

JANA KOCI, Ph.D.

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EXECUTIVE SUMMARY

I am an Assistant Professor, researcher, and academic leader specializing in positive psychology, well-being science, health education, and evidence-based educational interventions. For more than 20 years, I have combined university teaching, interdisciplinary research, academic leadership, and international collaboration to advance the science and practice of well-being in higher education. I lead an international research consortium bringing together researchers from more 30+ universities across six continents, direct national and international educational initiatives, and serve as Department Coordinator for International Collaboration at Charles University. My work spans research, curriculum innovation, graduate education, and knowledge translation, with more than 70 supervised bachelor's and master's theses, leadership of university-wide and national projects, and invited keynote lectures and workshops across Europe, North America, South America, and Asia. I have been recognized through European awards for research, innovation, and entrepreneurship, including the Young European Entrepreneur Award Top 10 Finalist, Women in Tech Czech Republic, EIT Health Top Female Founder, Creative Business Cup Czech Republic Top 10 Finalist, and the EFSA Outstanding Young Researcher Award. Alongside my academic work, I founded BEwell and Uniwellsity to translate evidence-based research into scalable educational innovation.

EDUCATION

Postdoctoral Research Fellow	Universitas Pendidikan Ganesha, School of Education, Bali, Indonesia <i>Research: Well University: Academic Well-Being Design Across the Faculty of Education.</i>	2024–Present
Ph.D.	Charles University, School of Education, Czech Republic Health & Well-being Education <i>Dissertation: The Relationship Between Eating Habits and Nutrition Knowledge in Ninth-Grade Elementary School Students and the Proposal of a Nutritional Education Program</i>	2019
PhDr.	Charles University, School of Education, Czech Republic Health & Well-being Education <i>Thesis: The Relationship Between Eating Habits and Nutrition Knowledge in Ninth-Grade Elementary School Students and the Proposal of a Nutritional Education Program</i>	2020

M.A. (Mgr.)	University of West Bohemia, School of Education, Czech Republic Health Education & Physical Education <i>Thesis: A Comparison of the Use of the Test of Gross Motor Development and the Movement Assessment Battery in Preschool Children</i>	2011
B.A. (Bc.)	University of South Bohemia, School of Education, Czech Republic Health Education <i>Thesis: Reduction of Overweight and Obesity in Older School-Age Children Through an Interventional Physical Activity Program</i>	2009

PROFESSIONAL CERTIFICATES & TRAINING

Certificate/Training	Institution	Year
Young European Entrepreneur Award (YEEA) Pre-Incubation Programme (Top 10 Finalist; <i>one-year executive entrepreneurship</i> and venture development programme)	European Commission, European Union	2025-2026
Women in Tech Czech Republic Leadership Programme (<i>One-year leadership and business development programme for women entrepreneurs</i>)	Czech Chamber of Commerce & Huawei Czech Republic	2025-2026
Finance for Executives	ESCP Business School, Executive Education, Paris, France	2026
Essentials of Marketing and Sales (0.5 ECTS)	Aalto University Executive Education and Professional Development, Finland	2026
Negotiation Fundamentals (1.0 Microcredential)	INSEAD Executive Education, Fontainebleau, France	2026
EIT Health Top Female Founders Programme (<i>Eight-week hybrid executive programme</i> culminating in an intensive leadership and innovation week in Vienna, Austria)	European Institute of Innovation & Technology (EIT Health), European Union	2025

200-Hour Yoga Teacher Training (RYS 200), Yoga Alliance Registered	Adi Yogpeeth Yoga Teacher Training School, Rishikesh, India	2025
Co-Active Professional Coach Training (104 hours)	Co-Active Training Institute (CTI), USA	2023
Management & Leadership (Semester Program)	Charles University Rectorate & Skilldriver	2022
Certificate in Higher Education Pedagogy (One-Year Program)	Charles University, Czech Republic	2012
Certificate in Psychology (One-Year Program)	University of West Bohemia, Czech Republic	2006

ACADEMIC POSITIONS (RESEARCH & TEACHING)

Position	Institution	Years
Assistant Professor & Researcher	Charles University, Czech Republic, School of Education & School of Arts	2019- present
Project Manager	Charles University, Czech Republic, Rectorate (Centre for Lifelong Learning)	2021- 2023
Assistant Professor & Researcher	PALESTRA College of Physical Education and Sport	2017- 2021
Assistant Professor & Researcher	University of West Bohemia, Czech Republic, School of Education	2011- 2017

INTERNATIONAL ACADEMIC APPOINTMENTS & AFFILIATIONS

Appointment	Institution	Years
Research Collaborator	Claremont Graduate University, California, USA	2020- present
Visiting Scholar	Claremont Graduate University, California, USA	2022- 2024

Visiting Professor	Universitas Pendidikan Ganesha, Indonesia	2024
Postdoctoral Research Fellow	Universitas Pendidikan Ganesha, Indonesia	2024
Visiting Professor	Udayana University, Indonesia	2024
Research Affiliate	Universidad Autónoma de Baja California, Mexico	2024

SELECTED COURSES TAUGHT

Graduate Courses

Student Well-Being and Success: Applying PERMA+4; Didactics and Methodology of Health and Well-Being Education; Health Behavior and Evidence-Based Interventions; Psychohygiene and Stress Management for Teachers and Helping Professionals; Mental Health Promotion; Science of Well-Being and Health Psychology; Healthy Lifestyle Education; Leisure Time Education and Leisure Pedagogy; Reflective Teaching Practice – Primary Education; Reflective Teaching Practice – Secondary Education; Teaching Practicum Supervision; Evidence-Based Teaching; Technology-Enhanced Learning.

Undergraduate Courses

Public Health and Health Promotion Project Design; Fundamentals of Nutrition; Alternative Approaches to Nutrition; Prevention of Risk Behaviors; Compensatory Exercise, Movement, Breathing, and Yoga.

