



Key Takeaways: Stoicism & Leadership for Women

We are proud to support International Women's Day! A panel of leading female Stoics including Brittany Polat, Kathryn Koromilas and Meredith Alexander Kunz joined us to discuss, "Stoicism and Leadership for Women".

Our Key Takeaways

If you accomplish this task set before you, following right reason with steadfastness, dedication, and good humor... you will live a happy life; and no one can stand in your way.

Meditations, 3.12

- **The development of Leadership character can support you in different leadership roles:** Leadership and Leadership roles look different for everyone, whether this is through your career, as an individual or in leading your family.
- **Maintain your Ruling Centre:** There will always be various challenges in Life & Leadership; maintaining our "Ruling Centre" can influence how we maintain our living to our own values and personal trajectory through life

Key Exercise: Stoicism & Leadership for Women

Kathryn Koromilas provided us with a useful exercise to challenge our understanding and examine our judgements:

Kathryn Koromilas' 30-day Challenge

Do this every day for 30 days. Take no more 15-20 mins. Choose any emotion.

- 1. Think of a situation that made you angry (or a situation that you know might make you angry in the near future) and describe it (3 mins)*
- 2. Step back and examine the underlying judgements and beliefs you hold that make this situation troubling (5 mins)*
- 3. Start formulating a helpful thesis (7 mins)*
- 4. Bring in science, natural law, physics, neuroscience, social science, anything to give a broader, objective context to your thesis. (5 mins)*