

# **Stoic Automation Testing**

Maroš Kutschy HUSTEF 2022

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### Let me introduce myself

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#### Agenda

- 1. Stoicism as a way of thinking
- 2. Core vs technical skills
- 3. Control and Choice
- 4. Trust, but verify
- 5. You can do it
- 6. Stay focused on the present
- 7. Pretend today is the end
- 8. You're going to be ok

9. Key takeaways 10. Q&A



### Stoicism as a way of thinking





Marcus

Epictetus (55 - 135)

Seneca (4 BC - 65) Aurelius (121-180)

## Hard vs Soft skills for Automation Testing

#### Hard (Technical skills):

#### Soft (Core skills):

- Java
- Selenium
- Cucumber
- Git

- Etc.

- Team work
- Communication
- Creativity
- Leadership

Etc.

#### Philosophy (way of thinking)

- Stoicism



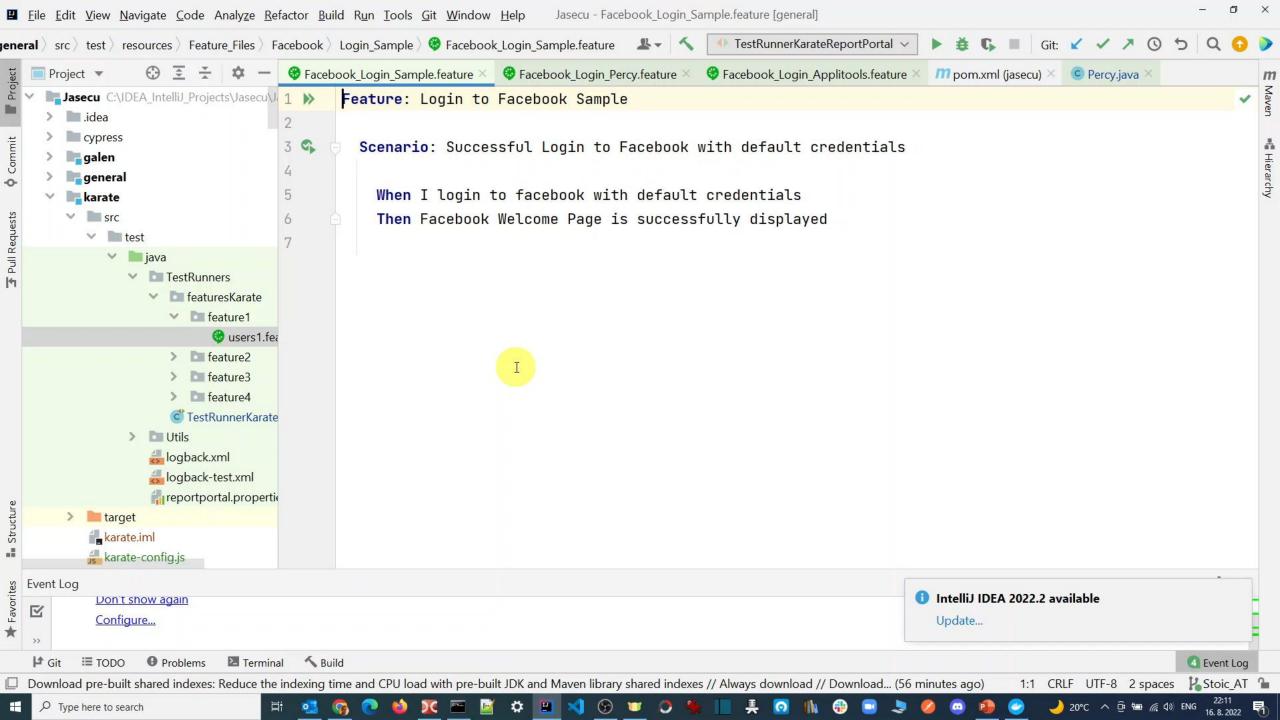


## Control and Choice

"The chief task in life is simply this: to identify and separate matters so that I can say clearly to myself which are externals not under my control, and which have to do with the choices I actually control."

Epictetus, Discourses







## Trust, but verify

"First off, don't let the force of the impression carry you away. Say to it, 'hold up a bit and let me see who you are and where you are from - let me put you to the test'...."