INTERNATIONAL ACADEMIC INTERNSHIPS, FELLOWSHIPS & RESEARCH STAYS

Appointment/Activity	Institution	Years
Visiting Researcher & Academic Collaboration (3-month research stay)	University of California, Los Angeles (UCLA), Claremont Graduate University, CTRI & Vital Space, USA	Jun–Sep 2026
Academic Collaboration (1-month research stay)	University of California, Los Angeles (UCLA), USA	Jan–Feb 2026
Researcher (1-week research stay; well-being & belonging research)	University of St Andrews, Scotland	Jun 2025
Visiting Professor (2-week research collaboration stay)	Dev Sanskriti Vishwavidyalaya, Haridwar, India	Aug 2025
Visiting Professor (1-week teaching & research stay)	Universitas Pendidikan Ganesha, Indonesia	May 2024

Research Collaboration & Keynote Speaker (1-week stay)	IPB University, Bogor, Indonesia	Jun 2024
Researcher (1-week research stay)	University of St Andrews, Scotland	Nov 2024
Researcher (1-week research stay)	University of St Andrews, Scotland	Nov 2023
Visiting Scholar (3-month research stay)	Claremont Graduate University, California, USA	May-Aug 2022
Researcher (3-month research stay)	University of Nebraska–Lincoln, Nebraska, USA	2017
		2016
Researcher (6-month research stay)	University of Nebraska–Lincoln, Nebraska, USA	
		2014
Researcher (6-month research stay)	University of Nebraska–Lincoln, Nebraska, USA	
		2013
Research Intern (6-month internship)	University of Nebraska–Lincoln, Nebraska, USA	

GLOBAL RESEARCH LEADERSHIP

Founder & Scientific Coordinator – Science of Good Life Education Consortium

I am a founder and scientific coordinator of an international interdisciplinary research consortium dedicated to establishing the scientific foundations of the emerging field of Science of Good Life Education. The consortium brings together researchers from 30+ universities across six continents to develop, evaluate, and implement evidence-based approaches to well-being education across cultures and across the lifespan.

Partner institutions include: Claremont Graduate University (USA), University of California, Los Angeles – UCLA (USA), Charles University (Czech Republic), University of Toronto (Canada), McMaster University (Canada), University of Copenhagen (Denmark), Radboud University (The Netherlands), University of St Andrews (United Kingdom), University of Galway (Ireland), University of Lisbon (Portugal), University of Alcalá (Spain), University of Mannheim (Germany), University of Jyväskylä (Finland), Häme University of Applied Sciences (Finland), University of Maribor (Slovenia), University of Catania (Italy), University of Hong Kong (Hong Kong), Dev Sanskriti Vishwavidyalaya (India), IPB University (Indonesia), Universitas Pendidikan Ganesha (Indonesia), Udayana University (Indonesia), University of Cape Town (South Africa), University of Melbourne (Australia), Universidad CES (Colombia), National University of Río Cuarto (Argentina), Lithuanian Sports University (Lithuania), Cyprus University of Technology (Cyprus), University of the Basque Country (Spain), Umeå University (Sweden), Dnipro University of Technology (Ukraine).

SELECTED HONORS & RECOGNITIONS

Young European Entrepreneur Award – Top 10 Finalist

European Commission, European Union, 2025. Recognized among Europe's most promising young entrepreneurs for developing BEwell, an evidence-based university well-being innovation selected among the 10 most impactful, innovative, and sustainable projects.

Official announcement: https://single-market-economy.ec.europa.eu/smes/learn-and-plan-entrepreneurship/young-european-entrepreneur-award/finalists-winners_en

Winner, Women in Tech Czech Republic

Czech Chamber of Commerce & Huawei Czech Republic, 2025. National award recognizing innovation, entrepreneurship, and technology-driven social impact.

Media coverage: <https://zeny.iprima.cz/women-in-tech-jak-cesky-rozviji-sve-podnikanidiky-technologim-475642>

Top Female Founder

EIT Health, European Institute of Innovation & Technology (EIT), European Union, 2025.

Media coverage: <https://eithealth.eu/news-article/breaking-barriers-how-eit-healths-top-female-founders-summer-school-helped-launch-flowtion/>

Top 10 Finalist, Creative Business Cup Czech Republic

CzechInvest & Ministry of Industry and Trade of the Czech Republic, 2025.

Official announcement: <https://technologickainkubace.org/novinka/zname-deset-nejkreativnejsich-startupu-ceska-pro-rok-2025/>

Outstanding Young Researcher Award

European Food Safety Authority (EFSA), 2015. Recognized for outstanding research contribution in nutrition and health education at the EFSA Scientific Conference in Milan, Italy. The distinction is also documented in the author biography of *Well-Being and Success for University Students* and relates to EFSA's Young Researcher Initiative.

<https://www.efsa.europa.eu/en/events/event/efsaexpo-efsas-2nd-scientific-conference-shaping-future>

Bachelor's Degree Awarded with Distinction

University of South Bohemia, School of Education, 2009. Graduated with distinction for outstanding academic achievement. Bachelor's thesis: *Reduction of Overweight and Obesity in Older School-Age Children Through an Interventional Physical Activity Program*.

Master's Degree Awarded with Distinction

University of West Bohemia, School of Education, 2011. Graduated with distinction for outstanding academic achievement. Master's thesis: *A Comparison of the Use of the Test of Gross Motor Development and the Movement Assessment Battery in Preschool Children*.

INVITED KEYNOTE LECTURES, CONFERENCE PRESENTATIONS & WORKSHOPS

2026

International Conference on Technology and Educational Sciences (ICTES 2026), Universitas Pendidikan Ganesha, Bali, Indonesia, August 27, 2026. Invited Speaker. The Science of a Good Life: Building Evidence-Informed Well-Being Education through a Research-Practice Partnership. (Online)

Summer Workshop, Division of Behavioral and Organizational Sciences, Claremont Graduate University, Claremont, California, June 22, 2026. Invited Workshop Leader, with Stewart I. Donaldson. *PERMA+4 and Student Well-Being for Prospective and Incoming Graduate Students. (In person)*

European Universities Study Visit: Strengthening the Substantive and Managerial Competences of Staff of Representative Institutions of the Higher Education and Science Sector, Charles University, Prague, June 11, 2026. Invited Workshop Leader for two groups participating in a study visit organized through a project of the Polish Ministry of Science and Higher Education. *Building Well-Being and Success of University Students. (In person)*

International Sharing Session for Indonesia's National Education Day, Faculty of Education, Universitas Pendidikan Ganesha, Indonesia, May 2, 2026. Keynote Speaker. *Future of Education: Measuring and Supporting Student Well-Being Across Czech and Indonesian Cultures. (Online)*

Erasmus+ Blended Intensive Programme: Focus on Inclusion, Charles University, Prague, March 25, 2026. Invited Lecturer. *Building Well-Being and Success of University Students in Europe. (In person)*

2025

BOOSTUP Session 2, University of West Bohemia, Plzeň, Czech Republic, October 23, 2025. Invited Speaker. *From Academic Vision to Digital Well-Being Innovation: The BEwell and Uniwellcity Story.* Event organized in collaboration with the Centre for Entrepreneurship and Sustainability, with support from CzechInvest, SIT Port, and BIC Plzeň. *(In person)*

