



PRESS RELEASE

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COMPASSIONATE INTEGRITY TRAINING GLOBAL LESSON IN SEL REACHES THOUSANDS OF VIEWERS ON U.N. INTERNATIONAL DAY OF PEACE

Marietta, Georgia, September 23, 2020 – The [Life University](#) (LIFE) [Center for Compassion, Integrity, and Secular Ethics](#) (CCISE), in partnership with the United Nations Educational, Scientific and Cultural Organization (UNESCO) [Mahatma Gandhi Institute of Education for Peace and Sustainable Development](#) (MGIEP) and the Charter for Compassion, hosted nearly 4,000 participants on September 21, the U.N. International Day of Peace, for a [Compassionate Integrity Training](#) Global Lesson in Social and Emotional Learning.

CIT is a multi-part training program that cultivates basic human values as skills for the purpose of increasing individual, social and environmental flourishing. The program on September 21 focused on CIT's Skill One: Calming Body and Mind. The skill trains participants in the connection between our bodies and minds, the meaning of the resilient zone and its relation to our autonomic nervous system, and techniques to gain a state of equilibrium. Just under 400 people took part in a Zoom training and nearly 4,000 watched the livestream.

The day also marked the launch of a new self-directed version of Compassionate Integrity Training developed in partnership with UNESCO-MGIEP. Some of the first to complete this new version gave the program overwhelmingly positive feedback.

"The way I was taught this skill did make it real for me, thanks to the multiple activities I was given to practice," one attendee said. "I will continue to practice this skill in the future so that I can improve my understanding and handling of unpleasant situations. I think others might benefit from this skill as well."

"Everyone can benefit from a calm body and mind," another participant said. "Sometimes I feel like I let stress overcome my goals, and when I strive for better in rough times, I do better for my overall health and future."

"I would highly recommend this skill to others," a third person said. "The way I was taught made it real by its terms, examples, and practices to better implement this. Anyone can benefit from this as it is all catered toward your well-being."

A self-directed version of CIT is available for enrollment by visiting LIFE.edu/SEL. The full three-series program takes approximately 20 to 40 hours to complete.



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

For more information about CCISE, visit Compassion.LIFE.edu. For more about Life University, visit 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.

About UNESCO MGIEP

The UNESCO Mahatma Gandhi Institute of Education for Peace and Sustainable Development (MGIEP) is UNESCO's category 1 Research Institute that focuses on Sustainable Development Goal (SDG) 4.7 toward education for building peaceful and sustainable societies across the world. In line with its vision of 'Transforming Education for Humanity,' the institute's programs are designed to mainstream Social and Emotional Learning in education systems, innovate digital pedagogies and put youth as global citizens at the center of the 2030 agenda for Sustainable Development. For more information, please visit <https://mgiep.unesco.org/>.

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