

Connor Wentling

803.984.5410 | info@connorwentling.com |
connorwentling.com



Keynote Proposal

“Philosophy 101: When Life’s Uncertain, Get Stoic.”

Abstract

Life is unpredictable. You can’t control what happens, but you can control how you respond. And how you respond is everything.

After more than 40 years of facing life’s sucker punches and nearly two decades studying and testing philosophy, Connor has found that few frameworks are as practical—or as battle-tested—as Stoicism.

Far from being a dry, ancient relic, Stoicism is a powerful, action-based philosophy designed to help us navigate uncertainty, manage stress, and make better decisions—all while staying grounded in what truly matters.

In this unique and engaging session, Stoic principles come to life through the unexpected lens of improvisational comedy. With the help of carefully chosen improv exercises, timeless ideas feel fresh, funny, and deeply relevant. Participants won’t just learn the concepts—they’ll experience them.

By the end of the program, attendees will walk away with more than just an understanding of Stoicism. They’ll leave with a mindset—and a toolkit—for meeting unpredictability with clarity, resilience, and calm, decisive action.

Learning Objectives

- Learn five timeless strategies for handling life’s unpredictability with clarity, resilience, and focus.
- Understand what Stoicism is (and isn’t), separating myth from practical application.
- Develop a Stoic mindset to navigate stress, uncertainty, and decision-making with greater clarity and control.
-