Epictetus, Discourses

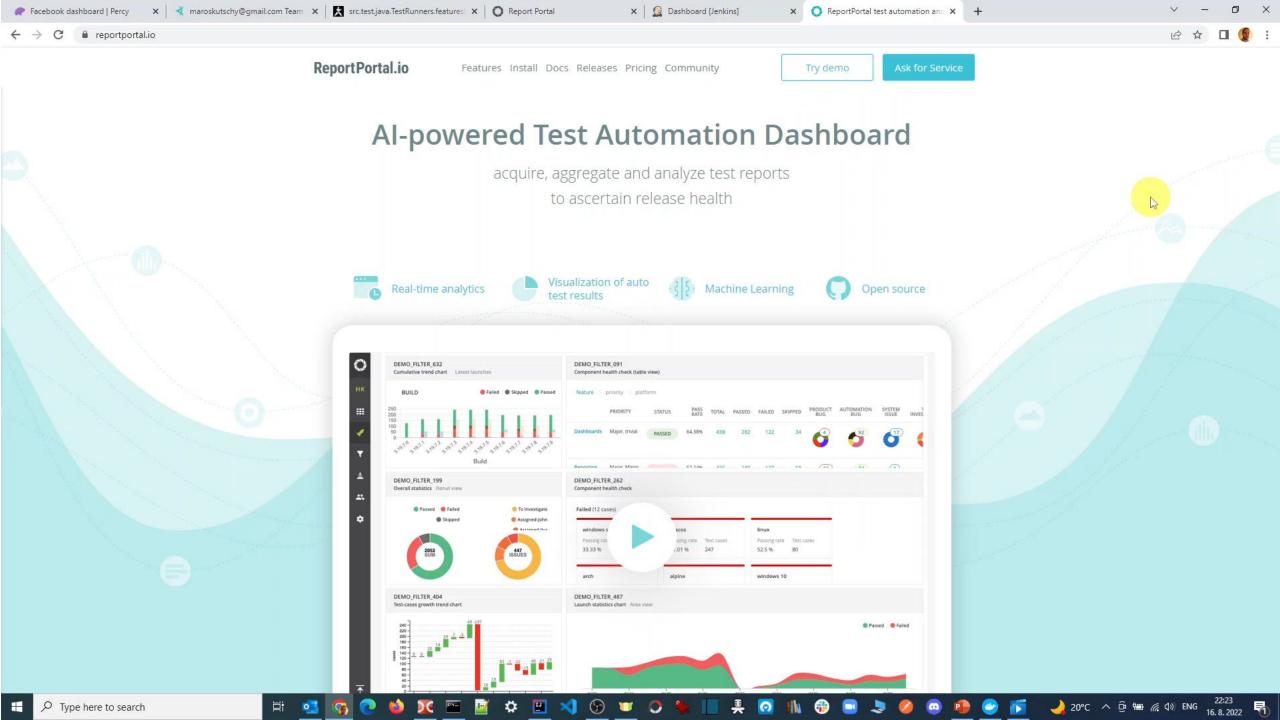


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#### You can do it

"If you find something very difficult to achieve yourself, don't imagine it impossible—for anything possible and proper for another person can be achieved as easily by you."