Faculty of Education Keynote Lecture, Universitas Pendidikan Ganesha, Singaraja, Bali, Indonesia, October 22, 2025. Keynote Speaker. *Realizing Quality Education Through Teacher Education, Gender, and Inclusivism. (Online)*

Academic Partnership Dialogue, Universitas Pendidikan Ganesha, Bali, Indonesia, July 22, 2025. Invited Speaker and Workshop Participant. *Building Bridges Across Continents: Cross-Cultural Perspectives on Academic Well-Being. (Online)*

Summer School, University of Vienna, Austria, July 1, 2025. Invited Speaker. *Challenges in Health: Mental Well-Being. (In person)*

Erasmus+ Blended Intensive Programme: Without Barriers—Let's Go Together!, Charles University, Prague, June 4, 2025. Invited Lecturer. *Building Well-Being and Success of University Students. (In person)*

CzechInvest Creative Hub: Academic Innovation and Entrepreneurship Forum, Prague, April 2025. Invited Speaker. *Academic Creativity and Digital Innovation in University Well-Being Education. (In person)*

Women in Tech & Science Forum 2025, Prague, March 2025. Invited Speaker. *Empowering Women in Academic Innovation and Digital Well-Being Research. (In person)*

2024

4th International Conference on Technology and Educational Science—ICTES 2024: Transformation of Technology-Based Education and Futures Design, Universitas Pendidikan Ganesha, Bali, Indonesia, August 6–8, 2024. Keynote Speaker. *Results of the*

Indonesian Study Assessing Student Well-Being in Bali. The official conference page identifies Jana Kočí as one of the keynote speakers. [Official ICTES 2024 conference page](#). (In person)

Conference on Education, Universitas Pendidikan Ganesha, Bali, Indonesia, August 8, 2024. Keynote Speaker. *Authenticity Across the PERMA+4 Building Blocks of Well-Being: An Evidence-Based Framework for Building Well-Being in Academia–The Well-Universities Concept in Practice*. (In person)

Capacity-Building Workshop for Academic Advisors: Campus Well-Being and Academic Achievement, Udayana University, Jimbaran, Bali, Indonesia, July 24–25, 2024. Keynote Speaker. *Well-Being and Success of University Students: Building Well-Universities in Indonesia*. (In person)

5th Summer School for International Students, IPB University, Bogor, Indonesia, July 9, 2024. Workshop Leader. *Well-Being and Success of University Students*. (In person)

Child Well-Being and Child Protection: Global and National Challenges, Bogor, Indonesia, July 9, 2024. Keynote Speaker. *Challenges and the Current State of Student Well-Being in the Czech Republic*. (In person)

Academic Well-Being Conference, Udayana University, Denpasar, Bali, Indonesia, July 7, 2024. Keynote Speaker. *Building Well-Being in Academia*. (In person)

Curriculum Rethinking & Student Well-Being Workshop, IPB International Convention Center, IPB University, Bogor, Indonesia, June 4, 2024. Keynote Speaker. *Building Student Well-Being*. This workshop formed part of Jana Kočí's research collaboration and academic visit to IPB University. (In person)

Well-Being Education Workshop, Udayana University, Denpasar, Bali, Indonesia, April 26, 2024. Keynote Speaker. *Building Well-Being in Students' Daily Life*. (In person)

Academic Workshop, Faculty of Educational Sciences, Universitas Pendidikan Ganesha, Bali, Indonesia, April 25, 2024. Keynote Speaker. *Applying Tools to Build Student Well-Being*. (In person)

Academic Workshop, Faculty of Educational Sciences, Universitas Pendidikan Ganesha, Bali, Indonesia, April 24, 2024. Keynote Speaker. *Well-Being for University Students*. (In person)

Mental Well-Being Seminar, Positive Psychology Association, Udayana University, Denpasar, Bali, Indonesia, April 20, 2024. Keynote Speaker. *Well-Being for University Students: Applying PERMA+4 and PERMA5*. (In person)

Academic Well-Being Seminar, Udayana University, Denpasar, Bali, Indonesia, April 19, 2024. Keynote Speaker. *Well-Being for University Students: Applying PERMA+4 and Student PERMA5*. (In person)

2023

Micro-Credentials in the Czech Republic Conference, Charles University Conference Centre, Prague, December 6, 2023. Conference Presenter. *Micro-Credentials in the Czech Higher Education Environment*. The conference presented the national outputs developed jointly by all 26 Czech public universities, including common standards, ECTS methodology, and

a unified certificate format. [Official conference information](#) | [Programme and conference recording](#). (In person)

4EU+ Student Conference: Solidarity for Ukraine—4EU+ for Ukraine, University of Warsaw, Poland, December 4–6, 2023. Full-Day Workshop Leader. *Supporting the Well-Being of Students from Ukrainian Universities*. (In person)

1st International Conference on Nutrition Applied to Physical Activity and Sport and 5th Ibero-American Symposium on Sport and Physical Activity: Nutrition & Training, Medellín, Colombia, September 19–23, 2023. Keynote Speaker. *How to Assess Well-Being?* Public event promotion identified Jana Kočí among the invited international speakers. [Conference promotion](#). (In person)

8th IPPA World Congress on Positive Psychology, International Positive Psychology Association, Vancouver, Canada, July 20–23, 2023. Workshop Leader. *Introduction to Evidence-Based Strategies for Strengthening PERMA+4, Well-Being, and Positive Functioning*. (In person)

8th IPPA World Congress on Positive Psychology, International Positive Psychology Association, Vancouver, Canada, July 20–23, 2023. Conference Presenter. *How to Build Well-Being and Success in University and College Students: Results of 11 Weeks of Positive Education at Charles University in Prague*. [Related open-access project and presentation materials](#). (In person)

Erasmus+ Blended Intensive Programme: Without Barriers—Let's Go Together!, Charles University, Prague, June 2023. Invited Speaker. *Student Well-Being at Charles University and Around the World*. (In person)

WISE—Well-Being: Innovations for Students in Europe Conference, June 5–6, 2023. Keynote Speaker. *Well-Being and Success for University Students: The Positive Effect of Systematic Positive Education*. (In person)

Trip to Good Practice Conference, Faculty of Education, Charles University and Otevřeno, Prague, May 25, 2023. Invited Lecturer. *Positive Emotions as a Tool for Building University Student Well-Being—or How to Keep Students Active?* (In person)

2022

University Counseling: Current Challenges and Trends, Faculty of Education, Charles University, Prague, May 25, 2022. Conference Presenter. Presentation focused on university student well-being and support within higher education. (Online)

