The thesis examined the impact of euro adoption and joining the EU's Exchange Rate Mechanism (ERM II) on central bank staff using the synthetic control method. The first part of the work focused on assembling a data set on personnel development and proposing predictors for approximating central bank size. In the second part, the study presents the models and results, revealing a significant decrease in the number of employees at Latvijas Banka after joining ERM II. However, the research encountered limitations due to data unavailability, possible shocks experienced by donor pool countries, and poor fit of pre-intervention characteristics, leading to ambiguous findings regarding the size and significance of the negative effect of euro adoption on personnel development for Latvijas Bank, the National Bank of Slovakia, and Eesti Pank. The reliability of the results for the National Bank of Belgium and the Bank of Finland was affected by a short pre-intervention period and the risk of over-fitting.