Marcus Aurelius, Meditatione HUSTEF



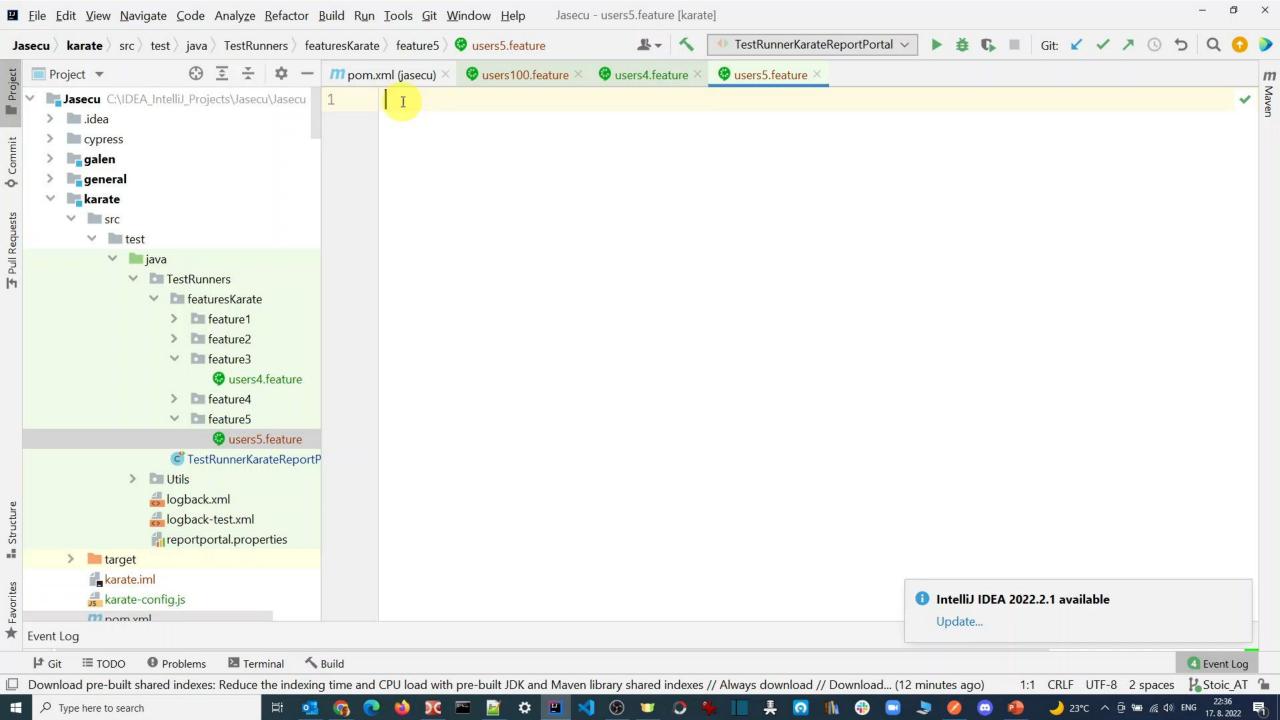


## Stay focused on the present

"Don't let your reflection on the whole sweep of life crush you. Don't fill your mind with all the bad things that might still happen. Stay focused on the present situation and ask yourself why it's so unbearable and can't be survived."

Marcus Aurelius, Meditations



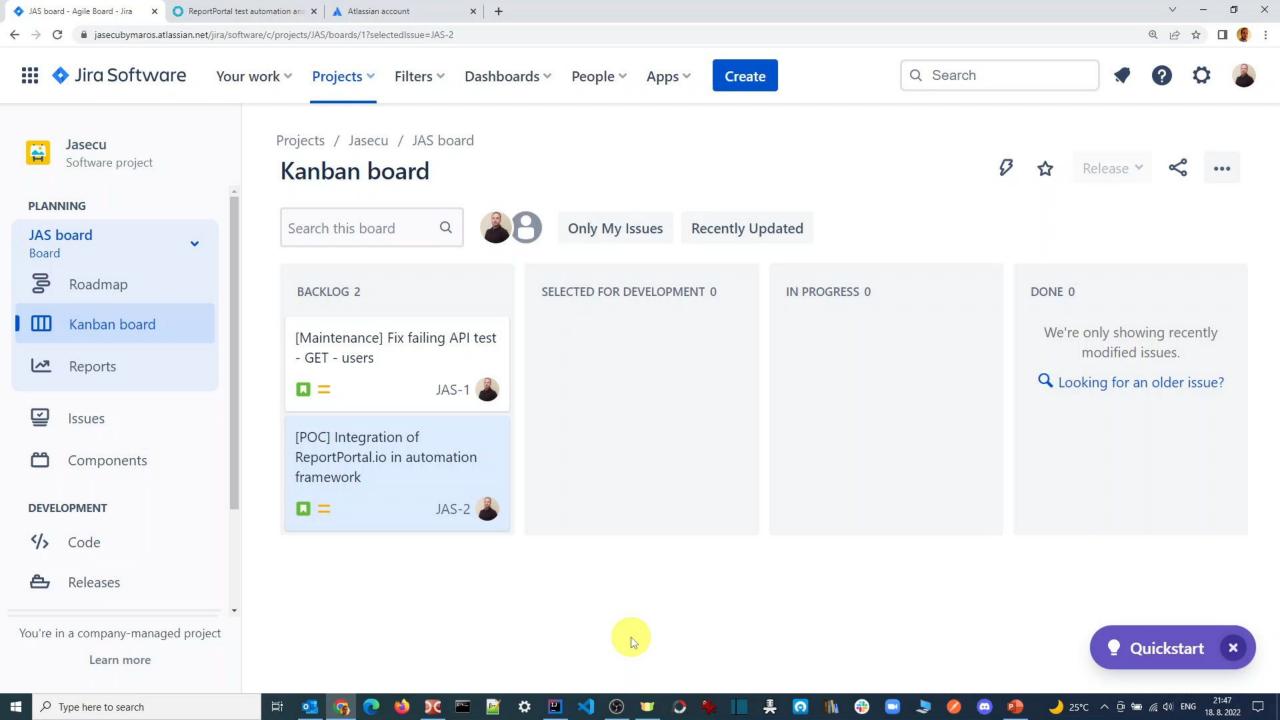




# Pretend today is the end

"Let us prepare our minds as if we'd come to the very end of life. Let us postpone nothing. Let us balance life's books each day.... The one who puts the finishing touches on their life each day is never short of time."







#### You're going to be ok

# "Don't lament this and don't get agitated."

Marcus Aurelius, Meditations



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## Key takeaways

- Control and Choice
- You can do it
- Pretend today is the end



#### **Resources**

- Marcus Aurelius, Meditations
- Epictetus, Discourses
- Seneca, Moral Letters
- Ryan Holiday, The Daily Stoic







# Thanks for your attention