American College of Sports Medicine Annual Meeting and World Congress, San Diego, California, 2022. Conference Participant. (In person)

2019

17th International Conference on Nutrition and Fitness, Vienna, Austria, May 23–24, 2019. Keynote Speaker. *Design of a Nutrition Education Program for Czech Elementary School Students*. (In person)

2017

Health and Nutrition Education in the Czech Republic, Department of Nutrition and Health Sciences, University of Nebraska–Lincoln, Nebraska, USA, 2017. Invited Academic Presentation. (*In person*)

2015

EFSA 2nd Scientific Conference: Shaping the Future of Food Safety, Together, European Food Safety Authority, Milan, Italy, October 14–16, 2015. Conference Presenter. *Analysis of Nutrition Education Within Compulsory Schooling in the Czech Republic*. Recognized through EFSA's Young Researcher Initiative for her contribution as an outstanding young researcher. [Official EFSA conference page](#). (*In person*)

CONFERENCE LEADERSHIP & SCIENTIFIC ORGANIZATION

Conference Organizer & Scientific Coordinator – Creatine Conference 2023 (Hybrid International Conference). March 16–19, 2023. Led the scientific and organizational coordination of an international conference streamed to participants from 12 countries. Responsible for programme development, invited speakers, conference moderation, hybrid event delivery, and international coordination. Featured internationally recognized experts, including Richard B. Kreider (Texas A&M University), Lili Yang (UCLA), and Jeffrey R. Stout (University of Central Florida). Conference website: <https://www.creatineforhealth.com>.

Conference Co-Organizer – QAD Czech User Conference. Prague, Czech Republic, 2015. Co-organized QAD's annual customer conference in Prague in collaboration with the international QAD team from Santa Barbara, California. Responsible for conference operations, speaker coordination, programme logistics, participant management, and on-site event delivery for manufacturing industry leaders and enterprise software clients. QAD regularly organized regional customer conferences across Europe during this period.

Co-Organizer – Doctoral Student Conference, Faculty of Education, Charles University. Prague, Czech Republic, 2015. Co-organized the annual doctoral student conference, coordinating the scientific programme, participant communication, presentation sessions, and conference logistics for doctoral researchers in education.

ACADEMIC LEADERSHIP & MENTORSHIP

Department Coordinator for International Collaboration (2023–Present)

Leading the department's international collaboration strategy, academic partnerships, faculty mobility, and research collaborations with universities across Europe, North America, South America, Asia, Africa, and Australia.

Doctoral dissertation reviewer

External Reviewer, Inter-University PhD Programme in Psychology, Magna Graecia University of Catanzaro and University of Messina, Italy. Evaluated the doctoral dissertation *Cognitive Decline: Risk Factors, Epigenetic Mechanisms, and Micronutrients* and prepared the written assessment and recommendation for final defense.

Thesis Supervision

Supervisor of 70+ bachelor's and master's theses in well-being, health education, educational psychology, and positive psychology.

Institution	Bachelor's	Master's	Total
Charles University	27	21	48
Palestra University of Applied Sciences	12	2	14
University of West Bohemia	5	3	8
Total	44	26	70

Service on University Examination and Thesis Defense Committees

Serves as a member of bachelor's and master's degree examination committees and thesis defense committees across multiple higher education institutions.

Committee Type	Appointments
Bachelor's Degree Examination Committees	50
Master's Degree Examination Committees	25
Bachelor's and Master's Thesis Defense Committees	30
Total Committee Appointments	105

Admissions Committees

Member of undergraduate and graduate admissions committees, participating in applicant evaluation and admissions interviews.

Curriculum Leadership

Member of accreditation, curriculum design, and curriculum development teams for undergraduate and graduate study programs.

Course Leadership

Course guarantor and developer of graduate curricula in well-being, positive psychology, and health education.

Academic Mentorship

Mentor of undergraduate, graduate, and doctoral students in research, academic writing, and international collaboration.

PROFESSIONAL MEMBERSHIPS, LEADERSHIP & SERVICE

2025–Present

Member, Czech-Moravian Association of Women Entrepreneurs and Managers (ČMAPM), Czech Republic

Member, Women in Tech Czech Republic Community

Member, EIT Health Top Female Founders Network, European Institute of Innovation & Technology (EIT Health), European Union

Member, Young European Entrepreneur Award (YEEA) Alumni Network, European Commission

2024–Present

Founder, Global Well-Being Center

Co-Founder, Global Well-Being Consortium

Member, Czech Association of University Advisors (ČAVP – Česká asociace vysokoškolských poradců)

2022–Present

Member, International Positive Psychology Association (IPPA)

2020–Present

Member of the Executive Committee, Positive Education Consortium.

LEADERSHIP, MANAGEMENT & NONPROFIT

2025–Present

Founder & Chair, Uniwellcity Institute, Prague, Czech Republic

Founded and led a nonprofit organization dedicated to advancing evidence-based well-being education through research, innovation, public engagement, and international collaboration.

2024–Present

Founder & Scientific Coordinator, Science of Good Life Education Consortium

Lead an international interdisciplinary consortium uniting researchers from more than 30 universities across six continents to establish the scientific foundations of Science of Good Life Education.

2023–Present

Department Coordinator for International Collaboration, Charles University, Faculty of Education

Lead the department's international partnerships, academic mobility, institutional collaborations, and global research initiatives.

2022–Present

Founder & CEO, Uniwellcity, Prague, Czech Republic

Lead the strategic development of an evidence-based educational technology company and the BEwell platform translating research into scalable educational innovation.

2022–2024

Project Lead – Student Well-Being at Charles University, Charles University Rectorate

Led a university-wide initiative developing evidence-based assessment, research, and interventions to strengthen student well-being.

2022–2024

National Project Lead – Healthy Distance Learning, Charles University Rectorate

Led a national project promoting healthy distance education and student well-being across Czech higher education institutions.

2022–2023

Coordinator – National Micro-Credentials Standards Initiative, Charles University Rectorate

Coordinated the development of national standards for micro-credentials and completion certificates across all 26 Czech public universities.

2021–2023

Project Manager, Centre for Lifelong Learning, Charles University Rectorate

Managed strategic university projects in educational innovation, lifelong learning, and higher education development.

2021–2022

Coordinator – National Distance Education Development Project, Charles University Rectorate
Coordinated a nationwide project supporting distance and blended learning across all 26 Czech public universities.

