



PRESS RELEASE

William L. Brooks

Communications & Marketing Manager

E: William.Brooks2@LIFE.edu 1269 Barclay Circle
P: (678) 331-4342 Marietta, GA 30060
F: (770) 218-2850 www.LIFE.edu

ONLINE COMPASSIONATE INTEGRITY TRAINING COHORTS BEGIN TUESDAY, JANUARY 15 AND WEDNESDAY, JANUARY 16

**-There is still time to register for these CIT cohorts to benefit you individually,
socially and professionally!**

Marietta, Georgia, January 14, 2018 – Online Compassionate Integrity Training (CIT) kicks off with two cohorts this Tuesday and Wednesday, January 15 & 16, 2019. The courses are still open for registration for anyone by visiting CharterforCompassion.org/Compassion-Integrity-Training today. They are brought to you by Life University's Center for Compassion, Integrity and Secular Ethics (CCISE), as well as the Charter for Compassion.

CIT is a resiliency-informed, 10-week intensive course that cultivates human values as skills, so we can thrive as individuals and a society within a healthy environment. By learning skills to calm our bodies and minds, becoming more emotionally aware, learning to practice compassion for ourselves and others, as well as engaging with compassion in complex systems, we build toward compassionate integrity: the ability to live one's life in accordance with one's values with a recognition of common humanity, our basic orientation to kindness and reciprocity.

CIT has been used to train self-compassion, compassion for others and building compassionate systems for community leaders, peace builders, incarcerated individuals, at-risk youth, as well as those in homeless shelters and substance abuse facilities. Compassionate San Antonio and Compassionate Atlanta have been at the forefront of implementing CIT and having their leaders become Level 1 Facilitators. CIT is now spreading to Compassionate Cities throughout North America.

This online course will include both large and small group discussions, experiential learning activities, reflective writing activities, mindful dialogues and contemplative practices. This is an opportunity to be part of a global community of like-minded individuals who want to learn more about self-cultivation, relating to others and engaging in systems.

Those who receive a certificate in CIT are eligible to enroll in the CIT Level 1 Facilitator Training Program, which will be offered through the Charter for Compassion's Education Institute in the spring.

For more information, click here to watch a video [describing CIT](#).

Live Meeting Start Dates



PRESS RELEASE

William L. Brooks

Communications & Marketing Manager

E: William.Brooks2@LIFE.edu 1269 Barclay Circle
P: (678) 331-4342 Marietta, GA 30060
F: (770) 218-2850 www.LIFE.edu

This course will be offered in two cohorts and is limited to 100 participants for each cohort. To accommodate varying time zones as best as possible, we are offering the course with two separate time options. Please register below for the Live Meeting Time Option that best fits your schedule:

TIME OPTIONS:

- **Tuesdays 4:00-6:00 p.m. EST** Live Meetings - Start Tuesday, January 15, 2019, 4:00-6:00 p.m. EST
- **Wednesdays 8:00-10:00 a.m. EST** Live Meetings - Start Wednesday, January 16, 2019, 8:00-10:00 a.m. EST

Duration: 10 weeks with LIVE two-hour zoom calls once per week

Cost of the Course

Based on Life University's guiding principle of Lasting Purpose: *To Give, To Do, To Love, To Serve – Out of a Sense of Abundance, and in the respectful spirit of common humanity and interdependence, so that all might attend regardless of means*, registration for this Compassionate Integrity Training is based on what you can afford.

To cover expenses and to honor life investments, the recommended rate is \$250 for CIT. If that recommendation exceeds your financial means, then pay what you can. If you are blessed with abundance, please consider a larger-than-\$250 contribution to offset those who cannot pay the recommended rate. All revenue for this course will be shared equally by CCISE and the Charter for Compassion.

Please visit CharterforCompassion.org/Compassion-Integrity-Training for more information and to register for your preferred cohort today.

About Life University

Founded in Marietta, Georgia in 1974, Life University is a health sciences institution most known for its chiropractic program, the largest single campus chiropractic program in the world. Life University is regionally accredited by the Southern Association of Colleges and Schools Commission on Colleges (SACSCOC) to award baccalaureate, master's and Doctor of Chiropractic degrees, and also has programmatic accreditation through the Council on Chiropractic Education (CCE), the Accreditation Council for Education in Nutrition and Dietetics (ACEND) and the Commission on Accreditation of Athletic Training Education (CAATE). The mission



PRESS RELEASE

William L. Brooks

Communications & Marketing Manager

E: William.Brooks2@LIFE.edu 1269 Barclay Circle
P: (678) 331-4342 Marietta, GA 30060
F: (770) 218-2850 www.LIFE.edu

of Life University is to empower students with the education, skills and values necessary for career success and life fulfillment, based on a vitalistic philosophy.
###