



The Aurelius Foundation presents: YOUNG STOICS: WHY STOICISM?

Overview

Our webinar is hosted by Aurelius Foundation founder, Justin Stead and Aurelius Foundation Youth Ambassadors, Dhruv Makwana, Lori Huica, Ross Paton and Sukhraj Gill.

We consider our varying routes into Stoicism and how Stoic practice benefits us in daily life.

Key Takeaway

- In following a Stoic lifestyle we can find practical support and direction at any age to navigate Life's milestones, from our time as students in managing our studies to young professionals in building our careers
- Stoicism provides a framework to help us understand our Life's path, better understand our mindset and provides tools to manage Life's 'ups and downs'
- Understanding the dichotomy of control is key in pursuing our goals and managing our expectations of outcomes