SCHOLARLY ACTIVITIES

Books (19) | Book Chapters (5) | Peer-Reviewed Journal Articles (21) | Peer-Reviewed Conference Proceedings & Research Collections (4) | Research Reports & Methodologies (1) | Educational Materials (2) | MOOCs (2)

Books Published Internationally (1)

Kočí, J., & Donaldson, S. I. (2024). *Well-Being and Success for University Students: Applying PERMA+4*. Routledge. DOI: <https://doi.org/10.4324/9781003378365> Publisher page: <https://www.routledge.com/Well-Being-and-Success-for-University-Students-Appling-PERMA4/Koci-Donaldson/p/book/9781032457208>

Books Published in the Czech Republic (listed by year) (18)

2025

Kočí, J. (2025). *Public Well-Being Scale: A Practical Methodology for Everyday Life*. Charles University, Faculty of Education. ISBN 978-80-7603-534-8. Publisher page: <https://pedf.cuni.futurebooks.cz/detail-knihy/299-public-well-being-scale-a-practical-methodology-for-everyday-life>

Kočí, J. (2025). *Methodology for Implementing the Student Well-Being Scale in Practice*. Charles University, Faculty of Education. ISBN 978-80-7603-535-5. Publisher page: <https://pedf.cuni.futurebooks.cz/detail-knihy/298-methodology-for-implementing-the-student-well-being-scale-in-practice>

Kočí, J. (2025). *Introduction to Student Well-Being Course*. Charles University, Faculty of Education. ISBN 978-80-7603-533-1. Publisher page: <https://pedf.cuni.futurebooks.cz/detail-knihy/301-introduction-to-student-well-being-course>

Kočí, J. (2025). *Centering Exercises: A Practical Guide to Coming Home to Yourself*. Charles University, Faculty of Education. ISBN 978-80-7603-537-9. Publisher page: <https://pedf.cuni.futurebooks.cz/detail-knihy/300-centering-exercises-a-practical-guide-to-coming-home-to-yourself>

Kočí, J. (2025). *What Went Well: A Weekly Journal of My Well-Being*. Charles University, Faculty of Education. ISBN 978-80-7603-536-2. Publisher page: <https://pedf.cuni.futurebooks.cz/detail-knihy/297-what-went-well-a-weekly-journal-of-my-well-being>

2024

Kočí, J. (2024). *Building Well-Being of University Students*. Charles University, Faculty of Education. ISBN 978-80-7603-506-5. Publisher

page: <https://pedf.cuni.futurebooks.cz/detail-knihy/192-building-well-being-of-university-students>

Kočí, J. (2024). *My Well-Being Workbook: Applying PERMA5*. Uniwellcity. ISBN 978-80-909415-0-2. Publisher page: <https://www.uniwellcity.com/tools-and-tips>

2023

Kočí, J. (2023). *Zdraví a mentální well-being studentů (Pro pedagogy)*. Charles University, Faculty of Education. Available online: <https://pedf.cuni.futurebooks.cz/detail-knihy/220-zdravi-a-mentalni-well-being-studentu-pro-studenty>

Kočí, J. (2023). *Zdraví a mentální well-being na VŠ (Pro studenty)*. Charles University, Faculty of Education. Available online: <https://pedf.cuni.futurebooks.cz/detail-knihy/217-zdravi-a-mentalni-well-being-na-vs-pro-pedagogy>

Kočí, J. (2023). *How to Build Well-Being in University and College Students: Methodology of Academic Well-Being Promotion*. Charles University. ISBN 978-80-87489-38-3.

Kočí, J. (2023). *The Charles University Student Well-Being Action Plan*. Charles University. ISBN 978-80-87489-39-0.

Kočí, J. (2023). *My Well-Being Workbook*. Charles University. ISBN 978-80-87489-40-6.

2022

Kočí, J., & Donaldson, S. I. (2022). *Zdraví a mentální well-being vysokoškolských studentů distančního vzdělávání*. Charles University. ISBN 978-80-7603-357-3.

Kočí, J., & Koptíková, D. (2022). *Podpora mentálního well-beingu žáků středních škol v době digitalizace – teoretická východiska*. Charles University, Faculty of Education. ISBN 978-80-7603-360-3. Available online: <https://pedf.cuni.futurebooks.cz/detail-knihy/145-podpora-mentalniho-well-beingu-deti-skolniho-veku-v-dobe-digitalizace-teoreticka-vychodiska>

Kočí, J., & Koptíková, D. (2022). *Budování mentálního well-beingu žáků středních škol v době digitalizace – jak aplikovat praktická doporučení v praxi*. Charles University, Faculty of Education. ISBN 978-80-7603-361-0. Available online: <https://pedf.cuni.futurebooks.cz/detail-knihy/146-budovani-mentalniho-well-beingu-zaku-strednich-skol-v-dobe-digitalizace-jak-aplikovat-prakticka-doporuceni-v-praxi>

2019

Kočí, J. (2019). *Výživa pro základní školy: Hravě zdravě*. ISBN 978-80-270-5394-0.

Book Chapters Published Internationally (4)

2026

Kočí, J. (In Press). *The Assessment of Well-Being*. In D. A. Bonilla (Ed.), *Best Practices in Exercise and Nutrition Science* (2nd ed.). Springer Nature. Status: Accepted, in Press. Publisher: Springer Nature. Publisher page: *(to be added upon publication)*

- Donaldson, S. I., & Kočí, J. (2024). The science of wellbeing and success in higher education: Applying positive psychology and PERMA+4 across cultures. In Y. Chaaban, A. Sellami, & L. Michaleczek (Eds.), *Understanding Wellbeing in Higher Education of the Global South: Contextually Sensitive and Culturally Responsive Perspectives*. Routledge. DOI: <https://doi.org/10.4324/9781003457931> Publisher page: <https://www.taylorfrancis.com/chapters/edit/10.4324/9781003491613-5/science-wellbeing-success-higher-education-stewart-donaldson-jana-koci>
- Bonilla, D. A., Kočí, J., Petro, J. L., & Kreider, R. B. (2024). The healthy trinity to face non-communicable diseases: Physical activity, nutrition and sleep. In N. Rezaei (Ed.), *Integrated Science for Sustainable Development Goal 3* (Integrated Science, Vol. 24, pp. 89–121). Springer. DOI: https://doi.org/10.1007/978-3-031-64292-0_5 Publisher page: https://link.springer.com/chapter/10.1007/978-3-031-64292-0_5

- Kočí, J., & Chvál, M. (2020). Design of nutrition education program for elementary schools in the Czech Republic: An effective education curriculum instrument. In *Education Curriculum Development: Perspectives, Challenges and Future Directions*. Nova Science Publishers. ISBN: 978-1-53617-681-0 Publisher: Nova Science Publishers

