



PRESS RELEASE

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LIFE UNIVERSITY OFFERS COMPASSIONATE INTEGRITY TRAINING PROGRAM FOR EDUCATORS WORLDWIDE

Marietta, Georgia, April 28, 2020 – The [Life University](#) (LIFE) [Center for Compassion, Integrity and Secular Ethics](#) (CCISE) and [Charter for Compassion](#) are offering educators around the world a training program tailored to educators' unique role in society.

[Compassionate Integrity Training](#) (CIT) is a 10-part course focused on basic human skills as a foundation for individual, social and environmental flourishing. The training will be offered to two cohorts on Mondays and Wednesdays from May 4 to June 3. All sessions will be conducted through Zoom online video conferencing.

The course content will focus on Calming Body and Mind; Ethical Mindfulness; Emotional Awareness; Self-Compassion; Impartiality and Common Humanity; Forgiveness and Gratitude; Empathic Concern; Compassion; Appreciating Interdependence; and Engaging with Discernment.

"I am amazed at how CIT resonated with so many areas of my life. It has made me reconsider my professional and personal roles: husband, teacher, parent, colleague, neighbor, etc. with greater compassion for others," said a Life University faculty member who completed the CIT program. "We all know the cliché of trying to make the world a better place. CIT is the only program I've encountered that actually has a step-by-step, rational, research-based, concrete process to achieving that loftiest of goals. I feel empowered, re-centered, and courageous to really try to make the world a better place. It has given me new direction. I'm so thankful to have been a part of it, and I look forward to being more involved."

"It was an amazing experience to connect with like-minded people from all over the world and to learn not only from the clear and insightful knowledge of the wonderful facilitators and course materials, but also the wisdom and life experience of other participants," another educator said. "We live in vastly different global contexts but felt so connected to each other and so supported by each other, especially in these challenging times. Inspiring and nurturing and wonderful!"

CCISE is an initiative of Life University, a health sciences institution most known for its [Doctor of Chiropractic program](#), the largest single-campus chiropractic program in the world. CCISE is dedicated to developing and promoting empirically-based programs that foster the human values most conducive to individual, social and environmental flourishing through research, dialogue, education and community empowerment.



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Life University also offers 15 [undergraduate degrees](#) and 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.

To register for the CIT for Educators Program or for more information, please visit CompassionateIntegrity.org/CIT-for-Educators-Program. For more about Compassionate Integrity Training, visit CompassionateIntegrity.org. The Center for Compassion, Integrity and Secular Ethics is online at 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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