Anti-burnout puzzle for academics

SYLLABUS

1. General information
Workshop title: Stoicism in practice
Form of classes: Interactive lecture/ Practical workshop
Duration: 4 hrs / 1 half-day or split into 2 two hour sessions across days
Lecturer: Nuno Ferreira, Dr Ferreira is a Professor of Clinical Health Psychology at the University of Nicosia. He holds a Licenciature in Clinical Psychology from ISPA, Portugal, and a PhD in Clinical and Health Psychology from the University of Edinburgh. He has been involved in several research projects and has published extensively in the areas of General Mental Health Disorders and Psychological Adjustment to Chronic Illness. Dr Ferreira is interested in the use and development of Third Wave Cognitive Behavioural approaches and in particular, the applications of Acceptance and Commitment Therapy (ACT) for long-term or chronic health conditions (e.g. Chronic Pain, Diabetes, Asthma). More specifically, he is interested in developing intervention models based on ACT across all populations and age groups. He is also interested in Contextual Psychology basic research, such as the study of the impact of concepts like values, acceptance/ avoidance, cognitive fusion and mindfulness on psychosocial and physical outcomes. Furthermore, he is also interested in research in the areas of emotion, emotion regulation, alexithymia, PTSD, eating disorders, burnout and e-learning.
2. General objective of the workshop
This workshop aims to provide participants with hands-on tools and exercises to integrate Stoic philosophy into their daily lives. Participants will practice key Stoic techniques, such as identifying contexts of control by journaling, defining virtues/values, negative visualization, acceptance and, pursuing virtues/values. The workshop emphasizes real-world application of Stoic principles for personal growth and professional effectiveness.
3. Learning outcomes (in line with the EQF) **L1.** To obtain an experiential understanding of the foundational principles of Stoicism and its core teachings. **L2**. To apply the key stoic techniques in contexts presenting dichotomy of control. **L3**. To expand these techniques to both work-life balance and leadership situations.
Knowledge – Participant: (what will the participant know after completing the workshop?)
• **S1.** Apply Stoic philosophy to real-life challenges. • **S2.** Reframe problems using the dichotomy of control to distinguish between controllable and uncontrollable factors. • **S3.** Practice mindfulness and values directed techniques inspired by Stoic philosophy to regulate emotions and improve decision-making.
Social competences – Participant: (how will the participant function in a social and professional context?) **C1.** Approach interpersonal and professional conflicts with calmness and rationality.

R1. Academic Burnout = Prevention Workshop Proposal

C2. Demonstrate ethical behavior aligned with Stoic principles such as justice, courage, moderation and wisdom.

C3. Inspire others by modeling resilience, emotional stability, and virtuous leadership.

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

Experiential Exercises

1. Futility of Control
    a. Recognizing what is under direct control (Don't think of…, Fall in love with…)
2. Values/Virtues as a guiding compass
    a. Values compass
    b. Eulogy exercise (Memento mori practice)
3. Acceptance and willingness in difficult situations
    a. Embracing life's difficulties (Uncle Joe exercise)
    b. Turning difficulty into opportunity (amore fati journaling)
4. Commitment to virtue/valued actions
    a. Preparing for valued commitments (negative visualization exercise)
    b. Commitment plan (Valued/virtue living)

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

A participant workbook with exercises, prompts, and key concepts

Slides summarizing Stoic principles, techniques, and case studies

8. Literature

Holiday, R., & Hanselman, S., 2016. The Daily Stoic: 366 Meditations on Wisdom, Perseverance, and the Art of Living.

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

Robertson, D., 2019. How to Think Like a Roman Emperor: The Stoic Philosophy of Marcus Aurelius.

Irvine, W. B., 2009. A Guide to the Good Life: The Ancient Art of Stoic Joy.

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

Annas, J., 1993. The Morality of Happiness.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

Hayes, S. C., & Smith, S. (2005). Get out of your mind and into your life: The new Acceptance and Commitment Therapy. New Harbinger Publications.

Stoddard, J. A., & Afari, N. (2014). The Big Book of ACT Metaphors: A Practitioner's Guide to Experiential Exercises and Metaphors in Acceptance and Commitment Therapy. New Harbinger Publications

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.