



PRESS RELEASE

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LIFE UNIVERSITY OFFERS FREE RESILIENCY TRAINING SESSIONS

Marietta, Georgia, March 24, 2020 – The [Life University](#) (LIFE) [Center for Compassion, Integrity and Secular Ethics](#) (CCISE) is hosting free webinars designed to improve people's resiliency amid the ongoing situation with COVID-19 (coronavirus).

[The webinars](#) build on CCISE's [Compassionate Integrity Training](#) (CIT), a ten-part course which focuses on basic human skills as a foundation for individual, social and environmental flourishing. The resiliency forums are open to the public and will take place every **Wednesday and Friday** for the foreseeable future. They are being offered in coordination with [Charter for Compassion](#) and the [UNESCO Mahatma Gandhi Institute of Education for Peace and Sustainable Development](#) (UNESCO MGIEP).

"We recognize that many people are struggling with increased anxiety, stress and loneliness during this time of uncertainty," said Dr. Michael Karlin, CCISE Associate Director and Assistant Professor of Psychology in Life University College of Graduate and Undergraduate Studies. "We wanted to provide some basic skills from Compassionate Integrity Training that we have been using ourselves and have heard from CIT graduates and facilitators have been helpful for them."

"I wish I had even one dollar for every single time all of these skills have been put to the test with the coronavirus pandemic in my personal life," one participant said. "Without them, I would be an emotional and mental mess."

In addition, free Caregiver and Child Resiliency webinar programs will be conducted. These programs will be geared toward caregivers who are home with children during school shutdowns and will provide concrete skills for both caregivers and children. These sessions will be approximately 30 minutes each Tuesday at Noon EDT/4:00 p.m. GMT.

"Many families are all under the same roof, 24/7, and now parents and caregivers are also serving as 'teachers' for their children who are not currently in school," noted Jennifer Valtos, Director of Training with the CCISE. "Families may not be able to visit loved ones, children may not be able to have play dates with friends and there may be a lot of big thoughts, feelings and emotions. We hope that these sessions, with caregivers and children learning together, will provide families with an opportunity to come together and learn skills that help them build their resilience as individuals and families."

Life University is a health sciences institution most known for its [Doctor of Chiropractic program](#), the largest single-campus chiropractic program in the world. Undergraduates can



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pursue 15 [undergraduate degrees](#), as well as a pre-chiropractic, degree-seeking pathway. Three [graduate degrees](#) are available, encompassing areas of sport health science, clinical nutrition and positive psychology. Some degree programs are offered to distance learners through the [College of Online Education](#).

LIFE's campus in Marietta, Georgia, just northwest of Atlanta, is home to more than 2,700 undergraduate, graduate and professional students who come from all 50 United States and more than 45 countries.

Registration and More Information

- **Free Resiliency and Practice Training sessions:**
<https://zoom.us/meeting/register/tZIsf-mpqDMsS4sF1wusxz29-E0ITCBf-w>
- **Free Caregiver and Child Resiliency webinars:**
<https://charterforcompassion.zoom.us/meeting/register/u5MudeCsqD8t76GoFCXtMWufNqesrL5BQw>
- **Compassionate Integrity Training:** CompassionateIntegrity.org.
- **Center for Compassion, Integrity and Secular Ethics:** Compassion.LIFE.edu.

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 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.

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