

AURELIUS FOUNDATION WELLNESS WEEK



www.aureliusfoundation.com

A close-up photograph of a classical marble bust of a man with thick, curly hair and a full, curly beard. The man has a serene expression with slightly closed eyes. He is wearing a draped garment with a circular brooch (fibula) visible on his right shoulder. The background is dark and out of focus, showing another similar bust to the left.

WHY THE AURELIUS FOUNDATION?

AURELIUS FOUNDATION: VISION, OBJECTIVES, ENGAGEMENT



The **VISION** of the Aurelius Foundation is increase **awareness** and to share the principles of Stoic philosophy based on the **four cardinal virtues of Wisdom, Justice, Temperance and Courage in the pursuit of happiness.**



Promote the awareness of Stoicism through **business communities** and associations to enhance strategies around **people engagement** and **sustainability.**

Engage **specifically Business Leaders/CEOs** to participate in Stoic events/discussions that challenge them to **consider Stoic thought in the development of strategic vision** and the day to day execution of their business plans/tactics.



The Foundation is dedicated to **youth and youth development through the education of higher principles and values of stoic philosophy** to bring positive and constructive change through their life contributions to improve upon the many challenges in the world today - **support their considerations of how to live a life that contributes to the greater good.**

FOUNDED IN 2019



THE AURELIUS FOUNDATION FOUNDERS



Justin Stead

- Husband
- Father
- Leader
- Athlete
- CEO
- Entrepreneur



Dr John Sellars

- Husband
- Father
- Leader
- Philosophy Academic



Natalia Stead

- Wife
- Mother
- Athlete
- Philanthropist
- CEO of the Steads
- Investor



Pat Cash

- Father
- Leader
- Media Personality
- Wimbledon Champion
- Mentor



Joe Eastin

- Husband
- Father
- Leader
- Athlete
- President ISN Dallas



Guy Hume

- Husband
- Father
- Leader
- MD Nomura Bank London



THE AURELIUS FOUNDATION TEAM



Tim LeBon

- Psychotherapist
- CBT Therapist
- Researcher
- Author



Eve Riches

- Psychologist
- Teacher
- Disability employment supporter



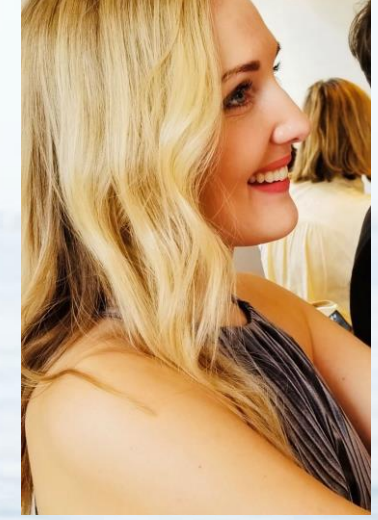
Prof. Chris Gill

- Professor of Ancient Thought
- Academic
- Author



Michalis Michael

- CEO Digital MR
- Author



Hollie Boe

- Foundation Manager
- Wellness Programme Coordinator

JUSTIN STEAD



Founder of the Aurelius Foundation and **CEO at Radley London** accessories brand and **Advisor to Desmond & Dempsey** Luxury Pyjama Brand. Both businesses are London based and backed by private equity/investors.

Previously, Justin was the **CEO of Aurum Holdings**, now the Watches of Switzerland Group, which portfolio of brands includes Goldsmiths, Boutique by Goldsmiths, Mappin & Webb and Watches of Switzerland.

Born and raised in Australia and started life as a professional tennis player having lived 20 years in the United States before moving to London 2006



DR JOHN SELLARS



John is a **lecturer in Philosophy** at Royal Holloway, University of London, a Visiting Fellow at King's College London and a member of Wolfson College, Oxford. He is also the **author** of 'The Art of Living: The Stoics on the Nature and Function of Philosophy', 'Stoicism', 'Hellenistic Philosophy' and 'Lessons in Stoicism'. John is a **founding member of 'Modern Stoicism'**, the group behind Stoic Week and Stoicon and a **Founding Member of the Aurelius Foundation**.

