

Stoicism and the Art of Living: A Taster Day

Monday 24th October 2022. 10:30am until 4pm

Programme details

Session 1	Introduction What is Stoicism? Serenity, happiness and the 'Good Life'	10.30am - 11.30am
	Break	11.30am - 11.45am
Session 2	Epictetus and the 'Dichotomy of Control'	11.45am - 1pm
	Lunch Break	1pm - 2pm
Session 3	Marcus Aurelius and the 'Premeditation of Future Adversity'	2pm - 3pm
	Break	3pm - 3.15pm
Session 4	Conclusion	3.15pm - 4pm