Anti-burnout puzzle for academics

SYLLABUS

1. General information
Workshop title: Stoicism at Work
Form of classes: Interactive lecture/ Practical workshop
Duration: 4 hrs / 1 half day or split into 2 two hour sessions across days
Lecturer: Dr. Epaminondas Epaminonda is an Associate Professor in the Department of Management of the School of Business of the University of Nicosia. He is also the Associate Head of the Department and the Coordinator of the BBA Programme. Dr. Epaminondas is a graduate of the University of Cambridge and holds an MA from the same university, an MBA from Imperial College and a PhD from Manchester Business School. Dr. Epaminonda has been teaching in tertiary education since 2001. In total, he has taught more than 170 classes in more than 30 different course topics, in English and Greek, face-to-face and online, undergraduate and graduate levels. His fields of teaching expertise include, amongst others, Organizational Behavior, International Business, Strategy and Business Policy, Human Resource Management, Operations Management, Supply Chain Management and Change Management. His research interests are in the areas of cross-cultural management, comparative business systems and socioeconomic change. Dr. Epaminonda has also worked outside academia for seven years and has also been a member of the National Bioethics Committee for the Assessment of Clinical Trials on Medicinal Products for Human Use for two years.
2. General objective of the workshop
The workshop introduces participants to the current relevance of ancient Stoic principles in navigating work-life balance, reducing stress, and enhancing decision-making in professional and personal contexts. By engaging with Stoic philosophy, participants will be able to create a life context in which building resilience, maintaining ethical integrity, and adopting a meaningful approach to everyday tasks is possible.
3. Learning outcomes (in line with the EQF)
Knowledge – Participant: (what will the participant know after completing the workshop?) **L1.** Identify the key ideas from Greek Stoicism, including teachings from Zeno, Epictetus, Seneca, and Marcus Aurelius. **L2**. Understand core Stoic principles such as the dichotomy of control, the pursuit of virtues (Wisdom, Justice, Courage, Moderation), the acceptance of fate and death. **L3**. Recognize the applications of Stoic ideas in modern work environments and leadership roles.
Skills – Participant: (what will the participant be able to do?) **S1.** Recognize opportunitties in their daily life to apply Stoic principles **S2.** Take a Stoic stance in the assessment of daily situations **S3.** Use the dichotomy of control framework to distinguish priority virtues and maintain focus on controllable factors.
Social competences – Participant: (how will the participant function in a social and professional context?) **C1**.Demonstrate a calm and collaborative approach to professional interactions, promoting team cohesion.

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C2. Foster resilience within their teams and personal networks through thoughtful and principled behavior.

C3. Encourage ethical and virtuous practices in decision-making processes.

4. Programme content (list of topics discussed during the workshop)

Topic 1: Introduction toStoicism

Zeno, Epictetus, Seneca, and Marcus Aurelius and the foundations of stoicism

Topic 2: Core Stoic Principles

Dichotomy of control, the pursuit of virtues (Wisdom, Justice, Courage, Moderation), the acceptance of fate and death

Topic 3: Work-Life Harmony with Stoicism

Aligning professional and personal values

Topic 4: Virtues in Leadership

Ethical approaches to modern workplace dilemmas

5. Teaching methods used during the workshop

☑ pair/group work	☑ lecture with presentation	☐ project
☑ case study	☐ simulations	☑ moderated discussion
☐ practical exercises indoor	☐ outdoor practical exercises	☐ Role-playing/simulations

6. Methods of verifying learning outcomes

☐ observation of activity	☑ presentation	☑ self-assessment
☑ group feedback	☐ test or quiz	☐ evaluation survey

7. Teaching materials

Workshop slides with insights from ancient Stoic texts, complemented by modern interpretations.

Case studies of application of stoic principles in work-life balance and in leadership.

8. Literature

Zeno of Citium (Fragments, c. 300 BCE): Foundational writings on the concept of living in accordance with nature.

Chrysippus (Fragments, c. 200 BCE): Contributions to Stoic logic, ethics, and the theory of fate.

Epictetus (Translated by A. A. Long, 2002): Discourses and Selected Writings, a guide to practical philosophy for living rationally.

Marcus Aurelius (Translated by Gregory Hays, 2002): Meditations, reflections on Stoicism in leadership and personal life.

Pigliucci, M. (2017). How to Be a Stoic: Using Ancient Philosophy to Live a Modern Life.

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Hadot, P. (1995). Philosophy as a Way of Life: Spiritual Exercises from Socrates to Foucault.

Annas, J. (1993). The Morality of Happiness: Covers Stoic ethical views and their relevance today.

Harwida, G., Novilia, E., Winarno, A., & Pratikto, H., 2024. Stoic management and philosophy: Resilience and stress management in the workplace. Internasional Journal of Integrative Sciences (IJIS), 3(11), pp.1191–1200. Available at: https://doi.org/10.55927/ijis.v3i11.12241.

Hirsch, C., von Bülow, C., & Simpson, P. (2023). Stoicism, philosophy as a way of life and Negative Capability: Developing a capacity for working in radical uncertainty. Leadership, 19(5), 393-412. https://doi.org/10.1177/17427150231178092

9. Organisational remarks (e.g. technical requirements, accessibility for persons with disabilities, necessary equipment to be provided by participants, recruitment conditions)

A projector and screen, a workspace for group activities, and access to pens and journals for exercises.

The workshop will be held in a wheelchair-accessible space. Materials will be made available in alternate formats such as large print or braille if requested in advance.

Professionals and students seeking techniques for workplace resilience and work-life balance. No prior knowledge of philosophy is required.