WHY PARTICIPATE IN A STOIC WELLNESS WEEK?

1. Wellness, on all levels, is a very important consideration in any professional environment
2. Increasing anyone's ability to cope and to thrive is a critical responsibility for any business
3. Providing opportunities for continual education is a positive contribution for any business
4. Stoicism is a philosophy for increasing self empowerment and greater good contribution which are essential ingredients for harmony and greater cohesion in any team environment
5. This week is a first step for learnings and **increased Stoic awareness that prepares an individual for further development of *Stoics in Business Understanding/Engagement***

HAPPINESS – IT'S A TRAINED EVENT!

“Your happiness depends on three things, all of which are within your Power;

1) Your will

2) Your ideas concerning the events in which you are Involved

3) The use you make of your ideas ”

- Epictetus

STOIC WELLNESS – DATA SUPPORTS THE OUTPUT

Over the past few years research has shown that **Stoic ideas actually benefit people**. Results consistently show that people experience a drop in negative emotions and **an increase in positive emotions, resilience, and general life satisfaction**. Just as importantly, there are very few reports of any negative consequences of following Stoic ideas and studies have suggested that these benefits were largely maintained. There are good reasons to think that **following Stoic ideas will benefit you in both your personal and professional life**, something the Aurelius Foundation stands for.

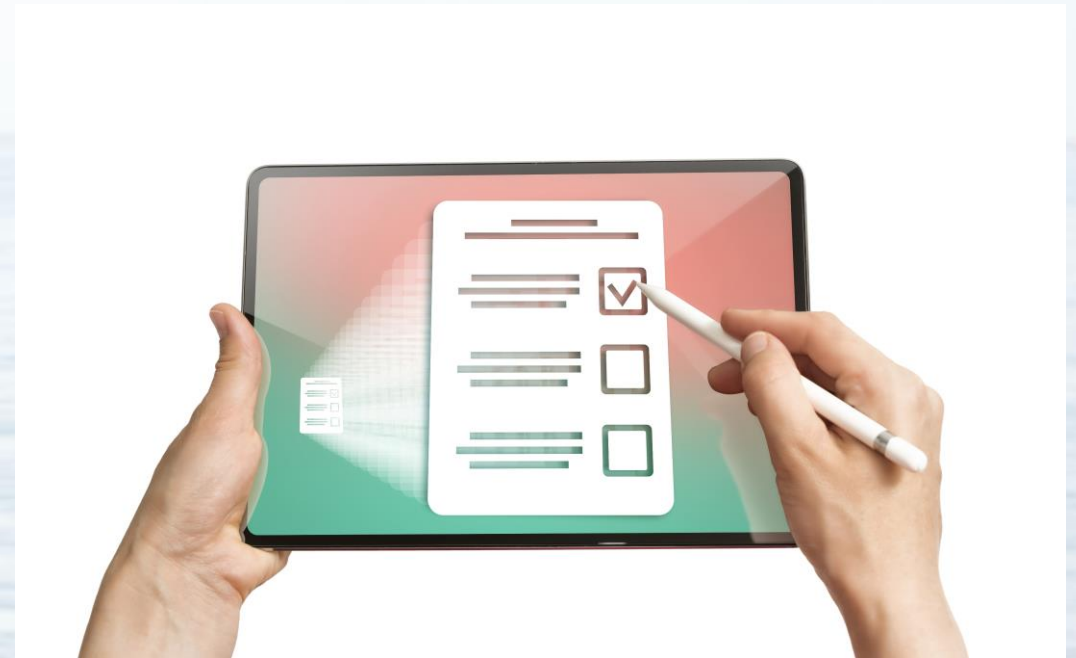
INVESTMENT IN YOU

After successful Wellness Weeks and a significant amount of similar programs and Stoic events, participants reported feeling:

- **Happier**
- **More optimistic**
- **An increase in positivity and happiness**
- **Less angry and afraid**
- **Less worried about everyday challenges**

STOIC WELLNESS SURVEY

We ask you to **complete a Stoic Wellness Survey** before you start the programme, and again at the end of the week. This will enable us to see **to what extent you have benefitted** from following the programme and it will enable you to find out too.

