



The Aurelius Foundation presents: STOICISM & SOCIAL MEDIA

Overview

Our webinar is hosted by Aurelius Foundation founders, Justin Stead and Dr John Sellars and Aurelius Foundation Youth Ambassadors, Lori Huica and Ross Paton.

We examine the impact of social media in today's society and how Stoicism gives us the tools to approach and manage our use of social media.

Key Takeaway

Social media is a tool we must use wisely. It can help us connect and support our wider tiers of community, but we must exercise wisdom in our interactions/ consumption of media.

When we use platforms we must ask ourselves "Why am I using this today? What is the value to me?" In questioning our choices we give ourselves the opportunity to question our judgements.