



Testimonial CIT Class Winter/Spring 2021

By Ken Shilling

"Compassion Integrity Training has helped me heal as a recovering workaholic. I learned how to forgive others from long ago, and to lay those burdens down. The CIT practices became ingrained.

When I was getting upset because of an inconsiderate driver, I imagined my classmates as my Compassion Council. If I over-reacted, how I would explain my actions to my council?

I am getting a certificate in compassion, and my spouse says that I deserve it."

March 2021