

Subject card

Subject name and code	Wellbeing in the workplace - workshop classes, PG_00206473						
Field of study	Economics, International Economic Relations						
Date of commencement of studies	October 2026		Academic year of realisation of subject		2026/2027		
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		credit		
Conducting unit							
Name and surname of lecturer (lecturers)	Subject supervisor		dr Joanna Fryca				
	Teachers						
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		2.0		18.0	50
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
	[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_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
	[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

Subject contents	Topic 1. Wellbeing in the Workplace Introduction to a Multidimensional Approach to Wellbeing Course Objective: To familiarize participants with the concept of wellbeing in the workplace, discuss its main areas (physical, emotional, spiritual, intellectual, relational, environmental, professional, and financial), and introduce the basic mechanisms that influence individual and team well-being. Course Content: Mapping well-being areas, self-reflection, elements of psychoeducation, and discussion. Course Content: From Reaction to Reflection Developing Mental Resilience in the Economist Profession Course Objective: Working with conscious breathing and its role in reducing stress, strengthening resilience to uncertainty, failure, and criticism. Course Content: Breathing practice (various conscious breathing techniques), analysis of stressful situations (case studies), exercises for stopping automatic reactions (pause), and a reflection journal. Topic 3. Emotional Well-being Regulating Tension and Strengthening Mental Resilience Course Objective: Recognizing emotions in everyday work situations, developing stress management skills, and building mental flexibility. Course Content: Emotional mindfulness exercises, emotional journaling, self-regulation techniques. Course Content: Physical Well-being Preventing fatigue and supporting psychophysical fitness in intellectual work Course Objective: Developing body awareness and physiological needs in the context of office and intellectual work; counteracting exhaustion and building daily habits that support physical well-being. Course Content: Mindful movement exercises, micro-breaks, analysis of the workday rhythm. Course Content: Professional Well-being A sense of influence, development direction, and professional role balance Course Objective: Deepening reflection on professional identity, values, and goals at work, as well as developing strategies for building a sense of meaning and professional satisfaction. Course Content: Coaching exercises, goal-oriented work, analysis of sources of motivation. Topic 6. Intellectual Well-being Cognitive Hygiene and the Development of Mental Skills in Intellectual Work Course Objective: Strengthening concentration, reducing cognitive overload, and developing a reflective attitude in performing professional tasks. Lessons: Concentration exercises, stimulus management, working with beliefs. Topic 7. Relational Well-being Communication, Trust, and Collaboration in the Workplace Course Objective: Improving the quality of relationships in the workplace by developing listening, communication, and mutual support skills. Lessons: Dialogue simulations, pairwork, and supportive communication training. Topic 8. Environmental Well-being Creating spaces and working conditions that promote concentration and well-being Course Objective: Identifying physical and organizational factors that influence work comfort and designing micro-changes that promote mindful and balanced work. Lessons: Working with a space map, analyzing the sensory and ergonomic environment.		
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
	Attendance and activity during classes	51.0%	100.0%
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 odsłony 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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