

STOICON 2016

Saturday, October 15

8:00 Registration Opens

8:15-8:45 Coffee/Tea

8:45-9:00 Massimo Pigliucci: Welcome And Introduction

9:00-9:30 Donald Robertson: Stoicism, Mindfulness, And Cognitive Therapy

9:30-10:00 Julia Annas: Is Stoic Virtue As Off-putting As It Seems?

10:00-10:30 Bill Irvine: On Becoming An Insult Pacifist

10:30-10:45 Break

10:45-11:00 Lawrence Becker: Stoic Ethics-In-Action

11:00-11:30 Debbie Joffe Ellis: Albert Ellis, A Model of Resiliency, Compassion, And Stoicism in Action

11:30-12:00 Chris Gill: Can You Be A Stoic And A Political Activist?

12:00-12:30 Cinzia Arruzza: Let Us Take Care Of Ourselves, Stoic Exercises And Foucault

12:30-1:00 Jules Evans: Stoicism As A Wellbeing Intervention In The Workplace, Prisons And Mental Health Charities

1:00-2:30 Lunch

2:30-4:00 WORKSHOP #1: Massimo Pigliucci

Everything You Wanted To Know About Stoicism But Were Afraid To Ask

2:30-4:00 WORKSHOP #2: Gabriele Galluzzo

Poor But Happy? Aristotle And The Stoics On External Goods

2:30-4:00 WORKSHOP #3: Greg Sadler

Struggling With Anger? Useful Stoic Perspectives And Practices

2:30-4:00 WORKSHOP #4: Greg Lopez

Sati & Prosoche: Buddhist Vs. Stoic Mindfulness In Theory & Practice

2:30-4:00 WORKSHOP #5: Tim LeBon

Trump For President? A Stoic Response

2:30-4:00 WORKSHOP #6: Debbie Joffe Ellis

Introduction To REBT As A Healthy And Empowered Way Of Life

2:30-4:00 ALTERNATIVE TO WORKSHOPS:

Social Gathering & Informal Discussion

4:00-4:15 Break

4:15-5:15 KEYNOTE: Ryan Holiday

The Daily Stoic: Practical Philosophy For Pragmatic People

6:00-7:30 Reception

7:00-9:00 Dinners With Speakers