

The thesis focuses on the topics of personal well-being of employees, work environment and leadership coaching. The aim of the thesis is to describe the topic of personal well-being in the context of the work environment and to evaluate the impact of individual leadership coaching on leadership style and personal well-being in the work environment. The thesis consists of five main chapters. In the first three chapters, a literature review is presented. The concept of personal well-being is introduced and the main theories and models devoted to the issue of personal well-being are presented. Options for influencing personal well-being in the work environment are described, highlighting the influence of coaching as a factor to enhance personal well-being in the work environment. In the fourth chapter of the thesis, a proposal is made for conducting research to examine the influence of individual leadership on perceptions of personal well-being and leadership style in relation to the work environment. The research design described is based primarily on Ryff's theory of personal well-being, which developed an instrument to measure six dimensions of personal well-being that would be used, along with two other questionnaires, to examine the difference in perceptions of personal well-being and leadership of subordinates by managers who have and have not received leadership coaching according to selected parameters. The discussion evaluates the strengths and limitations of the proposed research.