TEACHING GUIDE - 2026-2027

Practical Tools for Personal Growth

UGRA_014616

Departments	Department of Society, Politics and Sustainability
Teaching Languages	English
ECTS	2
Teacher responsible	Alberto Nuñez Fernandez - alberto.nunez3@esade.edu

Course Goals

· Identification of each student's personal habits as practical tools for personal growth.
· Practical learning of diverses spiritual tools.
· Application of the learnings to each student's personal habits to make them better tools for personal growth.

Previous knowledge

Capacity to stay in silence for 5 minutes.
Interest in self knowledge.

Prerequisits

Mastery of English.
Predisposition to learn spirituality techniques.
No previous courses are needed.

Teaching methodology

Students need to come to class with open minds and ready to perform unusual activities - that bear a high potential of promotion of personal growth.
Students will bring to class a notebook where they will note their habits of personal growth and the results of new practices, in order to assess the matching and potential improvements.

Description

Course contribution to program

Otto Scharmer, professor at MIT and author of the "U-Theory", contends that mankind is suffering a triple divide:

a) the environmental divide (between humans and nature);
b) the social divide (among humans);
c) and the spiritual-cultural divide (disconnection between the human self and his deep Self).

Scharmer understands these three divides as interconnected: they cannot be solved separately.
The answer to the environmental divide is called sustainability; the answer to the social divide is called responsibility; the answer to the spiritual-cultural divide is called spirituality.
If Management is a discipline aimed at solving the main challenges of mankind, then it has to incorporate sustainability, responsibility and spirituality. The incorporation of spirituality (or the spiritual dimension) in the business context and to Higher Education is growing in importance (Barbezat & Bush, 2014, Helber et al. 2012, Shapiro et al. 2011).

Short description

This Course on "Practical Tools for Personal Growth" is an introduction to spiritual practices for Management students. Spiritual practices include a wide range of activities aimed at developing the wellness of the whole person (body, mind and spirit). In line with Otto Scharmer's approach, this wellness is reached as a result of the transformation of the relationships between the self and nature; self and society; and self and the deep Self.
Every session will reproduce the following method:

a) Short technical introduction to the practice,
b) Time to practice.
c) Individual evaluation.
d) Comments in group: how to practice better; how can the practice transform my relations with nature, society and deep Self.

Bibliography

Barbezat, Bush (2014), "Contemplative Practices in Higher Education. Powerful Methods to transform teaching and learning", APA PsychNet, American Psychological Association (Book)
Helber, C., Zook, N. A., & Immergut, M. (2012), Meditation in higher education: Does it enhance cognition?., Innovative Higher Education, 37(5), 349-358. (Article)
Mària i Serrano, J. F., "Meditar es vivir humanamente", Razón y fe - 2021, nº 1451, pp. 315-325, ISSN 0034-0235 (Article)

Mària Serrano, J.F. (2022), Diario de un peregrino moderno, PPC (Book)
Ramsburg, J. T., & Youmans, R. J. (2014)., Meditation in the higher-education classroom: Meditation training improves student knowledge retention during lectures, Mindfulness, 5(4), 431-441. (Article)
Senaki, N. (2010). . ., 101 Zen Stories, Montana (USA): Kessing Publishing (Book)

Activities

Other
Practical exercises of meditation in different modalities.

Essays
Final assessment including the main learnings of each student.

Content

#	Topic
1	Introduction. Stillness practices
2	Generative and Creative Practices
3	Activist practices
4	Relational practices
5	Movement practices
6	Ritual practices. Conclusions

Assessment

Tool	Assessment tool	Category	Weight %
Attendance and punctuality	Atrendance	Retake and ordinary round	20.00%
Participation in program activities	Participation	Retake and ordinary round	30.00%
Final individual project	Final Assessment	Retake and ordinary round	50.00%

PROGRAMS

AI26S-Exchange Program Bachelor in Business and Artificial Intelligence (Undergraduates: Business)
- AI26S Year 1 (Optative)

B13-Exchange Program Bachelor of Business Administration (BBA) (Undergraduates: Business)
- B13 Year 1 (Optative)

B13S-Exchange Program Bachelor of Business Administration (BBA) (Undergraduates: Business)
- B13S Year 1 (Optative)

BBA20-Bachelor of Business Administration (BBA) (Undergraduates: Business)
- BBA20 Year 4 (Optative)
- BBA20 Year 2 (Optative)
- BBA20 Year 3 (Optative)
- BBA20 Year 1 (Optative)

BBA23-Bachelor of Business Administration (BBA) (Undergraduates: Business)
- BBA23 Year 3 (Optative)
- BBA23 Year 1 (Optative)
- BBA23 Year 4 (Optative)
- BBA23 Year 2 (Optative)

BBA25-Bachelor of Business Administration (BBA) (Undergraduates: Business)
- BBA25 Year 2 (Optative)
- BBA25 Year 3 (Optative)
- BBA25 Year 1 (Optative)

BBE20-Bachelor of Business Administration (BBA) (Undergraduates: Business)
- BBE20 Year 1 (Optative)
- BBE20 Year 4 (Optative)
- BBE20 Year 2 (Optative)
- BBE20 Year 3 (Optative)

DBAI23-Double Degree in Business Administration and Artificial Intelligence for Business (Undergraduates: Business)
- DBAI23 Year 4 (Optative)
- DBAI23 Year 2 (Optative)
- DBAI23 Year 3 (Optative)
- DBAI23 Year 1 (Optative)

DBAI25-Double Degree in Business Administration and Business and Artificial Intelligence (Undergraduates: Business)
- DBAI25 Year 4 (Optative)
- DBAI25 Year 2 (Optative)
- DBAI25 Year 3 (Optative)

GBD20-Double Degree in Business Administration and Law (Undergraduates: Law)
- GBD20 Year 2 (Optative)
- GBD20 Year 5 (Optative)
- GBD20 Year 3 (Optative)
- GBD20 Year 1 (Optative)
- GBD20 Year 4 (Optative)