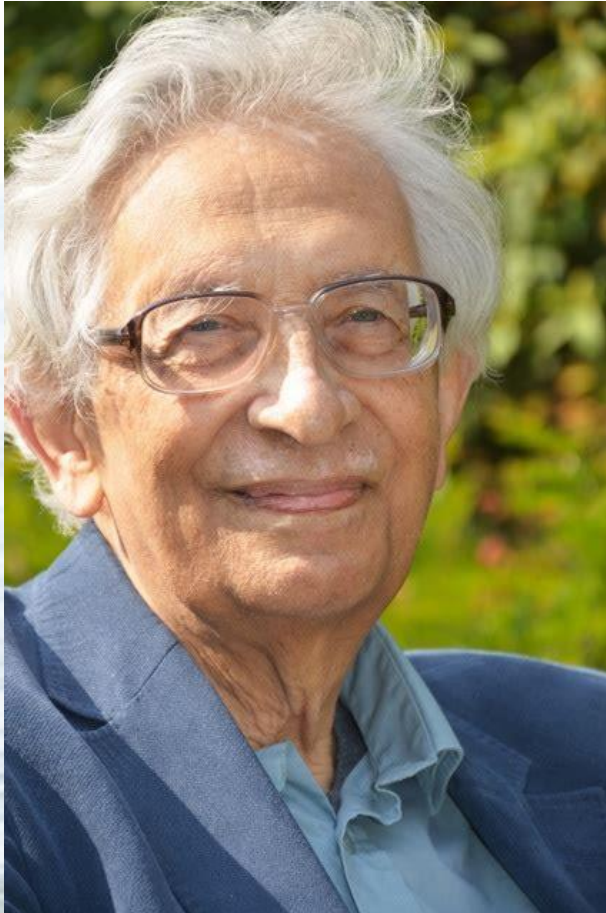


INTERNAL DISCUSSION GROUP FOR WELLNESS WEEK

The creation of a **community discussion group** to share observations encourages **team participation** and **individual growth**.



WHAT IS STOICISM?




“It is not a matter of gritting your teeth. It is about seeing things differently, so that you don’t need to grit your teeth.”

- Richard Sorabji

THIS PLAN OF ACTIVITIES FOR THE WEEK

- Complete the **Aurelius Foundation Stoic Wellness Survey**
- Create an **internal discussion group** i.e. WhatsApp or Teams
- Prepare schedule for a 5-day participation – **clear the mind**
- Watch the **short video** on the day's topic, read the text and **consider the questions**
- Try to put this idea into practice **throughout the day** in whatever you are doing
- At lunchtime do the **midday exercise** and watch the short video
- In the evening read the text and **reflect** on how things went and **journal a small recording of your observations**

WELLNESS WEEK FEEDBACK



*“This week has been a great reminder to take a breath, think for a moment, **consider what is important** and decide how I am going to react to a situation...This is **an amazing tool for self care and regaining balance.**”*

*“There were **many positives** I have taken from this programme that I could **apply to both my personal life and work.**”*

*“Last week turned out to be one of the most challenging weeks I’ve had for a long time. **This course gave me the tools to face it with a different perspective.** Amor fati.”*

*“The programme gave me a greater understanding about what Stoicism is and **what I can and can’t control and what is important.**”*

CONTACT US

Please get in touch to find out more
about Wellness Week for your business

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www.aureliusfoundation.com

