



# The Aurelius Foundation presents: STOICISM IN ELITE SPORT WITH PAT CASH

## Overview

Our webinar is hosted by Aurelius Foundation founder, Justin Stead with guest panellist, Wimbledon tennis champion, Pat Cash.

We discuss Stoic principles in elite sport, the teachings of John Wooden & the Stoic 'inner calm' within a professional sporting context.

## Key Takeaway

***“The unexamined life is not worth living”, Socrates***

- The ancient philosophy of Stoicism encourages us to look objectively at our lives and provides a values system for Life Management. This can be applied to all forums of Life; ethical/moral behaviour, personal outcomes, achievement, business & sport
- Any great endeavour in Life (in business, sport or otherwise) is enhanced by the Stoic belief in continual assessment, learning and refinement of the process
- Develop a personal toolkit to learn how to control the controllables and your response to the situation at hand