

Subject card

Subject name and code	Mindfulness in the work of an economist - workshop classes, PG_00206471						
Field of study	Economics, International Economic Relations						
Date of commencement of studies	October 2024		Academic year of realisation of subject		2026/2027		
Education level	Bachelor'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	3		Language of instruction		Polish		
Semester of study	5		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	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
	[MSGL3_U15] can appropriately identify priorities, plan and organise tasks related to their implementation, as well as monitor and evaluate progress	is able to set priorities appropriately and plan and organize tasks related to their implementation using mindfulness techniques, as well as monitor and evaluate progress	[SU1] oral statement/conversation/discussion [SU7] entries and opinions in the internship diary
	[MSGL3_U16] can plan and implement his/her own lifelong learning, expand and improve his/her acquired knowledge and economic skills; is open to new ideas and techniques; is willing to learn using any method, and has a tendency to interact with other participants of the learning process	Independently plans and implements lifelong learning, expanding mindfulness skills, and is able to inspire others to take actions that promote health, balance, and engagement in the workplace.	[SU1] oral statement/conversation/discussion [SU7] entries and opinions in the internship diary
	[MSGL3_K05] correctly identifies, diagnoses and solves dilemmas and various options of solutions related to the profession	correctly identifies, diagnoses and resolves dilemmas and various variants of solutions related to the performance of the profession using mindfulness techniques	[SK1] oral statement/conversation/discussion [SK7] entries and opinions in the internship diary
	[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 an ethical perspective, reflection and awareness of one's own and others' emotions and motivations; is able to make decisions in a balanced, careful and responsible manner.	[SK1] oral statement/conversation/discussion [SK7] entries and opinions in the internship diary
	[EKONL3_U12] can independently plan and implement own lifelong learning	Is able to independently plan and implement his/her own lifelong learning, developing competencies in the areas of mindfulness, self-observation and self-management; uses tools for reflection on his/her own professional and personal development in the dynamically changing working environment of an economist.	[SU1] oral statement/conversation/discussion [SU7] entries and opinions in the internship diary
	[EKONL3_U14] is able to set priorities, plan and organize the implementation of individual and team tasks, as well as monitor and evaluate progress in achieving set goals.	Is able to prioritise, plan and organise professional tasks with emotional awareness, concentration and careful response to change; monitors own progress and ensures a balance between work efficiency and mental well-being.	[SU1] oral statement/conversation/discussion [SU7] entries and opinions in the internship diary

Subject contents	Topic 1. Mindfulness as a Professional Competency for Economists Introduction to Mindfulness Practice Course Objective: To familiarize participants with the scientific foundations of mindfulness, the principles of mindfulness practice, and their application in the profession of economists. Course Content: Presentation and discussion of research, self-reflection (tests, open-ended questions), practice of basic mindfulness exercises (mindful breathing, mindful listening), and moderated discussion. Course Content: From Reaction to Reflection Developing Mental Resilience in the Profession of Economists 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. Practicing Emotional Mindfulness Recognizing and Regulating Emotions in an Economist's Workplace Course objective: developing the ability to notice emotions without judgment, working with emotional tension, and responding to difficult professional situations with greater awareness and calm. Course content: practice noticing emotions and tension in the body, exercises in labeling emotions, working with sample professional situations (analysis of emotional reactions), exercises in self-acceptance and self-compassion. Course 4. Embodied Presence the importance of bodywork and its role in improving an economist's concentration Course objective: practical experience of bodywork through conscious movement and grounding exercises, supporting stability and presence in the body during mental work. Course content: bodywork (body scan, mindful movement, grounding practices), short movement practices with reflection, exercises to increase awareness of posture and body tension during sedentary work. Topic 5. Presence in Action Mindfulness Training in Cognitive and Analytical Tasks Course Objective: Developing the ability to concentrate and act consciously during an economist's work. Lessons: Exercises in mindfully performing simple cognitive tasks (e.g., counting), practicing a single task (monotasking), analyzing the impact of distractions, and attention management exercises. Topic 6. Mindfulness in Professional Relationships Mindful Communication and Team Presence Course Objective: Developing mindful listening, conscious responding, expressing opinions, and a supportive presence in teamwork in the economic environment. Course Objective: Pair exercises (mindful listening and speaking), working with intention in communication, team situation simulations (e.g., conflict, criticism), and reflection on communication style. Topic 7. Cultivating Inner Balance Integrating Mindfulness into an Economist's Daily Professional Practice Course Objective: Building an individual approach to implementing mindfulness daily in sync with professional and personal responsibilities. Type of classes: designing an individual "map of practices", planning mindfulness rituals at work, exercises with intention for the day/week, integration session with final reflection and exchange of experiences		
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
	Attendance and activity during classes	51.0%	100.0%
Recommended reading	Basic literature Maturano 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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