

StoicSurvival



Leadership Survival & Resilience Training
with the
Aurelius Foundation



Stoic. Survival.

A bespoke program designed by the Aurelius Foundation to implement Stoic values in an outdoor experiential context.

We aim to prepare people to handle mental and physical challenges in survival situations and environments.

Stoic. Survival.

Learn how to
physically and
mentally
adapt to hostile
situations.

ABOUT STOICISM

Stoicism is a school of ancient philosophy that flourished in Greece and Rome for some five hundred years. At the core of Stoicism is the idea that in order to live a good life we need to develop a character shaped by the virtues of wisdom, moderation, courage, and justice.

By not allowing oneself to be controlled by the desire for pleasure or fear of pain, by using one's mind to understand the world, and by working together and treating others fairly and justly, you can not only learn to survive in dire circumstances, but thrive in everyday life.

JOHN HARLOW

STOIC SURVIVAL & RESILIENCE LEAD



John Harlow is a qualified Mountain Leader, Rock Climbing, and Survival Instructor with over six years of experience in outdoor education. John has gained a First Class degree in philosophy and teaches Stoicism and Stoic resilience in adversity through his expertise in hostile situations and environments.

PHYSICAL GRIT & MENTAL RESILIENCE

Our Course Aims

Securing physical survival needs:
protection, food & water

Executing a rescue strategy

Adapting to hostile environments
and lack of resources

Managing difficult emotions and
sensations in a survival context

Using adversity as training for our
values in a live scenario

The mindset of a successful
survivor

PHYSICAL GRIT & MENTAL RESILIENCE

Our Course Aims

The course is designed to put physical and mental survival techniques into practice & to push attendees outside of their comfort zone with the right guidance, training, and support.

Please be prepared to be challenged by discomfort, adverse weather conditions and to try new experiences.

Course Overview

- Max. 12 participants in a group (min 18 years)
- 24 hours, beginning and ending at noon
- Camp dinner & breakfast & wild camp accommodation
- On successful completion, participants will receive a STOIC SURVIVOR certificate and gift

Course Overview

We will provide all equipment and camp accommodation, however please be prepared to bring:

Appropriate warm outdoor attire with long sleeves & rain gear/ hiking boots

Sleeping bag (rated 2 degrees)

Personal medication*

Wash bag & personal items

Snacks

*We can accommodate most medical needs and dietary requirements, please speak to our course director.

Course Dates

We run our Stoic Survival course throughout the year.
Please check announcements on our website for the latest
dates & availability.

Contact us at
info@aureliusfoundation.com
for sign up & enquiries