Book Chapters Published in the Czech Republic (1)

- Bílek, M., Červený, I., Fontana, J., Jindra, J., Kočí, J., Králíčková, M., Kucharská, A., Tonar, Z., & Vejražka, M. (2022). Central Development Project 18+: Design of methodological materials for distance learning. Rectorate of Charles University. ISBN: 978-80-7603-293-4 Publisher: Charles University Rectorate

Peer-Reviewed Journal Articles (21)

In Press

- Kočí, J., Wulanyani, N. M. S., Buwono, S. B. S., Cione, E., & Wirabrata, D. G. F. (In Press). *PERMA5: Evidence-Based Framework for Building Student Well-Being in Higher Education*. *Frontiers in Psychology*. Status: Accepted, In Press. Publisher: Frontiers Media. Journal page: <https://www.frontiersin.org/journals/psychology/articles>
- Kočí, J., Wulanyani, N. M. S., Buwono, S. B. S., & Wirabrata, D. G. F. (In Press). *What Really Shapes Student Well-Being? Development and Cross-Cultural Validation of the PERMA5 Student Well-Being Scale*. *Current Psychology*. Status: Accepted, In Press. Publisher: Springer Nature. Journal page: <https://link.springer.com/journal/12144>
- Kočí, J. (In Press). *Scaling Well-Being Education at Universities Through Pedagogically Constrained AI Co-Facilitation*. *International Journal of Educational Technology in Higher Education*. Status: Accepted, In Press. Publisher: Springer Nature. Journal page: <https://educationaltechnologyjournal.springeropen.com>
- Morales-Rosillo, D. G., Vargas-Covarrubias, G., Estrada-Cortés, N. M., Gómez-Miranda, L. M., Arias-Mojarro, H., Kočí, J., & Bonilla, D. A. (In Press). *Hydration Status and Fluid Replacement Strategies in Young Soccer Players: An Integrative Systematic Review*. Status: Accepted, In Press. Publisher page: (to be added upon publication).

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2023

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- Giraldo-Vallejo, J. E., Cardona-Guzmán, M. Á., Rodríguez-Alcívar, E. J., Kočí, J., Petro, J. L., Kreider, R. B., Cannataro, R., & Bonilla, D. A. (2023). *Nutritional Strategies in the Rehabilitation of Musculoskeletal Injuries in Athletes: A Systematic Integrative Review*. *Nutrients*, 15(4), 819. DOI: <https://doi.org/10.3390/nu15040819>. Publisher page: <https://www.mdpi.com/2072-6643/15/4/819>. Full PDF: <https://www.mdpi.com/2072-6643/15/4/819/pdf>.
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- Koldová, P., & Kočí, J. (2023). *Hodnocení úrovně well-beingu a mindsetu u vybraných vysokoškolských studentů ve vztahu k jejich akademické úspěšnosti*. *Gramotnost, pregramotnost a vzdělávání*, 7(1), 51–66. DOI: <https://doi.org/10.14712/25337890.142>. Publisher page: <https://pages.pedf.cuni.cz/gramotnost/2023-1/>. Full PDF: https://pages.pedf.cuni.cz/gramotnost/files/2023/06/04_Koldova_Koci.pdf.

2022

- Bonilla, D. A., Peralta-Alzate, J. O., Bonilla-Henao, J. A., Urrutia-Mosquera, W., Cannataro, R., Kočí, J., & Petro, J. L. (2022). *Unsupervised Machine Learning Analysis of the Anthropometric Characteristics and Maturity Status of Young Colombian Athletes*. *Journal of Physical Education and Sport*, 22(1), 256–265. DOI: <https://doi.org/10.7752/jpes.2022.01033>. Publisher page: <https://efsupit.ro/images/stories/ianuarie2022/Art%2033.pdf>. Full PDF: <https://efsupit.ro/images/stories/ianuarie2022/Art%2033.pdf>.
- Kočí, J. (2022). *Health and Well-Being Tips for Distance Learning University Students*. *Gramotnost, pregramotnost a vzdělávání*, 6(3), 47–63. DOI: <https://doi.org/10.14712/25337890.117>. Publisher page: <https://pages.pedf.cuni.cz/gramotnost/2022-3/>. Full PDF: https://pages.pedf.cuni.cz/gramotnost/files/2022/12/04_Koci.pdf.

2021

- Žárský, F., & Kočí, J. (2021). *Effects of Nutritional Interventions on Well-Being*. *Acta Salus Vitae*, 9(1), 67–75. DOI: <https://doi.org/10.58743/asv2021vol9no1.251>. Publisher

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2020

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page: <https://actasalusvitae.cz/2020-1/>. Full PDF: https://actasalusvitae.cz/wp-content/uploads/2020/06/ASV_2020_1_Koci_Chval.pdf.

Kočí, J. (2020). *The Analysis of Nutrition-Related Knowledge and Nutrition Behavior of Students in the Czech Republic*. *Journal of Nutrition and Human Health*, 3(2). Publisher page: <https://www.alliedacademies.org/journal-nutrition-human-health/>. Full text: (journal archive).

2019

Kočí, J. (2019). *Relationship Between Nutrition-Related Knowledge and Nutritional Behavior of Students in Czech Republic (P16-037-19)*. *Current Developments in Nutrition*, 3(Supplement_1), nzz050.P16-037-19. DOI: <https://doi.org/10.1093/cdn/nzz050.P16-037-19>. Publisher page: https://academic.oup.com/cdn/article/3/Supplement_1/nzz050.P16-037-19/5516680. Full PDF: https://academic.oup.com/cdn/article-pdf/3/Supplement_1/nzz050.P16-037-19/28944464/nzz050.p16-037-19.pdf.

2016

Kočí, J. (2016). *Výchova ke správnému stravování a vzdělávací obsahy edukace ve výživě na 2. stupni základních škol*. *Výživa a potraviny*, 71(2). Publisher page: <https://www.vyzivapol.cz/casopis-vyziva-a-potraviny/>.

Kočí, J. (2016). *Current Insight into the Nutrition Education at Czech Grammar Schools*. *Acta Salus Vitae*, 4(1). Publisher page: <https://actasalusvitae.cz/>. Full PDF: (journal archive).

2014

Kočí, J. (2014). *The Burdening of the Health Economics of the Czech Republic and the European Region Due to the Increasing Prevalence of Obesity and Poor Diet of the Population*. *Výživa a potraviny*, 69(6), 142–146. Publisher page: <https://www.vyzivapol.cz/casopis-vyziva-a-potraviny/>.

