



# The Aurelius Foundation presents: SENECA PERSPECTIVES ON TIME & THE SHORTNESS OF LIFE

## Overview

Our webinar is hosted by Aurelius Foundation founders, Justin Stead and Dr John Sellars.

We discuss Seneca's life and legacy within the context of Stoicism, and how his teachings help us understand how to live and the value of Time.

## Key Takeaway

Focusing on key lessons from Seneca's letters, as Stoics we must all seek daily to:

- Cultivate tranquility
- Stay focused on what matters
  - Keep learning
- Practise self-examination
- Make sure we do not take Time for granted