



PRE-CONFERENCE WORKSHOP

# Emerging Adulthood in the Context of Hyperculture. A Philosophical Perspective

A workshop on identity formation, freedom, meaning-making, relationships, and belonging in contemporary culture.

How does adulthood emerge in a world characterized by hyperconnectivity, self-optimization, transparency, cultural mobility, declining rituals, and the growing pressure to perform?

<p><b>1</b></p> <p><b>Explore identity in hyperculture</b></p> <p>A philosophical examination of identity formation in emerging adulthood, including selfhood, authenticity, belonging, cultural mobility, digital self-construction, and the transition from inherited identities to self-designed life projects.</p>	<p><b>2</b></p> <p><b>Understand contemporary cultural pressures</b></p> <p>A focused discussion of the major social and cultural forces shaping young adults today, including achievement culture, burnout, self-optimization, pressure of positivity, transparency, digital communication, information overload, loneliness, changing experiences of intimacy, and the erosion of shared symbolic frameworks.</p>	<p><b>3</b></p> <p><b>Cultivate meaningful adulthood</b></p> <p>Theory-informed reflections on fostering resilience, commitment, friendship, community, contemplation, meaning-making, and sustainable forms of adulthood capable of resisting fragmentation, exhaustion, and social isolation.</p>
--	---	---

**For researchers and practitioners accompanying emerging adults**

Philosophy | Culture | Identity | Meaning-Making | Applied Reflection



WORKSHOP DESIGN

# From hyperculture to meaningful adulthood

## Three workshop segments

### 1. Workshop overview

Emerging adulthood as an existential condition in contemporary hyperculture. This segment explores identity formation in a world characterized by cultural abundance, unlimited choice, digital connectivity, and the transformation of freedom into a project of continuous self-construction. Particular attention will be given to questions of belonging, authenticity, and the search for meaning amid fluid social and cultural environments.

### 2. Cultural-philosophical segment

A discussion of the principal pathologies and opportunities shaping contemporary adulthood. Topics include achievement and burnout, self-optimization and psychopolitical self-management, transparency and digital self-exposure, swarm-like forms of communication, information fatigue, the weakening of deep attention, changing forms of intimacy and friendship, the disappearance of rituals, the decline of symbolic structures, and the growing difficulty of encountering genuine otherness.

### 3. Applied segment

Theory-informed reflections and practical strategies transferable across counseling, education, mentoring, coaching, and pastoral accompaniment. Special attention will be given to meaning-making, commitment, community formation, ritual practices, contemplative attention, healthy limits, responsible freedom, and the cultivation of relationships capable of supporting mature and flourishing adulthood.

## Facilitator

### Rev. Przemysław Zgórecki, PhD

Faculty of Theology  
Adam Mickiewicz University in Poznań, Poland

**Focus:** philosophical anthropology, phenomenology, philosophy of culture and technology, identity formation, meaning-making, contemporary social philosophy, and the existential challenges of emerging adulthood.

### Key themes

- Hyperculture and identity
- Achievement culture and burnout
- Psychopolitics and self-management
- Eros, friendship, and belonging
- Contemplation and deep attention
- Community and otherness
- Freedom and self-optimization
- Digital selfhood and transparency
- Swarm communication and loneliness
- Rituals and symbolic life
- Meaning-making in emerging adulthood
- Flourishing beyond performance