2013

Koptíková, J. (2013). *The Curriculum of Health and Nutrition Education in the Czech Republic*. *The Nebraska Educator: A Student-Led Journal*. Publisher page: <https://digitalcommons.unl.edu/nebeducator/>. Full text: <https://digitalcommons.unl.edu/nebeducator/>.

Peer-Reviewed Conference Proceedings & Research Collections (4)

2022

Kucharská, A. (Ed.). (2022). *Vysokoškolské poradenství: Aktuální výzvy a trendy*. Charles University, Faculty of Education. DOI: <https://doi.org/10.14712/9788076033528> Full text: <https://doi.org/10.14712/9788076033528>

2015

Kočí, J. (2015). *Analysis of Nutrition Education within the Compulsory Schooling in Czech Republic*. In *EFSA Journal: Shaping the Future of Food Safety, Together. Proceedings of the 2nd EFSA Scientific Conference* (p. 72). Milan, Italy. ISSN 1831-4731. Conference proceedings: <https://www.efsa.europa.eu/en/events/2nd-efsa-scientific-conference>

Kočí, J. (2015). *Current Insight into the Education of Proper Nutrition in Secondary Schools*. In *Updated Knowledge in the Educational Area Man and Health* (pp. 110–115). Charles University. ISBN 978-80-87647-23-3.

2012

Kočí, J. (2012). *Analysis of the Dietary Habits of Children with Basic Education: Results of the First Preliminary Research*. In *Quality in Education: Reviewed Proceedings of the Graduate Conference: Reflections on the Quality of Education in Doctoral Education*

Research Reports & Methodologies (1)

2023

Kočí, J., Hammerbauer, M., Kalná, S., Nováková, J., Satrapová, P., Malá, A., & Švec, J. (2023). *Analytical Report and Results of the National Analysis of the Current State in the Area of Evidence of Completion of Courses and Lifelong Learning Programs: Result of the Project Focused on Improving Access to Education at the University Level Through Microcredentials of the National Recovery Plan for Higher Education (2022–2024)*. Charles University, Prague. Publisher: Charles University. (National Recovery Plan Project Report). Full text: <https://www.cuni.cz/UK-11786.html>

Educational Materials (2)

Kočí, J. (2021). Nutrition in Wellness Programs: Educational Script for Distance Learning. College of Physical Education and Sport PALESTRA. ISBN 978-80-87723-88-3.

Kočí, J. (2020). Design of Nutrition Programs in Wellness: Educational Script for Distance Learning. College of Physical Education and Sport PALESTRA. ISBN 978-80-87723-0-8.

MOOCs (2)

2024

Kočí, J. (2024). *Student Well-Being* (Massive Open Online Course). Charles University, Faculty of Education. Course page: <https://pedf.cuni.futurebooks.cz/detail-knihy/258-student-well-being>

Kočí, J. (2024). *Well-Being vysokoškolských studentů* (Massive Open Online Course). Charles University, Faculty of Education. Course page: <https://pedf.cuni.futurebooks.cz/detail-knihy/257-well-being-vysokoskolskych-studentu>

List of Citations

WOS: ACN-3935-2022

Web of Science: 2 *h*-index 1

Scopus: 4 *h*-index 2

Ostatní: 12 (ResearchGate a Google Scholar)

ORCID: <https://orcid.org/0000-0003-4714-5285>

Regular Editorial and Peer-Review Activities

Journal of Leadership & Organizational Studies (SAGE Publications; Web of Science, SSCI, Q1 in Management; Impact Factor approximately 4–5), 2026–present.

Invited peer reviewer for manuscripts in leadership, organizational psychology, positive organizational scholarship, and workplace well-being. Link: <https://journals.sagepub.com/home/jlo>

Social Psychology of Education (Springer, IF, Q1), 2022 - present

An international peer-reviewed journal focusing on educational psychology, school climate, motivation and student well-being. Link: <https://link.springer.com/journal/11218>

International Journal of Education (Ejournal Universitas Pendidikan Ganesha), 2023 - present
A Southeast Asian academic journal publishing research in pedagogy, educational psychology and instructional practice. *Link:* <https://ejournal.undiksha.ac.id>

Literacy, Preliteracy and Education (Charles University, Faculty of Education), 2022 - present
Peer-review activity focused on evaluating theoretical foundations, methodological transparency and scholarly quality of manuscripts in literacy, education and student well-being.

Environment and Social Psychology (Scopus), 2020 - present
An international Scopus-indexed journal examining the relationship between environment, behaviour, psychology and social determinants of well-being.

Acta Salus Vitae (VŠTVS Palestra), 2018 - present
A scholarly journal dedicated to health, movement, lifestyle, preventive programmes and applied health psychology.

RESEARCH GRANTS & FUNDED PROJECTS

I lead the complete lifecycle of research, innovation, and educational projects, from identifying funding opportunities and developing competitive grant proposals to securing funding, building and leading interdisciplinary teams, coordinating institutional and international partnerships, managing project implementation, and translating research into measurable academic and societal impact. My project leadership brings evidence-based well-being, educational innovation, artificial intelligence, health education, digital learning, and higher education transformation, with projects supported by the European Union, government ministries, research councils, universities, foundations, and industry partners. A key strength is knowledge translation of project outcomes through scientific publications, international conferences, media engagement, and evidence-informed educational practice.

Years	Role	Project	Funder	Status
2026– Present	Principal Investigator	The Science of Good Life Education: Building the Scientific Foundations of Good Life Education Across Cultures	John Templeton Foundation	Full Proposal Invited
2026	Principal Investigator	The Science of a Good Life: Building Evidence-Informed Well- Being Education through a Research-Practice Partnership	Spencer Foundation (RPP)	Submitted
2025– 2027	Principal Investigator	BEwell: Building Engagement and Well-being through Electronic Life-like Learning	Technology Agency of the Czech Republic (TAČR SIGMA)	Proposed
2024– Present	Principal Investigator	Development of an AI-Based Well-Being Application for Children's Homes	OP Employment+	Proposal
2023– Present	Co-Investigator	Multiplatform Application for Teaching and Assessment in Music Education	Technology Agency of the Czech Republic (TAČR)	Funded
2023– Present	Collaborator	Research on Diverse Classrooms	Czech Science Foundation (GAČR)	Funded

