

ABSTRACT

The aim of the diploma thesis is to create a set of activities for university teachers that will have the potential to improve the working life of teachers and overall, well-being. The theoretical part of the thesis contains knowledge about well-being, its determinants, sources, but also well-being in connection with health. The next part of the theoretical part deals with the issue of personal change of well-being, how an individual can positively and negatively affect well-being. Furthermore, the theoretical part includes the topics of well-being in the workplace and creating a healthy work environment. In the last and one of the most important chapters of the theoretical part, the issue of well-being in university teachers is discussed, what shapes and influences his well-being.

In the practical part there is a design of set of activities to improve well-being of university teachers. These activities are created on the basis of a search of professional literature. The practical part consists of two main parts. The first part contains suggestions for activities to improve the well-being of the university teachers, which the university teacher himself includes in his work life and personal life. In the second part, activities are also reaching to the improvement of well-being of university teacher, but also the overall positive climate in the workplace. Activities in the second part must be included in the workplace by the head of the department, the management of the faculty or the university itself, what changes and forms teacher's well-being. Part of the practical part of this diploma thesis is also recommendation for the inclusion of activities in the life of university teachers.

KEYWORDS

Well-being, university, university teacher, employment, academic environment, mental health, physical health, social health, well-being at work.