

**Abstract:** The *exemplum* of moral strength represented by *soror Helviae* in *dial.* 12.19.1-7 combines τόποι of *consolatio* and λόγος ἐγκωμαστικός with a particular *disposition*, which doubles the central narrative nucleus (ἐπιδιήγησις) and involves the same Seneca as a guarantor of its truth.

**Keywords:** *Soror Helviae, Exemplum, Consolatio, Λόγος ἐγκωμαστικός, Ἐπιδιήγησις.*