Years	Role	Project	Funder	Status
2022– 2024	Principal Investigator	Assessment and Interventions for Building Student Well-Being at Charles University	Ministry of Education & Charles University	Funded
2022– 2024	Principal Investigator	Healthy Distance Learning: Supporting Student and Staff Well-Being	Ministry of Education & Charles University	Funded
2022– 2023	National Coordinator (Working Group 1)	Microcredentials: National Analysis of Higher Education Certification Standards	National Recovery Plan (NPO)	Funded
2022– Present	Researcher	iKAP II – Innovation in Education	European Structural and Investment Funds	Funded
2021– 2022	Project Coordinator	Distance Education as a Tool for University Development (CRP 18+)	Ministry of Education	Funded
2020– 2021	Principal Investigator	Positive Emotions, Kindness, and Workplace Well-Being	Robert Wood Johnson Foundation	Proposed
2019– 2020	Principal Investigator	Physical Activity Intervention for Metabolic Syndrome Prevention	Czech Science Foundation (GAČR)	Proposed

Media & Public Coverage

2026

- Charles University FORUM. *Building Well-Being of University Students Across Cultures*. Institutional feature presenting the international development of the Science of Good Life Education and cross-cultural well-being research. <https://cuni.cz/aktuality?news=29166>
- Charles University FORUM (English Edition). *Building Well-Being of University Students Across Cultures*. English-language institutional feature highlighting the international development of the Science of Good Life Education. <https://cuni.cz/UKEN-379.html?news=29169>

2025

- Charles University Official Website. *Charles University's Faculty of Education and First Faculty of Medicine Conducted a Well-Being Research Project in Prague 6*. Official university feature highlighting the research project authored and led by Jana Kočí. <https://cuni.cz/UK-6311.html?news=25904&locale=cz>
- Prima Ženy. *Women in Tech: Jak Češky rozvíjejí své podnikání díky technologiím*. Feature on Jana Kočí's entrepreneurial journey and Uniwellsity. <https://zeny.prima.cz/women-in-tech-jak-cesky-rozviji-sve-podnikani-diky-technologiim-475642>
- E15. *Inovace, které chtějí měnit svět. Tentokrát v rukou žen*. National feature presenting Jana Kočí, the BEwell project, and the Women in Tech initiative. <https://www.e15.cz/byznys/e15-a-byznys/inovace-ktere-chteji-menit-svet-tentokrat-v-rukou-zen-1425862>
- Info.cz. *BEWell: Five Projects for a Better Future*. Women in Tech 2025 feature highlighting Jana Kočí and Uniwellsity among selected innovative projects. <https://www.info.cz/zpravodajstvi/byznys/pet-projektu-pro-lepsi-budoucnost-women-in-tech-2025>
- Echo24. *Uniwellsity: Jak si udržet duševní zdraví během vysokoškolského studia?* Feature on evidence-based student mental health education and the BEwell initiative led by Jana

Kočí. <https://www.echo24.cz/a/HpwVF/zpravy-panorama-jak-udrzet-dusevni-zdravi-behem-vysokoskolskeho-studia>

CzechInvest News. *BEWell Finalist Among the Top 10 in the Creative Business Cup*

2025. Official feature on Uniwellcity and Jana Kočí as a national finalist. <https://czechinvest.gov.cz/cz/Homepage/Novinky/Brezen-2025/Soutez-Creative-Business-Cup-ovladl-startup-Graphic-Standard-s-aplikaci-pro-markety-vyuzivajici-um>

Technologická inkubace. *Ten Finalists Selected for Creative Business Cup 2025*. Official press release announcing the Top 10 finalists, including

Uniwellcity. <https://technologickainkubace.org/tiskova-zprava/soutez-creative-business-cup-2025-zna-deset-finalistu-viteze-vybere-odborna-porota-19-brezna-v-hradci-kralove/>

Pro města a obce. *Well-Being in the Workplace Is Not a Luxury: Improving Public Service Always Starts with Those Who Provide It*. Feature highlighting the public-sector well-being project authored and led by Jana Kočí. <https://www.promestaobce.cz/chytre-mesto/wellbeing-na-pracovisti-neni-luxus-zlepsovani-sluzeb-verejne-spravy-vzdy-zacina-u-lidi-kteri-je-poskytuji/>

<https://www.promestaobce.cz/chytre-mesto/wellbeing-na-pracovisti-neni-luxus-zlepsovani-sluzeb-verejne-spravy-vzdy-zacina-u-lidi-kteri-je-poskytuji/>

Prague 6 Official Website. *Well-Being in the Workplace Is Not a Luxury*. Official municipal feature highlighting the Prague 6 well-being initiative led by Jana

Kočí. https://www.praha6.cz/zpravodajstvi/wellbeing-na-pracovisti-neni-luxus-zlepsovani-sluzeb-verejne-spravy-vzdy-zacina-u-lidi-kteri-je-poskytuji_73440.html

2024

Charles University FORUM. *Well-Being Is the Art of Living Authentically*. Interview with Jana Kočí (Issue 1/2024, No. 65, pp. 30–33) discussing authenticity, well-being, and evidence-based

education. <https://www.ukforum.cz/images/dokumenty/Forum%20CZ%2065%202024%20WEB%20stranky.pdf>

Allnews.cz. *Charles University Conducted a Well-Being Study in Prague 6*. Media coverage of the university-led well-being research project authored and led by Jana

Kočí. <https://tiskovsky.allnews.cz/post/114912-pedagogicka-a-l-lekarska-fakulta-uk-provedly-vyzkum-well-beingu-na-mc-praha-6>

2021

Žena-IN Magazine. *Wellness and Mental Health in Everyday Life*. Awareness feature with Jana Kočí. <https://zena-in.cz/clanek/slavime-svetovy-den-bublinkove-koupele>

Dokonalá žena Magazine. *Wellness and Mental Health in Everyday Life*. Awareness feature with Jana Kočí. <https://dokonalazena.cz/clanek-65774-Slavime-svetovy-den-bublinkove-koupele.html>

JO Magazín. *Wellness and Mental Health in Everyday Life*. Awareness feature with Jana Kočí. <https://www.jomagazin.cz/zdravi-a-krasa/slavime-svetovy-den-bublinkove-koupele/>

Johairstar.cz. *Wellness and Mental Health in Everyday Life*. Awareness feature with Jana Kočí. <https://johairstar.cz/slavime-svetovy-den-bublinkove-koupele/>

TojeSenzace.cz. *Wellness and Mental Health in Everyday Life*. Awareness feature with Jana Kočí. <https://tojesenzace.cz/2021/01/09/slavime-svetovy-den-bublinkove-koupele/>

Monitora (Media Archive). *Wellness and Mental Health in Everyday Life*. Media monitoring report documenting national coverage of the campaign. <https://media.monitora.cz/pdf-preview/2173/174862256-735be76f95f7216a4a8c>

