

AURELIUS FOUNDATION WELLBEING WEEKS



STOICS IN
BUSINESS

The background of the image is a dramatic scene of a volcanic eruption. Thick, billowing plumes of smoke or ash are visible, with a color palette dominated by deep reds and dark blues. The smoke appears to be rising from the bottom, creating a sense of intense heat and power. The overall texture is grainy and organic, typical of a photograph of a natural event.

WHY THE AURELIUS FOUNDATION?

VISION



The VISION of the Aurelius Foundation is increase awareness and to share the principles of Stoic philosophy based on the four cardinal virtues of Wisdom, Justice, Temperance and Courage in the pursuit of happiness



Promote the awareness of Stoicism through business communities and associations to enhance strategies around people engagement and sustainability.

Engage Business Leaders/CEOs to participate in Stoic events/discussions to consider Stoic thought in the development of strategic vision and daily execution of business plans/tactics.



The foundation is dedicated to youth and youth development through the education of higher principles and values of stoic philosophy to bring positive and constructive change through their life contributions to improve upon the many challenges in the world today, and support their considerations of how to live a life that contributes to the greater good.

FOUNDED

IN LONDON 2019



AURELIUS FOUNDATION

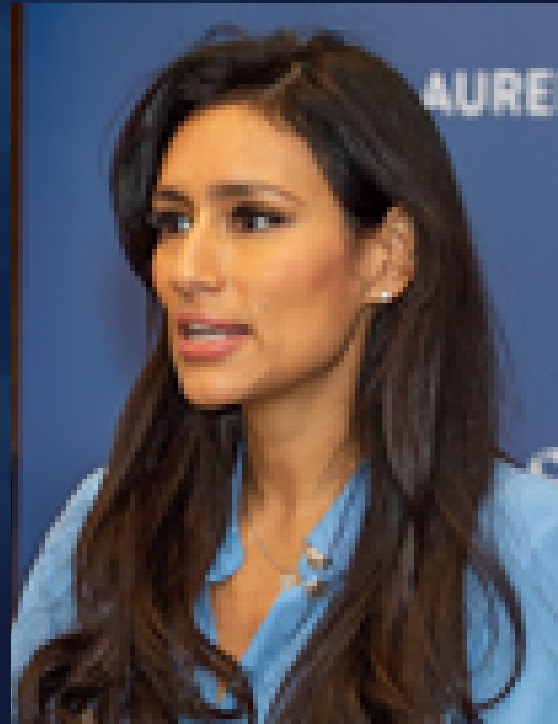
FOUNDERS



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AURELIUS FOUNDATION

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JUSTIN STEAD



Founder of the Aurelius Foundation and CEO at Radley London accessories brand and Advisor to Desmond & Dempsey Luxury Pyjama Brand. Both businesses are London based and backed by private equity/investors.

Previously, Justin was the CEO of Aurum Holdings, now the Watches of Switzerland Group, which portfolio of brands includes Goldsmiths, Boutique by Goldsmiths, Mappin & Webb and Watches of Switzerland.

Born and raised in Australia and started life as a professional tennis player having lived 20 years in the United States before moving to London 2006

DR JOHN SELLARS



John is a lecturer in Philosophy at Royal Holloway, University of London, a Visiting Fellow at King's College London and a member of Wolfson College, Oxford. He is also the author of 'The Art of Living: The Stoics on the Nature and Function of Philosophy', 'Stoicism', 'Hellenistic Philosophy' and 'Lessons in Stoicism'. John is a founding member of 'Modern Stoicism', the group behind Stoic Week and Stoicon and a Founding Member of the Aurelius Foundation.

WHY PARTICIPATE IN A WELLBEING WEEK?



1. Wellbeing, on all levels, is a very important consideration in any professional environment
2. Increasing anyone's ability to cope and to thrive is a critical responsibility for any business
3. Providing opportunities for continual education is a positive contribution for any business
4. Stoicism is a philosophy for increasing self empowerment and greater good contribution which are essential ingredients for harmony and greater cohesion in any team environment
5. This week is a first step for learnings and increased Stoic awareness that prepares an individual for further development of Stoics in Business Understanding/Engagement

HAPPINESS - IT'S A TRAINED EVENT!



“Your happiness depends on three things, all of which are within your Power;

1) Your will

2) Your ideas concerning the events in which you are Involved

3) The use you make of your ideas ”

- Epictetus

STOIC WELLNESS - DATA SUPPORTS THE OUTPUT



Over the past few years research has shown that Stoic ideas actually benefit people. Results consistently show that people experience a drop in negative emotions and an increase in positive emotions, resilience, and general life satisfaction. Just as importantly, there are very few reports of any negative consequences of following Stoic ideas and studies have suggested that these benefits were largely maintained. There are good reasons to think that following Stoic ideas will benefit you in both your personal and professional life, something the Aurelius Foundation stands for.

INVESTMENT IN YOU

**After successful Wellbeing
Weeks and a significant
amount of similar programs
and Stoic events,
participants reported
feeling:**

Happier

More Optimistic

**An increase in positive
emotions**

Less angry and afraid

**Less worried about everyday
challenges**

STOIC WELLBEING SURVEY

We ask you to complete a Stoic Wellness Survey before you start the programme, and again at the end of the week. This will enable us to see to what extent you have benefitted from following the programme and it will enable you to find out too.



INTERNAL DISCUSSION GROUP



The creation of a
community discussion
group to share observations
encourages team
participation and individual
growth.



What is Stoicism?

“It is not a matter of gritting your teeth. It is about seeing things differently, so that you don’t need to grit your teeth.”

- Richard Sorabji .

OUTLINE OF ACTIVITIES FOR THE WEEK



- **Complete the Aurelius Foundation Stoic Wellbeing Survey**
- **Create an internal discussion group i.e. WhatsApp or Teams**
- **Prepare schedule for a 5-day participation – clear the mind**
- **Watch the short video on the day's topic, read the text and consider the questions**
 - **Try to put this idea into practice throughout the day in whatever you are doing**
 - **At lunchtime do the midday exercise and watch the short video**
 - **In the evening read the text and reflect on how things went and journal a small recording of your observations**

WELLBEING WEEK FEEDBACK

“This week has been a great reminder to take a breath, think for a moment, consider what is important and decide how I am going to react to a situation...This is an amazing tool for self care and regaining balance.”

“Last week turned out to be one of the most challenging weeks I’ve had for a long time. This course gave me the tools to face it with a different perspective. Amor fati.”

“There were many positives I have taken from this programme that I could apply to both my personal life and work.”

CONTACT US

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