

Abstract

The diploma thesis deals with the relationship and connections between career guidance and the personal well-being of adults. The aim of the work is to analyse the impact of career guidance on the personal well-being of adults. The theoretical basis of the work is devoted to the current form of career guidance in an andragogical context, the work of a career counsellor and various concepts of personal well-being are introduced. Subsequently, the relationship between career guidance and personal well-being is identified and specific mechanisms of the impact of career guidance on the personal well-being of an adult are described. Part of the diploma thesis is also a quantitative research, which aims to evaluate how clients of career guidance perceive its impact on specific dimensions of personal well-being. It was found that career guidance has the greatest impact on the dimension called self-acceptance and the dimension called meaning of life and has the least impact on the dimension called positive relationships. The results of the research also point to the importance of a form of career guidance in relation to the impact on personal well-being.

Key words:

career, counselling, career guidance, career education, career coaching, well-being, life satisfaction