

Abstract

The thesis deals with one of the key topics of positive psychology. The topic in question is a flourishing, which is set in the context of the Perma model on the background of helping professions. The aim of the thesis is searching the phenomenon of helping workers' flourishing and revealing mutual connections between all elements of the model and the difficulty of helping professions with respect to their competences. The thesis contributes to the understanding of mutual interconnection and conditionality of flourishing particular components. It puts them into a relation with the difficulty and competences of helping professions. For this purpose a semi-structured interview and an observation methods are used through a quality research procedure. The results indicate that a way to flourishing is a dynamic process which is influenced by the categories such as meaningfulness, resilience, anchorage of individuals in themselves and also in the social relations network. A family, as a source of positive emotions and motivations and the place where the saturation of our urges and the education go on, plays the key role. Helping workers' flourishing is reached at the moment when an individual feels well physically and also intellectually and at the same time experiences a harmonic, satisfied and happy life. As a part of the thesis there is also a recommendation for the practice. It is in the form of a suggested taxonomy of assisting professions competences with respect to the fact that there is no classification of this kind yet.

Keywords

model Perma, flourishing, helping professions, positive psychology, well being theory