

## **Abstract**

This thesis deals with the issue of unemployment and its possible prevention by developing key competencies such as knowledge, skills, attitudes and personal characteristics. These are not only universally applicable when looking for a job, but are generally useful considering present demands.

In the general part this thesis brings closer some theoretical solutions explaining the relationship between humans and work and it sheds light on the present understanding of unemployment as a social problem that has considerable impact on certain, perhaps socially challenged or vulnerable, groups of people. At this point are presented facts about the impact of unemployment on human beings and their interaction with demographic and personal characteristics. Furthermore the reader becomes acquainted with thus far used approaches to conceptualizations of competencies, their effect on successful merging into the work life and possibilities of measurement. The conclusion of this section attends to the possibilities of preventing unemployment in terms of focus, forms and methods. More space is devoted to consulting as the most effective method and to contemporary interdisciplinary approach to issues of unemployment in the context of employment policy.

The practical section briefly presents creation of one of the unemployment prevention programs - a key competencies development program; it shows the running of the program and it explains the choice of methodology for this research. This project assesses the effectiveness of the program according to the data collected from self reflections of the participants in an experimental and a control group. The author also looks for possible explanations and interpretations of the collected data.