



# The Aurelius Foundation presents: YOUNG STOICS: WHY STOICISM?

## Overview

Our webinar is hosted by Aurelius Foundation founder, Justin Stead and Teacher & Mentor Eve Riches

We discuss the role of Stoicism in Eve's life and career and how it helped her to continue to live a good life with severe sight loss. They will examine which tenets of Stoicism have been key at different points in her journey and how Stoicism can help people overcome challenging life circumstances.

## Key Takeaway

- You may be a Stoic **already** without realising
- Contemplating your mortality can make life **easier** rather than harder
- Focusing on **the greater good** gives you motivation
- It is not **things** which upset us, it is our **perception** of them
- Some things **are** under our control and some things are **not**