) in negotiating, building relationships and making decisions in a cross-cultural environment.	[SW1] oral statement/conversation/discussion
	[EKONL3_U12] can independently plan and implement own lifelong learning	He is able to independently plan and implement his own lifelong learning, developing competence in mindfulness, self-observation and self-management; he applies tools for reflecting on his own professional and personal development in the dynamically changing work environment of an economist.	[SU1] oral statement/conversation/discussion [SU8] observation of student's independent or team work
	[MSGL3_K05] correctly identifies, diagnoses and solves dilemmas and various options of solutions related to the profession	Correctly identifies and resolves professional dilemmas in the work of an economist, taking into account the ethical perspective, reflection and awareness of his own and others' emotions and motivations; is able to make decisions in a balanced, careful and responsible manner.	[SK1] oral statement/conversation/discussion [SK8] observation of student's independent or team work
	[EKONL3_K05] correctly identifies, diagnoses and resolves professional dilemmas and different options for solutions	Correctly identifies and resolves professional dilemmas in the work of an economist, taking into account the ethical perspective, reflection and awareness of his own and others' emotions and motivations; is able to make decisions in a balanced, careful and responsible manner.	[SK1] oral statement/conversation/discussion [SK8] observation of student's independent or team work

Subject contents	Topic 1: Mindfulness as a professional competence of an economist - an introduction to mindfulness practice Purpose of the class: to familiarize participants with the scientific basis of mindfulness, the principles of mindfulness practice and their application to the economics profession. Nature of the class: presentation and discussion of research, self-reflection (tests, open questions), practice of basic mindfulness exercise (attentive breathing, attentive listening), moderated discussion. Topic 2: From reaction to reflection - developing mental resilience in the economics profession Purpose of the class: working with conscious breathing and its role in reducing stress, strengthening resilience to uncertainty, failure and criticism. Nature of the class: breathing practice (various techniques of conscious breathing), analysis of stressful situations (case studies), exercises for stopping automatic reaction (pause), reflection journal. Topic 3: Embodied Presence - the importance of working with the body and its role in improving the concentration of the economist Purpose of the class: practical experience of working with the body through conscious movement and grounding exercises, supporting stability and presence in the body during mental work. Nature of the class: working with the body (body scan, mindful movement, grounding practices), short movement practices with reflection, exercises to increase awareness of posture and tensions in the body during seated work. Topic 4: Presence in action - attentiveness training in cognitive and analytical tasks Purpose of the class: to develop the ability to concentrate and act consciously while working as an economist. Nature of the class: practice of attentive performance of simple cognitive tasks (e.g. counting), practice of one task (monotasking), analysis of the impact of distractions, attention management exercises. Topic 5: Practice of emotional attentiveness - recognizing and regulating emotions in an economist's work environment Purpose of the class: to develop the ability to notice emotions without judgment, to work with emotional tension and to respond to difficult work situations with greater awareness and calmness. Nature of the class: practice noticing emotions and tension in the body, practice labeling emotions, work with sample work situations (analysis of emotional reactions), practice self-acceptance and self-compassion. Topic 6: Mindfulness in professional relationships - attentive communication and presence in the team Purpose of the class: to develop attentive listening, conscious response, expression and supportive presence in team cooperation in an economic environment. Nature of classes: exercises in pairs (attentive listening and speaking), working with intention in communication, simulations of team situations (e.g., conflict, criticism), reflection on communication style. Topic 7: Cultivating internal balance - integrating mindfulness into the daily professional practice of an economist Purpose of the class: building an individual approach to the daily implementation of mindfulness.		
Prerequisites and co-requisites	Interest and desire to explore mindfulness techniques and their application to mental work, decision-making and functioning in a dynamic professional environment.		
Assessment methods and criteria	Subject passing criteria	Passing threshold	Percentage of the final grade
	activity and commitment	50.0%	100.0%
Recommended reading	Basic literature Marturano J., <i>Prowadź siebie i innych. Mindfulness dla liderów. Trening uważnego zarządzania w pracy, w domu, w życiu</i>, Wydawnictwo AMBER, Warszawa 2016. Kabat-Zinn J., <i>Życie piękna katastrofa</i>, Wydawnictwo Czarna Owca, Warszawa 2021. Syper-Jędrzejak M., Bednarska-Wnuk I., <i>Znaczenie mindfulness w miejscu pracy możliwości pobudzania uważności pracowników</i>, e-mentor, 2019, nr 2 (79), s. 6167. Williams M., Penman D., <i>Mindfulness. Trening uważności</i>, Samo Sedno, Warszawa 2023.		

	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. Jachtchenko W., <i>Potęga psychologii pozytywnej</i>, Vital, Białystok 2025. Laloux F., <i>Pracować inaczej. Nowatorski model organizacji inspirowany kolejnym etapem rozwoju ludzkiej świadomości</i>, Wydawnictwo Studio Emka, Warszawa 2016. <i>Mindfulness. Inteligencja emocjonalna</i>, Harvard Business Review Press, Wydawnictwo HELION, Gliwice 2018 Penman D., <i>Mindfulness. Droga do kreatywności</i>, Samo Sedno, 2017. Yates J., Immergut M., Graves J., <i>Umysł oświecony. Jak buddyzm i neuronauka łączą się w praktyce mindfulness, aby osiągnąć najwyższy stan skupienia</i>, Studio Astropsychologii, Białystok 2023.
	eResources addresses	
Example issues/ example questions/ tasks being completed		
Work placement	Not applicable	

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